

This program provides the opportunity to learn a variety of complementary healing modalities. Upon completion of the program students may apply their knowledge in wellness centers, clinics, spas and fitness centers.

Information: www.rccc.edu/health/holcert.html

Degree: Associate of Applied Science

Holistic Health

Certificates:

**Holistic Health Practitioner
Reflexology**

AAS Degree

Holistic Health

This program provides the opportunity to learn a variety of complementary healing modalities. Upon completion of the program students may apply their knowledge in wellness centers, clinics, spas and fitness centers. The AAS degree can be transferred to Metropolitan State College in Denver into their Bachelors of Science Degree in Integrative Therapeutic Practice Program.

Required Courses	Credits
HHP 244 Holistic Health Level 1	1
HHP 254 Holistic Health Level 2	2
HHP 256 Holistic Health Level 3	2
HHP 229 Wellness Counseling	1
HWE 100 Human Nutrition	3
Recommended General Education Courses:	
Arts & Humanities	
Choose any 6 credits from this area of Statewide GT (Guaranteed Transfer) courses	6
English/Communication	
ENG 121, 122, COM 115 or 125	9
Mathematics:	
MAT 135	3
Physical and Life Sciences	
BIO 111, 201, 202, CHE 101	18
Social & Behavioral Science	
HIS: Choose any Statewide GT courses	3
ANT 101 Cultural Anthropology	3
HHP (elective courses, any)	10
Total Credits	61

Certificate

Holistic Health Practitioner

This program was originally created for nurses and is now open to all interested persons who are ready to expand their knowledge and skills in holistic care. The program is intended to enhance health-care practice as well as to prepare you to be a facilitator in the redesigning of the new health care system. Courses are offered to integrate healing on all levels – physical, emotional, mental, and spiritual. To ensure enrollment, register no later than 10 days before class.

Required Courses	Credits
HHP 229 Wellness Counseling	1
HHP 244 Holistic Health I	1
HHP 254 Holistic Health II	2
HHP 256 Holistic Health III*	2
*13 credits must be completed before participating in HHP 256 Holistic Health III	
Electives: any of the HHP courses	10
Total Credits	16

Certificate

Reflexology

The Healing Hands and Feet program student undergoes a vigorous and comprehensive program that includes 200 hours of standardized curriculum with a Certified Program instructor. Reflexology uses gentle pressure on the feet or hands and works reflex points that correspond to different areas of the body. Reflexology has been integrated into the health care field by doctors, nurses, and massage therapists.

Required Courses	Credits
HHP 166 Introduction to Reflexology	1
HHP 260 Advanced Reflexology	1
HHP 169 Healing Hands and Feet	1
HHP 164 Hand Reflexology	1
HHP 188 Practicum Reflexology Lab	2
HHP 270 Clinical	2
HHP 263 Creating a Holistic Practice	0.5
HHP 190 Crystals and Mineral Usage	0.5
Total Credits	9