



## Associate of Occupational Studies in Holistic Healthcare

### Concentration in: Massage Practitioner (AOS/C-MT)

60 Credit Hours / 1150-1300 Classroom Hours

96 Instruction Weeks / 104 Calendar Weeks

AOS General Education Requirements					
Code	Course	Clock	Credit	Pre-Requisite	Date
TC 610	Heart Centered Leadership	20	1.25		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 640	Somatic Psychology: The Subtle Body	30	2.00		
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
TC 635	Somatic Psychology: Trauma Informed Communications	30	2.00		
BC 412	Writing for Publication	20	1.00		
BC 405	Motivational Speaking & Presenting	30	2.00		
BC 200	Basic Finance	16	1.00		
HN 600	Holistic Nutrition Foundation and Applied Cooking I	40	2.25		
<b>AOS General Education Requirements Subtotal</b>		<b>272</b>	<b>17.00</b>		
Massage Core Courses					
BC 110	SOAP Notes	6	0.25		
BC 301	Ethics for Massage Therapists	8	0.50		
BC 304	Business Practices for Massage Therapists	20	1.25		
BC 441	Resiliency and Self-Care for Massage Therapists	7	0.50		
MT 115	Anatomy	60	4.00		
MT 151	Kinesiology - Anatomical Applications	36	2.25	MT 115	
MT 500	Physiology	60	4.00		
MT 520	First Aid	7	0.25		
MT 540	Comprehensive CPR	5	0.25		
PC 100	Polarity – Basic I	20	1.00		
SC 415	Pathology - BW	40	2.50		
<b>Massage Core Subtotal</b>		<b>269</b>	<b>16.75</b>		
Massage Hands-On Core Courses					
EV 003	Massage Clinic Orientation	0	0.00		
MT 200	Swedish Massage	40	1.25		
MT 400	Myotherapy - 7 Step Release System	40	1.25	MT 200 or Licensed	
MT 993a	Massage Clinic - Supervised - Block I	23	0.50	MT 200 & MT 115	
MT 993b	Massage Clinic - Supervised - Block II	23	0.50	MT 200 & MT 115	
MT 993c	Massage Clinic - Supervised - Block III	23	0.50	MT 200 & MT 115	
PC 850	Cranial Unwinding I	20	1.00		
RF 201	Reflexology - A Western Approach for Body Workers	20	0.75		
TE 220	Deep Tissue Sculpting	24	0.75	MT 200 or Licensed	
MT 364	Massage Sideline Deep Listening	16	0.50		
EC 700	Reiki I - Traditional	16	0.50		
<b>Massage Hands-On Core Subtotal</b>		<b>245</b>	<b>7.50</b>		
Holistic Entrepreneur Core					
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development and Entrepreneurial Support	40	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
LC 111	Introduction to Life Coaching	20	1.25		
<b>Holistic Entrepreneur Core Subtotal</b>		<b>120</b>	<b>7.50</b>		
Choose 11.25 Credits of Specialties					
AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	180	7.50		
ELD	End-of-Life Doula	100	5.25		
HN 610	Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25		
HN 620	Mindful Eating & Nutrition Wellness Coaching	30	1.25		
IG	Intuitive Guide	80	4.75		
LC	Life Coaching	80	3.75		
MEDM	Medical Massage	100	3.75		
MYO	Myotherapy	44	1.25		
POLAPP	Polarity	160	7.00		
RE	Reiki	84	2.50		
YO	Yoga Teacher Training	200	6.25		
YO-BP	Yoga Body Psychology	100	4.50		
YO-N	Yoga Nidra	100	4.50		
MT Transfer	Ayurvedic or Therapeutic Track Courses	Varies	Varies		
<b>Specialties &amp; Electives Subtotal</b>		<b>Varies</b>	<b>11.25</b>		

**TOTAL 60.00**

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Student

Date

Advisor Initials