

Herbology Certificate

HHP 108 **1 credit** **Aromatherapy**

While much ancient wisdom on the use of essential oils in health maintenance and the healing of disease has been lost, some tantalizing data from the ancient Egyptians exists and has been verified by modern scientific research. Explores the pharmacokinetics and neurophysiology of essential oils, looking into their origins, extraction, storage, and usage. Enables the student to observe a large number of essential oil remedies and their applications.

HHP 200 **2 credits** **Bach's Flowers Essences**

Introduces students to the concepts of energy work and complementary healing modalities that impact health and wellness. This class will aid students in identification of the impact of stressors on health, and through identification of stressors, aid them in restoring balance and harmony to their lives, by application of appropriate essences.

HHP 111 **1 credit** **Herbology One**

Explores the pharmacokinetics and composition of herbs and their effect on the body systems. Focuses on the habitat, harvesting, storage and usage of a select group of herbs. The use of herbs in health maintenance and the healing of disease predates written history. Herbs have been found by archeologists in Paleolithic burials and throughout literature on the ancient Chinese and Egyptians verified by modern scientific research.

MST 106 **4 credits** **A & P for Massage Therapy**

Provides a general knowledge of the anatomy and physiology of the body systems with focus on the anatomy and physiology of the muscular and skeletal systems. This course is designed specifically for individuals specializing in massage therapy.

MST 105 **2 credits** **Lifestyle Wellness**

Provides opportunity to learn and apply specific wellness principles to your individual lifestyle. Student completes self-analysis of health behaviors and how lifestyle affects health status.

MST 217 **1 credit** **Pharmacology for Massage**

Explores the relationship between massage therapy techniques and drug therapy, over the counter preparations and herbal supplements. Students gain an appreciation of drug therapy and appropriate changes and variations in the application of massage techniques.

HHP 211 **2 credit** **Herbology Two**

Continues Herbology I (HHP 111) and explores the advanced usage of herbs in prevention and treatment of disease. The exploration of pharmacokinetics, composition of herbs, and affects on the body will also be explored.

HHP 145 **1 credit** **Digestive Wellness**

Provides the student with information on nutritional and herbal self-care treatments.

MST 216 **3 credits** **Pathology for Massage Therapy**

Focuses on basic knowledge of disease and injury to assist the massage therapist to promote healing, ease pain and discomfort, and avoid complications during therapy. With a broad perspective of pathology and specific pathophysiology of diseases contributing to the need for massage therapy, this course provides the foundational science for safe practice.

HHP 288 **3 credits** **Practicum**

Provides students with the opportunity to supplement coursework with practical work experience related to their educational program. Students work under the immediate supervision of experienced personnel at the business location and with the direct guidance of the instructor.