

## Holistic Health Certificate Sample Schedule

This degree can be completed in four semesters. **Total Credit Hours: 16**

| <u>Courses</u>                    | <u>Semesters Offered</u> | <u>Credits</u> |
|-----------------------------------|--------------------------|----------------|
| <u>First Semester</u>             |                          |                |
| HHP 244 Holistic Health Level I   | Fall, Spring             | 1              |
| ***HHP Electives                  | Fall, Spring, Summer     | 5              |
|                                   |                          | 6              |
| <u>Second Semester</u>            |                          |                |
| ***HHP Electives                  | Fall, Spring, Summer     | 5              |
| HHP 254 Holistic Health Level II  | Fall, Spring             | 2              |
| HHP 229 Wellness Counseling       | Fall, Spring             | 1              |
|                                   |                          | 8              |
| <u>Third Semester</u>             |                          |                |
| HHP 256 Holistic Health Level III | Spring, Summer           | 2              |

**\*\*\*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