

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 Coaching	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 107 Managing Life Stresses	Spring	1
HHP 108 Aromatherapy	Fall	1
HHP 109 Jin shin Jyutsu-Self Care	Fall	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 161 Meditation for Health	Fall	1

HHP 166 Intro to Reflexology	Fall, Spring	1
HHP 168 Intro to Healing Hands & Feet	Fall	3
HHP 188 Practicum: Reflexology Lab	Fall, Spring	1
HHP 190 Health Applications : Crystal & Mineral	Fall, Spring	1
HHP 211 Herbology II	Fall, Spring	2
HHP 212 Neurolinguistic Programming II	Spring	.5
HHP 215 The Role of Art in Healing	Spring	1
HHP 216 Intro to Massage Therapy	Fall, Spring	1
HHP 229 Wellness Coaching	Fall, Spring	1
HHP 231 Advanced Wellness Coaching	Fall	3
HHP 235 Mind, Body, Healing and Health	Spring	3
HHP 240 Digestive Wellness/Holistic Nutrition	Fall	3
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 247 Reiki Master Teacher	Spring	1
HHP 249 Journaling the Healing Journey	Summer	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	Spring	.5
HHP 270 Clinical	Fall, Spring	2
HHP 155 Meridian Acupoint Tapping Techniques		2