

Learn with Purpose.

Lead with Innovation.

Build a Career with Heart.



Possible Career Outcomes

- ★ Massage Therapist
- ★ Wellness Coach
- ★ Group Fitness Instructor
- ★ Personal Trainer
- ★ Bodywork Specialist

Many roles—like Wellness Coach or Personal Trainer—can now be done remotely, offering flexible career options.

**Career outcomes are not guaranteed and vary by individual.*



Program Description

Step into a career that heals. The Associate of Science in Integrative Health at ICOHS College combines hands-on training with preparation for industry-recognized certifications in massage therapy, holistic health, fitness, and coaching. Qualify for CAMTC certification partway through the program — meaning you may be able to begin working in massage therapy before you graduate — and turn your passion for wellness into a meaningful, flexible career.



Program Courses

- ◇ Fundamentals of Massage
- ◇ Anatomy and Deep Tissue Palpation
- ◇ Science of Movement
- ◇ Western Modalities
- ◇ Body Systems
- ◇ Eastern Modalities
- ◇ Career Development
- ◇ Healing Applications
- ◇ Advanced Eastern Modalities
- ◇ Advanced Western Modalities
- ◇ Integrative Nutrition and Health
- ◇ Foundations of AI & Business Integration
- ◇ Power AI Automation
- ◇ Group Fitness Foundations
- ◇ Leadership, Coaching and Emotional Intelligence
- ◇ Personal Training and Applied Fitness Science
- ◇ Critical Thinking
- ◇ Business Communication
- ◇ Business Math
- ◇ Introduction to Business
- ◇ Integrative Practice Capstone



Featured Certifications



Group Fitness & CPR/AED
Certification

Health Coach Certification

Certified Personal Trainer



Institutional Highlights



Small
Class Sizes



Onsite and Hybrid
Learning



Flexible
Schedule



Highly Qualified
Instructors



Career
Services

Top Reasons Students Attend ICOHS College



#1 To Prepare for
or Advance Your
Career



#2 Develop skills
that may support
increased earning
potential



#3 Student Support
and Mentorship



#4 Community
Involvement and
Giving Back



Tuition Financing Options*



Veterans Educational Benefits



Institutional Scholarship up to
\$3,000



Federal and State Financial Aid



Zero or Low-interest Payment
Plan

*Financial aid available for those who qualify.



Flexible Learning for Your Career

PROGRAM
DURATION **27**
MONTHS

ICOHS College offers flexible learning modes with hands-on training for success. No matter your preferred learning style, we provide a high-quality, skills-driven education to prepare you for a thriving career. Start today and shape your future.



ONSITE LEARNING

HANDS-ON LABS

Interactive, in-person learning with cutting-edge equipment.

DIRECT SUPPORT

Engage face-to-face with instructors and peers in a collaborative environment.



HYBRID LEARNING

PRACTICAL LAB COMPONENTS

Study online with access to our supervised onsite lab for hands-on learning and support.

FLEXIBLE SCHEDULING

Blend in-person and virtual learning for flexibility and the best of both worlds.

Weekly deadlines to keep you on-task and small-Group support with instructors to answer questions.

Veterans Education Benefits

- Montgomery GI Bill® (CH 30)
- Vocational Rehabilitation and Employment Program (CH 31)
- Veterans' Educational Assistance Program (CH 32)
- Post 9/11 GI Bill® (CH 33)
- Survivors' & Dependents' Educational Assistance Program (CH 35)
- Montgomery GI Bill: Selected Reserve (CH 1606)
- Reserve Educational Assistance Program (CH 1607)
- Yellow Ribbon Program
- VET TECH 2.0
- Military Spouse Career Advancement Account (MyCAA)
- Tuition Assistance (Active Duty)

*GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government website at www.benefits.va.gov/gibill

*Financial aid available for those who qualify.



Partners and Accreditation



*ACCET is listed by the U.S. Department of Education as a nationally recognized accrediting agency.

*BPPE approval to operate means compliance with state standards as set forth in this chapter.

*Partnerships and certifications do not guarantee certification or employment.