

Holistic Health

Associate of Applied Science

McCann Pre-Requisites Certificate of Proficiency

WP5
EA 30-60
AR>40

Communications

| | | |
|----------------|---|---|
| ENG 115 or 121 | Technical Writing or English Composition I | 3 |
| COM 115 or 125 | Public Speaking or Interpersonal Communications | 3 |

Mathematics

| | | |
|-------------------------|--|---|
| MAT 107, 121 or MAT 135 | Career Math, College Algebra or Introduction to Statistics | 3 |
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Humanities/Science/Social and Behavioral Science

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| | Two courses from GT Pathways from Science, Social and Behavioral Science, Arts and Humanities | 6 |
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Major Classes in Massage Therapy and Holistic Health Professional

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|---------|--|---|
| HHP 208 | Advanced Musculoskeletal Anatomy | 2 |
| HHP 116 | Intro to Massage Technique I | 1 |
| HHP 161 | Meditation for Health | 1 |
| MST 106 | Anatomy & Physiology For Massage Therapy | 4 |
| MST 111 | Basic Massage Therapy | 4 |
| MST 216 | Pathology for Massage Therapy | 3 |
| HHP 117 | Intro to Massage Technique II | 1 |
| HPR 117 | Anatomical Kinesiology | 3 |
| MST 113 | Professional Massage | 3 |
| MST 204 | Business Practices | 2 |
| MST 184 | Clinical Massage | 3 |
| MST 284 | Clinical Massage | 3 |

15 Credit Hours of Electives from the following prefixes:

| | | |
|--|---|-----------|
| | HHP, PED, MST, or HPR as approved by Dean | |
| | Total Degree Credits | 60 |

| Massage Therapy | | CER MSJT |
|----------------------------------|--|-----------|
| HHP 208 | Advanced Musculoskeletal Anatomy | 2 |
| HHP 116 | Intro to Massage Technique I | 1 |
| HHP 161 | Meditation for Health | 1 |
| MST 106 | Anatomy & Physiology For Massage Therapy | 4 |
| MST 111 | Basic Massage Therapy | 4 |
| MST 216 | Pathology for Massage Therapy | 3 |
| HHP 117 | Intro to Massage Technique II | 1 |
| HPR 117 | Anatomical Kinesiology | 3 |
| MST 113 | Professional Massage | 3 |
| MST 204 | Business Practices | 2 |
| MST 184 | Clinical Massage | 3 |
| MST 284 | Clinical Massage | 3 |
| CIS 155 | PC-Spreadsheets Concepts | 3 |
| Total Certificate Credits | | 35 |

Holistic Health

Certificates of Proficiency

Reflexology Certificate

| | | |
|---------|----------------------------------|-----------|
| HHP 145 | Digestive Wellness | 1 |
| MST 105 | Lifestyle Wellness | 2 |
| MST 204 | Business Practices/Ethics | 2 |
| HHP 161 | Meditation for Health | 1 |
| HHP 288 | Practicum | 3 |
| HHP 166 | Introduction to Reflexology | 1 |
| HHP 164 | Introduction to Hand Reflexology | 1 |
| HHP 275 | Special Topics | 1 |
| HHP 270 | Clinical | 3 |
| HHP 260 | Advanced Reflexology | 1 |
| | Total Certificate Credits | 16 |

Herbology Certificate

| | | |
|---------|--|-----------|
| HHP 145 | Digestive Wellness | 1 |
| MST 105 | Lifestyle Wellness | 2 |
| MST 216 | Pathology for Massage Therapy | 3 |
| HHP 108 | Aromatherapy | 1 |
| HHP 200 | Bach's Essences | 2 |
| HHP 111 | Herbology I | 1 |
| HHP 211 | Herbology II | 2 |
| MST 217 | Pharmacology for Massage | 1 |
| HHP 288 | Practicum | 3 |
| MST 106 | Anatomy & Physiology For Massage Therapy | 4 |
| | Total Certificate Credits | 20 |

Health and Wellness Certificate

| | | |
|---------|----------------------------------|-----------|
| MST 105 | Lifestyle Wellness | 2 |
| HHP 161 | Meditation for Health | 1 |
| HHP 107 | Managing Life's Stresses | 1 |
| HWE 100 | Human Nutrition | 3 |
| HWE 103 | Community First Aid and CPR | 1 |
| OSH 226 | Ergonomics: Manage Task Stress | 3 |
| HHP 254 | Holistic Health Level II | 2 |
| HWE 109 | Weight Management & Exercise | 2 |
| HWE 124 | Fitness and Wellness | 2 |
| | Total Certificate Credits | 17 |