



Fall Term 1		Hours	Notes
<i>14 credit hours</i>			
1st 8 weeks			
• BSA 131 Introduction to Business		3	
• BIO 160 Introduction to Human Anatomy & Physiology <i>Recommended Natural Science</i>		4	Prerequisite: Reading Proficiency.
2nd 8 weeks			
• EXW 230 Complementary and Integrative Health Therapies		3	
• AHS 240 Human Disease Process		4	Prerequisites: BIO 160. Reading Proficiency.
		Term hours subtotal:	14

Spring Term 1		Hours	Notes
<i>15 credit hours</i>			
1st 8 weeks			
• IHM 130 Applied Massage Therapy		3	
• IHM 150 Therapeutic Massage I		3	
• IHM 155 Practicum: Relaxation Massage		1	
2nd 8 weeks			
• IHM 210 Therapeutic Massage III		3	
• IHM 215 Practicum: Massage Therapy for Special Populations		1	
• IHM 170 Therapeutic Massage II		3	
• IHM 175 Practicum: Therapeutic Massage		1	
		Term hours subtotal:	15

Summer Term 1		Hours	Notes
<i>7 credit hours</i>			
• IHM 230 Therapeutic Massage IV		3	
• IHM 235 Practicum: Spa/Hydrotherapy		1	
• IHM 250 Therapeutic Massage V		3	
		Term hours subtotal:	7

Fall Term 2		12 credit hours	Hours	Notes
1st 8 weeks				
•	PSY 101 Introductory Psychology		3	
•	ENG 101 College Composition I <i>Recommended Written Communication</i>		3	Prerequisites: Satisfactory score on the English skills assessment. Reading Proficiency.
2nd 8 weeks				
•	EXW 205 Stress Management		3	
•	NTR 135 Human Nutrition		3	Prerequisite: Reading Proficiency.
Term hours subtotal:			12	

Spring Term 2		15 credit hours	Hours	Notes
1st 8 weeks				
•	EXW 160 Health and Wellness Coaching		3	
•	COM 134 Interpersonal Communication <i>Recommended Oral Communication</i>		3	Prerequisite: Reading Proficiency.
•	General Education Requirement <i>Recommended Mathematics</i>		3	
2nd 8 weeks				
•	EXW 130J Weight Loss and Health with Whole Food		2	
•	ENT 210 Vision to Business Plan - Entrepreneur's Institute		1	
•	PHI 204 Medical Ethics		3	Prerequisite: ENG 101 or ENG 101H. Reading Proficiency.
Term hours subtotal:			15	

This recommended sequence is not a binding agreement of any kind between Yavapai College and the student, but merely represents a potential curriculum that may be altered as appropriate to meet the student's academic objectives. Course availability is subject to change and all courses are not available every semester. Students should inquire each semester with their Advisor before registering to determine current requirements and possible changes to the suggested curriculum.