

H O C K I N G C O L L E G E  
Associate of Technical Study in Health and Wellness  
COURSE OF STUDY  
FOR STUDENTS ENTERING JUNE, 2009 THRU MAY, 2010

05/19/09

JUNE, 2009

COURSE NO.	FIRST QUARTER		CLASS HOURS	LAB HOURS	CREDIT HOURS	COURSE FEE *
HHW 100	Introduction to Natural Healing Systems	T	3.00	.00	3.00	\$ 15
HHW 115	Self Care for the Practitioner	T	3.00	.00	3.00	\$ 15
BIOS 136	Wellness Anatomy and Physiology I	G	3.00	.00	3.00	\$ 15
COMM 122	P W Communications II	G	3.00	.00	3.00	\$ 15
EM 133	P CPR for the Professional Rescuer	G	1.00	.00	1.00	\$ 30
EM 134	P Standard First Aid	G	1.00	.00	1.00	\$ 30
GS 101	Focus on Success	G	1.00	.00	1.00	\$ 20
TOTALS			15.00	.00	15.00	\$ 140
SECOND QUARTER						
BUS 266	W Entrepreneurship	T	3.00	.00	3.00	\$ 36
HHW 110	Principles of Concious Living	T	3.00	.00	3.00	\$ 15
HHW 126	Beginning Meditation	T	1.00	2.00	3.00	\$ 15
BIOS 137	Wellness Anatomy and Physiology II	G	3.00	.00	3.00	\$ 15
MATH 108	P W Introduction to Algebra	G	4.00	.00	4.00	\$ 21
HPE ---	P W Health/PED Elective	G	.00	.00	1.00	
TOTALS			14.00	2.00	17.00	\$ 102
THIRD QUARTER						
HHW 130	Science of Energy	T	3.00	.00	3.00	\$ 15
HHW 210	Developing the Senses	T	3.00	.00	3.00	\$ 15
HHW 220	Establishing and Maintaining Practice	T	3.00	.00	3.00	\$ 15
COMM 123	P W Communications III	G	3.00	.00	3.00	\$ 15
MICS 121	Microsoft Office	G	2.00	3.00	3.00	\$ 45
TOTALS			14.00	3.00	15.00	\$ 105
SUMMER QUARTER						
SEE YOUR ADVISOR REGARDING COURSE OFFERINGS.						
FOURTH QUARTER						
ACC 100	P W Accounting I	T	2.00	3.00	3.00	\$ 5
HHW 125	The Power of Forgiveness	T	.00	3.00	1.00	
HHW 215	Holistic Approach to Healing	T	3.00	.00	3.00	\$ 15
COMM 104	P W Job Search Techniques	G	1.00	.00	1.00	\$ 10
COMM 130	Speech	G	3.00	.00	3.00	\$ 10
SOCI ---	Social Science Elective	G	.00	.00	3.00	
HPE ---	Health/PED Elective	G	.00	.00	1.00	
TOTALS			9.00	6.00	15.00	\$ 40
FIFTH QUARTER						
EC 102	Introduction to E-Business	T	3.00	.00	3.00	\$ 25
HHW 132	Energy Psychology	T	3.00	.00	3.00	\$ 15
SOCI 152	Comparative Cultural Studies	G	2.00	2.00	3.00	\$ 7
SOCI 169	P Human Relations in Organizations	G	3.00	.00	3.00	\$ 7
HHW 294	OR Holistic Wellness Cooperative Work Experience	T	1.00	20.00	3.00	
HHW 296	Holistic Wellness Practicum	T	1.00	14.00	3.00	
HPE ---	Health/PED Elective	T	.00	.00	1.00	
TOTALS			12.00	16.00-22.00	16.00	\$ 54
SIXTH QUARTER						
HHW 250	Holistic Wellness Capstone	T	2.00	6.00	4.00	\$ 15
BUS 125	Principles of Finance	G	3.00	3.00	4.00	
SUPR 235	Supervision and Leadership	G	3.00	.00	3.00	
HPE ---	Health/PED Elective	T	.00	.00	1.00	
TOTALS			8.00	9.00	12.00	\$ 15

P = Courses available on PACE      W = Courses available online.

CREDIT HOURS:    TECHNICAL    46.00    GENERAL    44.00    TOTAL    90.00    ESTIMATED TOTAL COURSE FEES: \$ 456

Hocking College reserves the right to modify curricular requirements, to change course content, and change course fees at any time.

SEE NEXT PAGE FOR IMPORTANT COMMENTS

SPECIFIC COMMENTS FOR Health and Wellness

Practicum and Co-Op Work Experiences: It is required in most programs and recommended in a few programs that you complete a practicum or cooperative work experience prior to graduation. These experiences involve an on- or off-campus work experience integrated with academic instruction in which learned concepts are applied to practical situations within your technology.

Additional Courses: You may take special topics (290) courses (1-5 credits) or individualized study (291) courses (1-5 credits) in addition to the traditional course of study listed.

GENERAL CURRICULUM COMMENTS:

\*Course fees are in addition to tuition and will automatically be added to the student's account at the time of course registration. Course fees include fees for: 1) consumable materials used in the course; 2) technical equipment, computers, and software used in the course; and, 3) fees for national and international experiences, staffing of elective courses, development of alternative modes of instruction, low student to faculty ratios to assure student safety or enhance learning, transportation, and malpractice liability insurance in appropriate programs.

Communications Course Placement: Your Communications course sequence will be determined by assessment (ASSET or COMPASS) of reading and writing levels. Depending upon the assessment, you may be required to take COMM 044 (Fundamentals of Reading and Writing), COMM 054 (Communications Reading and Writing), and/or COMM 121 (Communications I) as prerequisites to COMM 122 (Communications II). Courses which are prerequisites to COMM 122 are required developmental courses and the credit hours must be added to the printed course of study.

Math Course Placement: Your math course sequence will also be determined by assessment (ASSET or COMPASS) Depending upon the assessment, you may be required to take MATH 102 (Pre-Algebra) or both MATH 101 (Basic Mathematics) and MATH 102 (Pre-Algebra) as a prerequisite to MATH 108 (Introduction to Algebra) or MATH 104 (Pharmacology Math). MATH 101 and MATH 102 are required developmental courses and the credit hours must be added to the printed course of study.

Understanding the Course of Study

The following information is provided to assist in understanding the course of study.

Quarter: Hocking College operates on a quarter system. The quarter is the period of time in which most courses are scheduled. Quarters are generally 11 weeks in length.

Course Number: The two, three or four letters and the three digits (for example, COMM 122) which identify the course being offered. The course number corresponds to the course description, a brief course outline of the subject matter of the course, in the course of study/course description catalog and on the web at [www.hocking.edu](http://www.hocking.edu).

PACE Courses: Courses preceded by a 'P' are offered in a PACE format. PACE courses allow you to enroll in the course any time the college is in session and to proceed through the course at your own rate of speed. The PACE labs (classrooms) are staffed with full-time instructors who are available to work with you on a one-on-one basis as needed to achieve the stated competencies. In most cases you may choose to complete the course in a traditional method or on PACE.

Online Courses: Courses preceded by a 'W' are offered in an online format via the World Wide Web and are taught by full-time faculty. In most cases you may choose to complete the course in a traditional method or online. Course fees for online courses are higher than fees listed on this course of study.

Type: All courses are identified as either technical (T) or general (G). Technical courses provide technical skills and knowledge required for career competency. General courses provide the common skills required in all work places and serve as a foundation for the technical program.

Credit Hours: The credit is a standard unit of measurement for college work. The number of contact hour per credit hour is determined by the type of activities (class hours, laboratory hours or practicum experiences).

Class Hours: Time scheduled as part of the instructional plan of most courses utilizing any combination instructional methods such as presentation, directed discussion, demonstration or use of audiovisual materials.

Lab Hours: Time scheduled as part of the instructional plan for the practical application of the theory presented in courses. Laboratory activities may include conducting experiments, practicing procedures or skills, or clinical or field experiences.