

Holistic Health AAS Degree Sample Schedule

This degree can be completed in four semesters. **Total Credit Hours: 61**

<u>Courses</u>	<u>Semesters Offered</u>	<u>Credits</u>
<u>First Semester</u>		
HHP 244 Holistic Health Level I	Fall, Spring	1
HHP 254 Holistic Health Level II	Fall, Spring	2
HHP 229 Wellness Counseling	Fall, Spring	1
HWE 100 Human Nutrition	Fall, Spring, Summer	3
ENG 121 English Comp. I	Fall, Spring, Summer	3
BIO 111 General College Biology I	Fall, Spring, Summer	5
		15
<u>Second Semester</u>		
***HHP Electives	Fall, Spring, Summer	5
BIO 201 A&P I	Fall, Spring, Summer	4
MAT 135 Intro to Stat	Fall, Spring, Summer	3
ENG 122 English Comp II	Fall, Spring, Summer	3
		15
<u>Third Semester</u>		
***HHP Electives	Fall, Spring, Summer	5
BIO 202 A&P II	Fall, Spring, Summer	4
*History Course (GT Pathways)	Fall, Spring, Summer	3
**Arts & Humanities (GT Pathways)	Fall, Spring, Summer	3
		15
<u>Fourth Semester</u>		
COM 115 Public Speaking or COM 125 Interpersonal Comm.	Fall, Spring, Summer	3
**Arts & Humanities (GT Pathways)	Fall, Spring, Summer	3
ANT 101 Cultural Anthropology	Fall, Spring, Summer	3
CHE 101 Intro to Chem. I	Fall, Spring, Summer	5
HHP 256 Holistic Health Level III	Fall, Spring, Summer	3
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***Approved History Requirement Courses**

HIS 101, History of Western Civilization I (3)

HIS 102, History of Western Civilization II (3)

HIS 111, World Civilization I (3)

HIS 112, World Civilization II (3)

HIS 201, United States History I (3)

HIS 202, United States History II (3)

HIS 215, Women in History (3)

HIS 225, Colorado History (3)

HIS 244, History of Latin America (3)

HIS 247, Contemporary World History (3)

****Approved Arts & Humanities**

ART 110, Art Appreciation (3)

ART 111, Art History I (3)

ART 112, Art History II (3)

ART 207, Art 1900 to Present (3)

DAN 125, History of Dance (3)

MUS 120, Music Appreciation (3)

MUS 121, Intro to Music History I (3)

MUS 122, Intro to Music History II (3)

MUS 123, Survey of World Music (3)

MUS 125, History of Jazz (3)

THE 105, Theater Appreciation (3)

THE 211, Development of Theater I (3)

THE 212, Development of Theatre II (3)

HUM 115, World Mythology (3)

HUM 121, Humanities: Early Civilization (3)

HUM 122, Humanities: Medieval to Modern (3)

HUM 123, Humanities: The Modern World (3)

LIT 115, Intro to Literature (3)

LIT 201, Masterpieces of Literature I (3)
 LIT 202, Masterpieces of Literature II (3)
 LIT 205, Ethnic Literature (3)
 LIT 211, Survey of American Literature I (3)
 LIT 212, Survey of American Literature II (3)
 LIT 221, Survey of British Literature I (3)
 LIT 222, Survey of British Literature II (3)
 LIT 225, Intro to Shakespeare (3)
 LIT 268, Celtic Literature (3)
 PHI 111, Intro to Philosophy (3)
 PHI 112, Ethics (3)
 PHI 113, Logic (3)
 PHI 114, Comparative Religion (3)
 PHI 214, Philosophy of Religion (3)
 PHI 218, Philosophy of the Environment (3)
 FL 211/212, 2nd yr, Foreign Language III/IV
 French, German, Italian, Japanese,
 Russian, Spanish

*****Holistic Health Electives (HHP) Courses are offered at the RRCC Arvada Campus**

<u>Course</u>	<u>Semester Offered</u>	<u>Number of Credits</u>
HHP 100 Complementary Healing Methods	Fall, Spring	1
HHP 103 Circle of Healing	Spring	1
HHP 104 The Healing Mind	Fall	.5
HHP 107 Managing Life Stresses	Spring	1
HHP 109 Jin shin Jyutsu-Self Care	Fall, Spring	1
HHP 110 Neuro-Linguistic Programming	Fall	.5
HHP 111 Herbology I	Fall, Spring	1
HHP 113 Your Heart's Intention	Fall, Spring	1
HHP 130 Reiki Level One	Fall	1
HHP 142 Intro to Trad Chinese Medicine	Fall	3
HHP 145 Digestive Wellness	Fall	1

HHP 161 Meditation for Health	Fall	1
HHP 164 Intro to Hand Reflexology	Fall	1
HHP 166 Intro to Reflexology	Fall, Spring	1
HHP 169 Intro to Healing Hands & Feet	Fall	1
HHP 188 Practicum: Reflexology Lab	Fall, Spring	1
HHP 190 Crystal & Mineral Usage	Fall, Spring	.5
HHP 204 Applied Aroma Therapy	Spring	3
HHP 211 Herbology II	Fall, Spring	2
HHP 212 Neurolinguistic Programming II	Spring	.5
HHP 213 Spiritual Care	Spring	.5
HHP 221 High Level Wellness	Spring	1
HHP 224 Intro to Massage Therapy	Fall, Spring	1
HHP 227 Communication Skills	Spring	.5
HHP 228 Personal Coaching	Spring	.5
HHP 229 Wellness Counseling	Fall, Spring	1
HHP 235 Mind, Body, Healing and Health	Spring	3
HHP 237 Stress Reduction/Biofeedback	Spring	3
HHP 239 Issues in Holistic Nutrition	Spring	.5
HHP 241 Healing with Imagery	Spring	.5
HHP 242 Healing Touch Level I	Fall, Spring	1
HHP 243 Healing Touch Level II	Fall, Spring	1
HHP 244 Holistic Health Level I	Fall, Spring	1
HHP 245 Healing Touch Level III	Fall, Spring	1
HHP 246 Second Degree Reiki	Spring	1
HHP 254 Holistic Health Level II	Fall, Spring	1
HHP 256 Holistic Health Level III	Spring, Summer	2
HHP 260 Advanced Reflexology	Spring	1
HHP 263 Creating a Holistic Business	Fall, Spring	.5
HHP 265 Gift of Self-Esteem	Fall, Spring	1
HHP 270 Clinical	Fall, Spring	2
HHP 275 Emotional Freedom Technq	Fall, Spring, Summer	1

9/6/11 SJG