


	<p><b>Pathway: Therapeutic Services</b></p>	<p><b>Plan of Study: <u>Holistic Health</u></b></p>
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<p><b>Program: <u>Holistic Health</u></b></p> <p><b>Career Goal (O*Net Code):</b>  <a href="#">CIP 51.3399 to SOC Crosswalk;</a>  <a href="#">O*Net Search for Careers Related to Holistic Health; Massage Therapy; Reflexology; Yoga Teacher;</a>  <i>(Click below to access education, skills, and employment outlook information)</i></p> <p>31-9011.00 <a href="#">Massage Therapists</a> ☀️          29-1199.00 <a href="#">Health Diagnosing and Treating Practitioners, All Other</a>          11-9039.02 <a href="#">Fitness and Wellness Coordinators</a> ☀️          39-9031.00 <a href="#">Fitness Trainers and Aerobics Instructors</a></p> <p>☀️ - Bright Outlook    🟢 - Green</p>	<p><b>Relevant Occupational Experience</b> (Your Life Experiences may be worth College Credit!):</p> <p><b><u>CCCS Credit for Prior Learning Guide</u></b></p> <p><b><u>FRCC Credit for Prior Learning</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">FRCC Standards for Awarding</a></li> <li>• <a href="#">Policies and Procedures</a></li> <li>• <a href="#">Transferability</a></li> </ul> <p><b><u>LMI Gateway Link to Related Occupations</u></b></p>
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**Possible Pathways to your Career!**

	<b>Programs Available</b> 	<b>Program Length</b> <i>(*Based on meeting Program Entrance Requirements)</i>	<b>Estimated Tuition</b> <i>(*Based on Resident Tuition after COF)</i>	<b>Possible Career Options</b>	<b>Salary Range</b>
<b>Certificate Option(s)</b>	<a href="#">Aromatherapy Certificate</a> <a href="#">Holistic Health - Certificate</a> <a href="#">Massage Therapy - Certificate</a> <a href="#">Reflexology - Certificate</a> <a href="#">Yoga Teacher - Certificate</a>	15 Credits 15 Credits 34.5 Credits 12 Credits 10 Credits	<a href="#">\$1,873.50</a> <a href="#">\$1,873.50</a> <a href="#">\$4,246.60</a> <a href="#">\$1,498.80</a> <a href="#">\$1,249.00</a>	<a href="#">Massage Therapist, Licensed Massage Therapist, Certified Massage Therapist (CMT), Registered Massage Therapist, Bodywork Therapist, Integrated Deep Tissue Massage Therapist, Therapeutic Massage Technician, Reiki Master, Jin Shin Instructor, Spa Therapist, Reflexologist, Yoga Instructor, Aromatherapist, Private Holistic Health Practitioner, Herbal Medicinals, Fitness Wellness Coordinator</a>	\$ - \$\$
<b>Associate Degree(s)</b>	<a href="#">AAS Degree in Holistic Health</a>	60 Credits	<a href="#">\$7,494.00</a>	<a href="#">Massage Therapist, Licensed Massage Therapist, Certified Massage Therapist (CMT), Registered Massage Therapist, Bodywork Therapist, Integrated Deep Tissue Massage Therapist, Therapeutic Massage Technician, Reiki Master, Jin Shin Instructor, Spa Therapist, Reflexologist, Yoga Instructor, Aromatherapist, Private Holistic Health Practitioner, Herbal Medicinals, Fitness Wellness Coordinator</a>	\$ - \$\$

**Articulation Opportunities to Advanced Degrees:**

<b>Advanced Degree(s)</b>	<a href="#">Bachelor's Degree in Integrative Therapies at Metropolitan State College of Denver</a>  <a href="#">Associate's to Bachelor's@ Program at Regis University College for Professional Studies (CPS)</a>	Associate Degree + approximately 60 Credits  <a href="#">Transfer Guide A.A.S</a>	<a href="#">Visit Website</a>  <a href="#">Regis Tuition Information</a>	For more information about colleges that have these programs go to <a href="http://www.CollegeinColorado.org">www.CollegeinColorado.org</a>	\$\$-\$\$\$
<a href="#">College Tuition Comparison Guide</a>					

\* \$ = \$15-25,000; \$\$ = \$25-55,000; \$\$\$ = \$55-90,000; \$\$\$\$ = Above \$90,000

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## Extended Learning Experiences

### Student Services & Support Structures:

- [Academic Advising](#)
- [Academic Support Labs](#)
- [Admissions and Records](#)
- [Bookstores](#)
- [Career Counseling](#)
- [Crisis Counseling & Stress Management Services](#)
- [Disability Services](#)
- [English as a Second Language](#)
- [General Education Development \(GED\)](#)
- [Tutoring](#)
- [Libraries](#)
- [Student Email](#)
- [Student Employment Services](#)
- [Student Life](#)
- [Testing Center Services](#)
- [Veteran Services](#)

### Financial Aid:

- [FAFSA](#)
- [Grants](#)
- [Work Study](#)
- [Loans](#)
- [Scholarships](#)

### Professional Affiliations

- [American Association of Naturopathic Physicians](#)
- [Oncology Association of Naturopathic Physicians](#)
- [American Massage Therapy Association](#)
- [Associated Bodywork and Massage Professionals](#)
- [American Holistic Health Association](#)
- [DORA State Registration-Massage Therapist](#)
- [The High Touch Network](#)
- [Healing Touch International](#)
- [International Council of Reflexologists](#)
- [American Herbalists Guild](#)
- [American Reiki Masters Association](#)
- [Foundation For Alternative And Integrative Medicine](#)
- [National Center for Complementary and Alternative Medicine](#)
- [National Association for Holistic Aromatherapy](#)
- [Alliance of International Aromatherapists](#)
- [Yoga Alliance](#)

### Practical Learning Experiences:

- [Internships](#)
- [Career Preparation](#)
- [Service Learning/Volunteering](#)
- [Student Experiences](#)

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**Physical & Sensory Requirements, Holistic Health**

**Key:** N = Never O = Occasional: 1 – 33% of time F = Frequent: 34 – 75% of time C = Constant: 76 – 100% of time

PHYSICAL CAPABILITIES					SENSORY CAPABILITIES														
Activity	Frequency				Activity	Frequency				Activity	Frequency								
	N	O	F	C		N	O	F	C		N	O	F	C					
<b>Lift/Carry</b>					<b>Push/Pull</b>					<b>Walk</b>					<b>Able to see clearly at both near and far distances</b>				
10 lbs or less					15 lbs or less					<b>Sit</b>					<b>Able to identify and distinguish colors</b>				
11-20 lbs					16-30 lbs					<b>Stand</b>					<b>Able to judge distances and spatial relationships</b>				
21-50 lbs					31-50 lbs					<b>Fine motor manipulations</b>					<b>Able to communicate verbally and in writing</b>				
51-100 lbs					51-100 lbs					<b>Gripping</b>					<b>Able to distinguish between sounds such as telephone vs. fire alarms, tone of voice, varied decibels</b>				
100+ lbs										<b>Squat/Kneel</b>					<b>Able to perceive attributes of objects such as size, shape, temperature, texture through touch</b>				
										<b>Bend</b>					<b>Able to read and comprehend various written and printed texts.</b>				
<b>Drive</b>					<b>Computer</b>					<b>Twist/Turn</b>									
Manual					Data Entry					<b>Crawl</b>									
Automatic					Use of mouse					<b>Climb</b>									
										<b>Reach above chest</b>									
										<b>Reach outward</b>									

H=Holistic Health Certificate/AAS Degree; M=Massage Therapy Certificate; A=Aromatherapy Certificate; R=Reflexology Certificate; Y=Yoga Teacher Certificate; X=All Holistic Modalities

For more information on the Physical & Sensory Requirements for this Pathway, please contact:

**Disability Support Services**

- [Boulder Campus](#): (303) 678 - 3922
- [Larimer Campus](#): (970) 204 - 8112
- [Westminster Campus & Brighton Center](#): (303) 404 - 5676

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