



**Associate in Occupational Studies Degree in  
Mind Body Transformational Psychology ONLINE (AOS/MBTP-OL)**  
60 Credits - 2 Years / 24 months / 104 weeks full-time

**AOS GENERAL EDUCATION REQUIREMENTS**

Code	Course	Hours	Credit	Pre-Requisites	Course Date
BC 105-OL	Business Writing ONLINE	15	1.00		
BC 117-OL	Professional Communications ONLINE*	40	2.50		
BC 402-OL	Seminar & Presentation ONLINE	15	1.00		
BC 550-OL P\$	Life Coaching - Foundation O NLINE*	20	1.25		
CC 140-OL	Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00		
CC 250-OL	Psychology Theories - Honoring the Masters ONLINE	30	2.00		
CC 310-OL	Developing Ethical Consciousness ONLINE *	28	1.75		
HH 500-OL	Sustainability & Conscious Living ONLINE ‡	15	1.00		
HN 121-OL	Foundations of Transformational Healing & Holistic Nutrition ONLINE †	40	2.50		
NC 120-OL	Stress Management ONLINE	15	1.00		
	<b>Subtotal</b>	<b>248</b>	<b>16.00</b>		

**AOS & MIND BODY CORE COURSES**

AR 100-OL	Aromatherapy - Introduction ONLINE	20	1.25		
CC 120-OL	Intuitive Studies - Introduction ONLINE	30	2.00		
EC 120-OL	Energy Anatomy ONLINE	68	4.00		
HY 101-OL	Hypnotherapy – Foundations Level I ONLINE	20	1.25		
SM 150-OL	Ayurveda - Introduction ONLINE	30	2.00		
	<b>Subtotal</b>	<b>168</b>	<b>10.50</b>		

**TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES**

CC 115-OL	Alternative Lifestyles & Diversity ONLINE	30	2.00		
CC 130-OL	Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00		
SP 151-OL	Comparative Religion - Unity & Tolerances ONLINE	25	1.75		
SP 275-OL	Prayer Therapy ONLINE	15	1.00		
SP 430-OL	Death, Dying and Hospice ONLINE	15	1.00		
	<b>Subtotal</b>	<b>115</b>	<b>7.75</b>		

**PRE-ELECTED COURSE(S) BASED ON HWP-OL SPECIALTY / CONCENTRATION COMBINATION**

UF 240-OL	Urban Farming Educator - Sharing Sustainability ONLINE	20	1.00		
	<b>Subtotal</b>	<b>20</b>	<b>1.00</b>		

**HOLISTIC WELLNESS PRACTITIONER DIPLOMA SPECIALTY (DETAILS ON FOLLOWING PAGE)**

Code	Program	Hours	Credits
HWP-OL	HOLISTIC WELLNESS PRACTITIONER DIPLOMA ONLINE	600	33.75

**\* Denotes courses that are satisfied in the Holistic Wellness & Entrepreneurial requirements**

**† Denotes courses that are satisfied in the Holistic Wellness Holistic Nutrition Certificate**

**‡ Denotes courses that are satisfied in the Holistic Wellness Urban Farming Certificate**



**DIPLOMA**  
**Holistic Wellness Practitioner (HWP-OL)**  
*Specializing in Holistic Nutrition & Urban Farming and Conscious Living*

**HOLISTIC WELLNESS & ENTREPRENEURIAL REQUIREMENTS**

Code	Course	Clock	Credit	Pre-Requisites	Course Date
AR 121-OL	Aroma-Auriculotherapy ONLINE	40	2.50		
AR 133-OL	Flower Essences ONLINE	16	1.00		
BC 117-OL	Professional Communications ONLINE	40	2.50		
BC 555-OL	Entrepreneurial Business Development ONLINE	40	2.50		
BC 550-OL P\$	Life Coaching – Foundation ONLINE	20	1.25		
BC 561-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 1 ONLINE	40	2.00	BC 550-OL	
BC 562-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 2 ONLINE	40	1.75	BC 561-OL	
CC 310-OL	Developing Ethical Consciousness ONLINE	28	1.75		
RF 150-OL	Toe Reading - Reflexology Assessment I - Elemental ONLINE	16	0.50		
BC 557-OL	Webinar and Social Media Marketing ONLINE	20	1.25	BC 555-OL	
<b>Subtotal</b>		<b>300</b>	<b>17.00</b>		

**HOLISTIC NUTRITION SPECIALIST (CERTIFICATE OF EXCELLENCE)**

HN 121-OL	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
HN 122-OL	Nutrition - Understanding Macronutrients and Micronutrients for Optimum Health	40	2.50	HN101 & HN120 or HN121-OL	
HN 111-OL	Nutrition – Principles of Conscious Eating and Behavior Modifications ONLINE	20	1.25	HN101 & HN120 or HN121-OL	
HN 155-OL	Nutrition - Comparative Dietary Systems ONLINE	20	1.25	HN101 & HN120 or HN121-OL	
HN 221-OL	Nutrition - Examining Whole & Raw Foods	40	1.75	HN101 & HN120 or HN121-OL	
HN 251-OL	Nutrition - Nutritional Assessment & Client Coaching	40	2.50	HN101, HN102, & HN150 or HN121-OL, HN122-OL, & HN151-OL	
<b>Subtotal</b>		<b>200</b>	<b>11.75</b>		

**URBAN FARMING AND CONSCIOUS LIVING (CERTIFICATE OF EXCELLENCE)**

HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
UF 100-OL	Urban Farming - Field-to-Fork ONLINE	40	2.25		
UF 120-OL	Urban Farming - Seed-to-Sale ONLINE	20	1.25	UF 100-OL	
UF 140-OL	Urban Farming Externship ONLINE	25	0.50	HH 500-OL & UF 100-OL	
<b>Subtotal</b>		<b>100</b>	<b>5.00</b>		

Code	Program	Total Hours	Total Credits
AOS/MBTP-OL	Associate of Occupational Studies Degree in Mind-Body Transformational Psychology ONLINE	408	26.25
HWP-OL	Holistic Wellness Practitioner ONLINE	600	33.75
<b>TOTALS</b>		<b>1008</b>	<b>60.00</b>

Student \_\_\_\_\_ Advisor \_\_\_\_\_

*Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*