



## School Catalog ADDENDUM

Effective 04/18/2023 – 12/31/2023

### Associates of Applied Science Advanced Neuromuscular Therapist and Medical Massage Clinician

National Holistic Institute and Bauman College Career Training Programs:

1. Massage Therapist and Health Educator and IDL Version
2. Advanced Neuromuscular Massage Therapist and IDL Version
3. Advanced Neuromuscular Massage Therapist and Health Educator and IDL Version
4. Holistic Chef – IDL
5. Nutrition Consultant – IDL
6. Continuing Education and IDL Version
7. NEW: Associates of Applied Science Degree: Advanced Neuromuscular Therapist and Medical Massage Clinician IDL

**Classes are taught at the following School Locations:**

<b>Campus:</b>	<b>Address:</b>	<b>Phone:</b>	<b>CAMTC #:</b>	<b>Programs</b>
Clovis (Fresno), CA	564 W. Herndon, Clovis, CA 93612	559.297.4500	SCH0158	1, 6
Emeryville, CA	5900 Doyle Street, Emeryville, CA 94608	510.547.6442	SCH0045	1-7
Modesto, CA	5601 Stoddard RAA, Modesto, CA 95356	209.272.7800	SCH0169	1, 6
Ontario, CA	2930 E. Inland Empire Blvd., Ontario, CA 91764	909.417.3200	SCH0166	1, 2, 3, 6, 7
Redding, CA	1755 Hilltop Dr., Redding, CA	530.224.1000	SCH0157	1, 6
Sacramento, CA	1610 Arden Way, Sacramento, CA 95815	916.568.6411	SCH0047	1, 2, 3, 6, 7
San Jose, CA	1530 Meridian Ave. Ste. 301, San Jose, CA 95125	408.423.8004	SCH0049	1, 2, 3, 6, 7
Santa Ana, CA	201 E. Sandpointe Ave. Ste. 100, Santa Ana, CA 92707	714.668.9263	SCH0046	1, 2, 3, 6, 7
Santa Rosa, CA	1221 Farmers Ln., Ste. 100, Santa Rosa, CA 95405	707.596.6040	SCH0045	1, 6
Studio City, CA	10969 Ventura Blvd. Studio City, CA 91604	818.788.0824	SCH0048	1, 2, 3, 6, 7

Note: IDL refers to “Interactive Distance Learning”  
AA refers to “Associates of Applied Science”

## **About This Catalog - ADDENDUM**

This catalog of the National Holistic Institute (NHI) and Bauman College contains important information for our current and prospective students. It tells you specifically about the: **Occupational Associates Degree: Advanced Neuromuscular Therapist and Medical Massage Clinician** program. For additional information, please refer to the full catalog.

All policies and procedures described in the full catalog apply to all students across all program. Please read the full catalog for all details. You will attend an orientation class on your first day of school. However, if there is anything in this catalog that you need clarified before orientation, please contact your Admissions Representative or the Director of Admissions.

NHI reserves the right to update or modify any of the information appearing in this catalog and addendum at any time. Updates occur normally on an annual basis, or as substantive changes happen.

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### **MISSION OF THE NATIONAL HOLISTIC INSTITUTE & BAUMAN COLLEGE**

## **“Helping People Have Work They Love!”**

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### **Our AA Vision**

NHI is building upon the rich heritage of over 40 years of high quality massage therapy education, providing the perfect springboard for a highly valuable and needed offering in the field. Whether a first degree holder in a family, a returning graduate with visions of deeper expansion in the field, or a new student with career goals founded in quality education, NHI's Associates Degree is designed to support you in those efforts, and more. Through rigorous curriculum, relevant career guidance, and visionary direction, we are preparing the future leaders, thinkers, and creators in the integrative health industry.

### **Our Environment for Learning**

The AA program is a hybrid program, with approximately 35% of the 1,430 total hours provided in an interactive distance learning format, allowing you to take classes from home. The course material is delivered through a learning management system that engages students in a combination of interactive lessons, instructional videos and handouts, discussion groups and at home assignments. Students regularly connect with peers and faculty through online discussion groups, live video classes, and one-on-one office hours with instructors.

Balancing the convenience of at home / IDL education with in-person, hands-on training offers the best of both worlds. Additionally, by incorporating modern educational technology years of integrative health education experience, the programs support different learning styles and maximize information retention and real-life application.

Equipment and textbooks are consistent with the currently offered massage programs as documented in the full catalog.

## **Placement Assistance**

The AA degree adds a deeper opportunity for collaborative work with the medical community. NHI's Placement staff provides the support and guidance to help make each student's job search successful. Many employers contact us to find well-trained Massage Therapists, Holistic Chefs and Nutrition Consultants. The opportunities to have work you love as a are exciting and varied.

A graduate will be prepared to work in a collaborative, patient-centered, non-pharmacological approach to pain management setting. The Occupational Associates Degree Program graduate will have the skills and knowledge to work in:

- Chronic Pain Management settings
- Behavioral Health Treatment settings
- Rehabilitation/Physical Training care settings
- Acute Medical Treatment

## **Associates of Applied Science Degree – Program Description**

The Advanced Neuromuscular Therapist and Medical Massage Clinician program is a unique combination of NHI's current massage therapy programs offered, supplemented with:

- Focused occupational general education hours, and
- An additional 180 hours of clinically driven education designed to enhance skill and entry into deeper collaborative work as a medical massage clinician.
- The completion of the AA is contingent upon the completion of each discrete portion of the overall program.
- The Occupational Associates Degree combines Programs 1, 2 & AA180.

## **Associates of Applied Science Degree Program Detail**

(Hybrid / Interactive Distance Learning)

### **Program 1: Massage Therapist and Health Educator (Core)**

- 800 Clock Hours (Class Hours)
- 100 Out-of-Class Work Hours
- 8, 10, or 12 months
- 62.90Academic / Carnegie Credits

### **Class Schedules**

#### **Week Day Schedule:**

- 4 Hour Classes:
- Monday through Friday; 8:45am – 12:45pm
- 8 to 10 months in length
- Some schedules include one to two additional class per week: 1:15pm – 5:15pm

#### **Afternoon Schedule:**

- 4 Hour Classes:
- Monday through Thursday; 1:15pm – 5:15pm

#### **Evening Schedule:**

- 4 Hour Classes:

- Monday through Thursday; 6:00pm – 10:00pm
- 12 months in length

**Evening/Weekend Schedules:**

- 4 Hour Classes:
- Monday and Wednesday; 6:00pm – 10:00pm  
And Saturday, 8:45am – 5:15pm  
Or
- Tuesday and Thursday, 6:00pm – 10:00pm  
And Sunday, 8:45am – 5:15pm
- 12 months in length
- Some schedules include one additional class per week: 1:15pm – 5:15pm

The IDL version of the Core program offers a variety of hybrid schedules, ranging from a prescheduled 1 to 2 days of on-line, synchronous classes per week, allowing you the freedom to attend many classes from home. Your detailed schedule is available through your Admissions Representative.

Note – not all schedules are always available at all campuses.

**Externship**, included as a part of the 800 total course / “in-class” hours, is completed predominantly, if not entirely, *off-campus*, and occurs outside of the class days and times listed above.”

Completion of offsite Externship hours has a Term-by-Term deadline, with the detailed schedule at the discretion of the student.

See the full catalog for Program #1 Educational Objectives.

**Program 2: Advanced Neuromuscular Massage Therapist (ANMT)**

- 450 Clock Hours (In Class Hours)
- 40 Out-Of-Class Work Hours
- 38.85Academic / Carnegie Credits

**Class Schedules**

**Week Day Schedule:**

- 4.5 Hour Classes:
- Monday through Friday; 8:15am – 12:45pm
- 6 months in length

**Evening/Weekend Schedule:**

- 4.5 Hour Classes:
- Tuesday and Thursday evening 6:00pm – 10:30pm, Sunday morning 8:45am – 1:15pm
- 8 1/2 months in length

See the full catalog for Program #2 Educational Objectives.

**AA180: Advanced Neuromuscular Therapist and Medical Massage Clinician**

- 180 Clock Hours (In Class Hours)
- 25 Out-Of-Class Work Hours

- 14.25 Academic / Carnegie Credits

### **Class Schedules**

#### **Week Day Schedule:**

- o 4.5 Hour Classes:
- o Monday and Friday; 8:15am – 12:45pm
- o 5 months in length

#### **Evening/Weekend Schedule:**

- o 4.5 Hour Classes:
- o Tuesday and Wednesday evening 6:00pm – 10:30pm
- o 5 months in length

The IDL version of the AA180 component of the Associate's Degree is fully on-line, with two synchronous classes per week.

### **FULL PROGRAM: Advanced Neuromuscular Therapist and Medical Massage Clinician**

- 1,430 Clock Hours (In Class Hours)
- 165 Out-Of-Class Work Hours
- 116.00 Academic / Carnegie Credits
- 19 to 22 months based upon Program 1 & 2 schedule

#### **Credential Earned:**

- Occupational Associates Degree: Advanced Neuromuscular Therapist and Medical Massage Clinician

#### **Prerequisites / Prior Education Requirements**

- o Completion of Program 1 & 2

#### **Delivery Methodology**

- **NHI's Program #1 - 800-hours consists of two "Terms": Junior & Senior.**

As a new student, you start as a Junior (Jr), complete ½ of the program (100, 4-hr classes), consisting of *either* the Eastern or the Western Term, and then complete the other ½ as a Senior (Sr), by taking the other corresponding Term (200, 4-hr classes in total).

##### **1. Jr / Sr - new & old student in-class overlap**

- **Junior experience:** Build a solid bodywork foundation, supported through simultaneous experience in each of the additional four courses, creating many points of connectivity. Moreover, you will have deep learning opportunities from the Seniors who recently completed *their* first Term.
- **Senior experience:** Creates opportunities for sharing prior learnings, thereby reinforcing, and deepening the past Term teachings, while you as a student are learning new subject matter. Senior Term also offers leadership opportunities for those who want it.

#### Term Progression

One Term is not the prerequisite for the other. A student may start as a Junior in the East or the West, and will equally complete all program material.

1. Western Term (Jr or Sr) – 100, 4-hour classes
  - Includes modalities such as Swedish, Deep Tissue, Sports Massage, Spa Life, Myofascial Therapies and more...
  - Sciences – anatomy, kinesiology, physiology, and pathology
  - Business/Ethics – Self-Direction & Time Management, Communications, Marketing (self and services) and more...
  - Clinic
  - Externship
2. Eastern Term (Jr or Sr) – 100, 4-hour classes
  - Includes modalities such as Shiatsu, Acupressure classes (Jin Shin, Potent Points, Stress Management), Energy Massage, Myofascial Therapies and more...
  - Sciences – anatomy, kinesiology, physiology, and pathology
  - Business/Ethics – Powerful Presentations, Resume, Practitioner Issues and Ethics, and more...
  - Clinic
  - Externship

- **Program #2 – 450-hour Advanced Neuromuscular Massage Therapist and Health Educator (ANMT)**

The Advanced Neuromuscular Therapy Program is a 450-Hour course offered in five 90- hour modules, which can be taken separately or consecutively.

These massage therapist classes are specifically for those who have already completed one or more massage therapist programs, and for NHI graduates of Program #1. The five modules are comprised of classes that focus on the

- Shoulder & Thoracic
- Head & Neck,
- Lumbar-Pelvic
- Lower Extremities,
- and Upper Extremities

Each module mimic's the others with:

1. 20 classes each 4.5 hours in length
2. 67.5 hours of live Interactive Distance Learning classes
3. 22.5 hours of In-Person bodywork practice, and testing.

- **AA180 – 180 Hour Medical Massage Clinician**

The 180-hour Medical Massage portion of the 1,430 hour AA program is broken out somewhat similarly to Program #2, with similarly titled modules:

- Shoulder & Thoracic
- Head & Neck,
- Lumbar-Pelvic
- Lower Extremities,
- and Upper Extremities

In this portion of the program, each module is 36 hours in length, consisting of two 4.5 hour classes per week, with an average of 5 hours of out of class work per week.

The AA180 is all taught through Interactive Distance Learning.

### Graduation Requirements:

To become a NHI graduate, receive your diploma, and to participate in the graduation ceremony, you must meet the following requirements:

- Satisfactory completion of all course work
- A minimum GPA of 2.0
- Satisfactory attendance as outlined in the section “Attendance” in the full catalog, meeting an overall 80% attendance.
- Current on payment of tuition and fees

Participation in the Graduation Ceremony is also based on the individual's demonstrated professionalism as a student, as assessed by the Mentor, and Education Department Management.

Associates of Applied Science:								
Advanced Neuromuscular Therapist & Medical Massage Clinician	Lecture Hours	Carnegie Lecture Credits	Lab Hours	Carnegie Lab Credits	Externship Hours	Carnegie Externship Credits	Total Carnegie Quarter Credits	Total Hours
<b>By Courses &amp; Modules</b>								
<b>Core 800 Hours</b>								
Massage Theory & Practice	220.80	22.08	176.20	8.81	0.00	0.00	30.89	397.00
Science Anatomy / Physiology / Kinesiology / Pathology	148.00	14.80	3.00	0.15	0.00	0.00	14.95	151.00
Business Ethics & Professionalism	84.00	8.40	2.00	0.10	0.00	0.00	8.50	86.00
Clinic	26.75	2.67	75.25	3.76	0.00	0.00	6.43	102.00
Externship	0.00	0.00	0.00	0.00	64.00	2.13	2.13	64.00
<b>800 Hr Total</b>	<b>479.55</b>	<b>47.95</b>	<b>256.45</b>	<b>12.82</b>	<b>64.00</b>	<b>2.13</b>	<b>62.90</b>	<b>800.00</b>
<b>ANMT 450 Hours</b>								
Lower Extremity	66.00	6.60	24.00	1.17	0.00	0.00	7.77	90.00
Lumbar Pelvic	66.00	6.60	24.00	1.17	0.00	0.00	7.77	90.00
Neck & Head	66.00	6.60	24.00	1.17	0.00	0.00	7.77	90.00
Shoulder Thoracic	66.00	6.60	24.00	1.17	0.00	0.00	7.77	90.00
Upper Extremity	66.00	6.60	24.00	1.17	0.00	0.00	7.77	90.00
<b>450 Hr Total</b>	<b>330.00</b>	<b>33.00</b>	<b>120.00</b>	<b>5.85</b>	<b>0.00</b>	<b>0.00</b>	<b>38.85</b>	<b>450.00</b>
<b>1250 Hr Total</b>	<b>809.55</b>	<b>80.95</b>	<b>376.45</b>	<b>18.67</b>	<b>64.00</b>	<b>2.13</b>	<b>101.75</b>	<b>1250.00</b>
<b>AA 180 Hours</b>								
AA - Lower Extremity	21.00	2.10	15.00	0.75	0.00	0.00	2.85	36.00
AA - Lumbar Pelvic	21.00	2.10	15.00	0.75	0.00	0.00	2.85	36.00
AA - Neck & Head	21.00	2.10	15.00	0.75	0.00	0.00	2.85	36.00
AA - Shoulder Thoracic	21.00	2.10	15.00	0.75	0.00	0.00	2.85	36.00
AA - Upper Extremity	21.00	2.10	15.00	0.75	0.00	0.00	2.85	36.00
<b>Sub-Total</b>	<b>105.00</b>	<b>10.50</b>	<b>75.00</b>	<b>3.75</b>	<b>0.00</b>	<b>0.00</b>	<b>14.25</b>	<b>180.00</b>
<b>Associate Degree Full Total</b>	<b>914.55</b>	<b>91.45</b>	<b>451.45</b>	<b>22.42</b>	<b>64.00</b>	<b>2.13</b>	<b>116.00</b>	<b>1430.00</b>

See chart on next page.

# General Education hours and credits for AA program

OAD Degree: Courses & Modules	Credits		General Education Hours																			
	OAD General Education Carnegie Credits	OAD General Education Hours	Total GE Lec	Total GE Lab	Total GE Ext	Physical Science	GE Lec	GE Lab	GE Ext	Business	GE Lec	GE Lab	GE Ext	Social Science	GE Lec	GE Lab	GE Ext	English	GE Lec	GE Lab	GE Ext	
Core - Massage Theory & Practice	1.40	16.00	12.00	4.00	0	4	2	2	0	0	0	0	0	12	10	2	0	0	0	0	0	0
Core - Science	7.20	72.00	72.00	0.00	0	72	72	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Core - Business	5.85	60.00	57.00	3.00	0	0	0	0	46	43	3	0	8	8	8	0	0	6	6	6	0	0
Core - Clinic	0.00	0.00	0.00	0.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Core - Externship	0.00	0.00	0.00	0.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Sub-Total</b>	<b>14.45</b>	<b>148.00</b>	<b>141.00</b>	<b>7.00</b>	<b>0</b>	<b>76.0</b>	<b>74.0</b>	<b>2.0</b>	<b>0.0</b>	<b>43.0</b>	<b>3.0</b>	<b>0.0</b>	<b>20.0</b>	<b>18.0</b>	<b>2.0</b>	<b>0.0</b>	<b>6.0</b>	<b>6.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
<b>Core GPA</b>																						
ANMT - Lower Extremity	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ANMT - Lumbar Pelvic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ANMT - Neck & Head	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ANMT - Shoulder Thoracic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ANMT - Upper Extremity	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Sub-Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Advanced GPA</b>																						
OAD180 - Lower Extremity	3.30	36.00	30.00	6.00	0	13.5	7.5	6	0	5	5	0	4.5	4.5	0	0	13	13	0	0	0	0
OAD180 - Lumbar Pelvic	3.30	36.00	30.00	6.00	0	13.5	7.5	6	0	5	5	0	4.5	4.5	0	0	13	13	0	0	0	0
OAD180 - Neck & Head	3.30	36.00	30.00	6.00	0	13.5	7.5	6	0	5	5	0	4.5	4.5	0	0	13	13	0	0	0	0
OAD180 - Shoulder Thoracic	3.30	36.00	30.00	6.00	0	13.5	7.5	6	0	5	5	0	4.5	4.5	0	0	13	13	0	0	0	0
OAD180 - Upper Extremity	3.30	36.00	30.00	6.00	0	13.5	7.5	6	0	5	5	0	4.5	4.5	0	0	13	13	0	0	0	0
<b>Sub-Total</b>	<b>16.50</b>	<b>180.00</b>	<b>150.00</b>	<b>30.00</b>	<b>0</b>	<b>67.5</b>	<b>37.5</b>	<b>30.0</b>	<b>0</b>	<b>25.0</b>	<b>0.0</b>	<b>0</b>	<b>22.5</b>	<b>22.5</b>	<b>0.0</b>	<b>0</b>	<b>65.0</b>	<b>65.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>OAD180 GPA</b>																						
<b>1430 Program Totals</b>	<b>30.95</b>	<b>328.0</b>	<b>291.0</b>	<b>37.0</b>	<b>0</b>	<b>143.5</b>	<b>111.5</b>	<b>32.0</b>	<b>0</b>	<b>71.0</b>	<b>68.0</b>	<b>3.0</b>	<b>42.5</b>	<b>40.5</b>	<b>2.0</b>	<b>0</b>	<b>71.0</b>	<b>71.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>



## **Financial Information**

### **Tuition and Fees**

NHI is pleased to offer a variety of payment plans. Federal financial aid is available for those who qualify. Others prefer to take advantage of our career loans, or monthly payment plans. Whatever your situation, NHI is committed to providing you personalized assistance in finding a plan that works for you. The tuition, books, supplies, and other charges are as follows:

- **Advanced Neuromuscular Therapist and Medical Massage Clinician**
- **1430 Clock Hours:**
  - Tuition: \$29,128.00
  - Books and Supplies: \$814.00
    - Clovis and Modesto Campus Only – Books and Supplies: \$863.00  
(Additional \$49 for 2 Polo tops for uniform requirement)
  - STRF Fee: \$15.00
  - Total: \$29,957.00
    - Clovis and Modesto Campus Only – Total: \$30,006.00
  - Optional:
    - CAMTC Certification Fee: \$335.00
    - Surface Go & Keyboard: \$579.00

\*Non-refundable, and is calculated at \$.0 for every \$1,000 rounded to the nearest \$1,000. The Registration Fee for all five programs is \$50 each.

The charges listed for each program above are the same for any given period of attendance. Tuition and fees change periodically, so please check with the Admissions Department for the latest information available on current charges and class start dates.

### **Mission of National Holistic Institute & Bauman College:**

***“HELPING PEOPLE HAVE WORK THEY LOVE!”***

Our mission is to help people have work they love. We take this mission very seriously and we love doing it!

We hope that your participation with us will bring you joy in your work, and that together we can help make the world a better place for everyone.



NATIONAL  

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HOLISTIC  

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INSTITUTE

A College of Massage Therapy