

Electives*: Choose 14 hrs from the following:

HSCI	204	Nutrition (3)	_____	_____
<i>Pre-requisite: CHEM 110/L or BIOL 110/L</i>				
IHS	102	Intro to Homeopathy (3)	_____	_____
IHS	103	Meditation and Breath: Mind-body healing (2)	_____	_____
IHS	115	Introduction to Traditional Chinese Medicine (3)	_____	_____
IHS	116	Intro to Aromatherapy (3)	_____	_____
IHS	118	Introduction to Integrative Healing (3)	_____	_____
IHS	120	Ayurveda & Energy Healing I (1)	_____	_____
HIS	121	Introduction to Ayurveda: Ancient Science of Living (3)	_____	_____
IHS	122	Ayurveda & Energy Healing II (1)	_____	_____
<i>Pre-requisite: IHS 120</i>				
IHS	123	Intro to Acupressure (1)	_____	_____
HIS	124	Ayurveda & Energy Healing III (1)	_____	_____
<i>Pre-requisite: IHS 122</i>				
IHS	208	Introduction to Holistic Nutrition (3)	_____	_____
IHS	255	Introduction to Herbal Medicine (2)	_____	_____
<i>Co-requisite: IHS 257</i>				
IHS	257	Herbal Pharmacy (2)	_____	_____
<i>Co-requisite: IHS 255</i>				
IHS	264	Therapeutic Touch Techniques (3)	_____	_____
MAS	110	Improving Your Body Mechanics (1)	_____	_____
<i>Prefer Massage students and LMT's</i>				
MAS	113	Introduction to Foot Reflexology (2)	_____	_____
MAS	115	Introduction to Cranial Sacral Techniques I (1)	_____	_____
MAS	116	Cranial Sacral Techniques II (2)	_____	_____
<i>Pre-requisite: MAS 115</i>				
MAS	117	Intro to Thai Massage (1)	_____	_____
MAS	120	Thai Massage II (1)	_____	_____
<i>Pre-requisite: MAS 117.</i>				
MAS	215	Cranial Techniques III (1)	_____	_____
<i>Pre-requisite: MAS 115 and MAS 116</i>				

*** Other electives may be added for credit by permission of the Chairperson**

TOTAL CREDIT HOURS 65

Educational Planning Form (Semester)

Name _____ Date _____
Major _____ Student ID _____

Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units
Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units
Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units