



<b>Fall Term 1</b> 13 credit hours		Hours	Notes
<b>1<sup>st</sup> 8 weeks</b>			
• ENG 101 College Composition I <i>Recommended Written Communication</i>		3	<b>Prerequisites:</b> Satisfactory score on the English skills assessment. Reading Proficiency.
• BIO 160 Introduction to Human Anatomy & Physiology <i>Recommended Natural Science</i>		4	<b>Prerequisite:</b> Reading Proficiency.
<b>2<sup>nd</sup> 8 weeks</b>			
• EXW 205 Stress Management		3	
• EXW 230 Complementary & Integrative Health Therapies		3	
		<b>Term hours subtotal:</b>	<b>13</b>

<b>Spring Term 1</b> 18 credit hours		Hours	Notes
<b>1<sup>st</sup> 8 weeks</b>			
• IHR 110 Western Approach to Reflexology		2	
• IHR 130 Pathology & Assessment in Reflexology		2	
• IHR 150 Emotional Balance in Reflexology		2	
• IHR 170 Auriculotherapy in Reflexology		2	
• IHR 190 Reflexology Assessment I		2	
<b>2<sup>nd</sup> 8 weeks</b>			
• IHR 200 Introduction to Energetic Acupressure		2	
• IHR 210 Aromatherapy & Foot Chakra Reflexology		2	
• IHR 230 Reflexology Assessment II		2	
• IHR 240 Polarity in Reflexology		2	
		<b>Term hours subtotal:</b>	<b>18</b>

<b>Summer Term 1</b> 8 credit hours		Hours	Notes
• IHR 250 Thai Foot Massage		2	
• IHR 260 East Indian Massage: Head Acupressure		2	
• IHR 270 Hand Reflexology		2	
• IHR 280 Face-Lift Acupressure		2	
		<b>Term hours subtotal:</b>	<b>8</b>

Fall Term 2		12 credit hours	Hours	Notes
<b>1<sup>st</sup> 8 weeks</b>				
•	PSY 101 Introductory Psychology <small>Recommended Social and Behavioral Sciences</small>		3	
•	COM 134 Interpersonal Communication <small>Recommended Oral Communication</small>		3	<b>Prerequisite:</b> Reading Proficiency.
<b>2<sup>nd</sup> 8 weeks</b>				
•	NTR 135 Human Nutrition		3	<b>Prerequisite:</b> Reading Proficiency.
•	AHS 173 Legal & Ethical Issues in Healthcare		2	<b>Prerequisite:</b> Reading Proficiency.
•	EXW 100M Foundations of Mind-Body Exercise		1	
<b>Term hours subtotal:</b>			<b>12</b>	

Spring Term 2		12 credit hours	Hours	Notes
<b>1<sup>st</sup> 8 weeks</b>				
•	EXW 160 Health and Wellness Coaching		3	
•	General Education Requirement <small>Recommended Mathematics</small>		3	
<b>2<sup>nd</sup> 8 weeks</b>				
•	PHI 204 Medical Ethics <small>Recommended Arts and Humanities</small>		3	<b>Prerequisites:</b> ENG 101 or 101H. Reading Proficiency.
•	EXW 130J Weight Loss and Health with Whole Food		2	
•	ENT 210 Vision to Business Plan - Entrepreneur's Institute		1	
<b>Term hours subtotal:</b>			<b>12</b>	

*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.*