



**Program: Holistic Health
Associate of Applied Science**

Campus: Trinidad Main Campus (TMC), Trinidad Alamosa Campus (TAC)
Program Code: AAS_HH1
CIP Code: 51.3306



SMART PATH

First Semester

Course Code	Course Name	Credit Hours
HHP 116	Introduction to Massage Technique I	1
HHP 161	Meditation for Health	1
HHP 208	Advanced Musculoskeletal Anatomy	2
MST 106	Anatomy & Physiology for Massage Therapy	4
MST 111	Basic Massage Therapy	4
MST 184	Clinical Massage	2
HHP 188	Practicum	2
	Total	16

Second Semester

Course Code	Course Name	Credit Hours
BUS 115	Introduction to Business	3
HHP 117	Introduction to Massage Technique II	1
HPR 117	Anatomical Kinesiology	3
MST 113	Professional Massage	3
MST 216	Pathology for Massage Therapy	3
MST 284	Clinical Massage	2
MST 289	Capstone	1
	Total	16

Third Semester

Course Code	Course Name	Credit Hours
ENG 121	English Composition I: GT-CO1	3
AH1, AH2, AH3, AH4, SS1, SS2, SS3, SC1, SC2	ART 110, ECO 201, MUS 120, PHI 112, PSY 101, THE 105	3
Elective	HHP 108, HHP 111, HHP 145, HHP 164, HHP 166, HHP 260	1
Elective	HHP 108, HHP 111, HHP 145, HHP 164, HHP 166, HHP 260	1

Holistic Health Associate of Applied Science (continued)

Elective	HHP 200, HHP 211, MST 216	2
Elective	HHP 108, HHP 111, HHP 145, HHP 164, HHP 166, HHP 260	1
Elective	HHP 200, HHP 211, MST 216	2
	Total	13

Fourth Semester

Course Code	Course Name	Credit Hours
MAT 107, MAT 120, 121 or 135	Career Math, Mathematics for the Liberal Arts: GT-MA1 College Algebra: GT-MA1 or Introduction to Statistics: GT-MA1	3-4
COM 115 or 125	COM 115 Public Speaking or COM 125 Interpersonal Communications	3
AH1, AH2, AH3, AH4, SS1, SS2, SS3, SC1, SC2	ART 111, ECO 202, MUS 121, PHI 111, PSY 235, SOC 101	3
Elective	HHP 108, HHP 111, HHP 145, HHP 164, HHP 166, HHP 260	1
Elective	HHP 200, HHP 211, MST 216	2
Elective	HHP 108, HHP 111, HHP 145, HHP 164, HHP 166, HHP 260	1
Elective	HHP 200, HHP 211, MST 216	2
	Total	15

TOTAL: 60 credits