



NAMA Program Hours Requirement for Programs beginning on or after July 1, 2021

(All NAMA Recognized programs will be required to be in full compliance by this date)

Program	Total Minimum Hours	Total Minimum In Person Hours*	Total Minimum Synchronous Hours**	Total Maximum Asynchronous Hours***
AHC	600	180	120	300
AHC+AP (Graduated Programs)	600+900=1500	180+360=540	120+180=300	300+360=660
AP (Stand-Alone Programs)	1500	540	300	660
AHC+AP+AD (Graduated Programs)	600+900+1500=3000	180+360+900=1440	120+180+300=600	300+360+300=960
AP+AD (Graduated Programs)	1500+1500=3000	540+900=1440	300+300=600	660+300=960
AD (Stand-Alone Program)	3000	1440	600	960

**In person hours: Hours live and in person in a classroom or clinic with faculty physically present. This includes practicum and clinical sessions.*

***Synchronous hours: Virtual classroom where students and teacher are online at the same time and are able to interact in real time.*

****Asynchronous hours: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via web, email and message boards. Students do not have instant contact with teachers.*

Updated Anatomy and Physiology “Pre/co requisite” Requirements

(Effective 1/1/2020 – All NAMA Recognized Programs must require proof of Western A&P on all student transcripts)

Anatomy & Physiology Pre/Co Requisites

- In person: usually two sequential semesters of an Anatomy & Physiology sequence at a local university or community college.
- Online: Anatomy & Physiology course that is accompanied by a certificate of completion to be provided to the school upon enrollment, or before the AHC program awards the final certificate of completion for their program.
- A laboratory component is not required.
- Courses must cover the terminology, structure, and function of the human body and include:
 - Overview of cells
 - The Nervous System
 - The Cardiovascular System
 - The Respiratory System
 - The Digestive System
 - The Renal System
 - The Endocrine System
 - The Musculoskeletal System
 - The immune System
 - The Reproductive System
 - The Skin
 - Medical Terminology
 - *An emphasis on pathophysiology is encouraged but **not required** for AHC but will be required for AP and AD programs.*
- This prerequisite can be met through previous A&P course work. Schools are responsible for certifying that previously taken courses meet the guidelines as demonstrated by course syllabi, and must attain certificates or transcript details from the previous program to verify the course work was completed. These records should be maintained in student records within the school.
- Final AHC/AP/AD program transcripts provided to the NAMACB for exam application must include verification that the A&P pre/co requisite has been completed along with all other required curriculum for the AHC/AP/AD program as stated in the Educational Outline for Competency Guidelines.
- If the course is offered as a co-requisite, it must be in addition to the minimum hours of Ayurvedic education per the Educational Outline for Competency Guidelines as published.

Ayurvedic Health Counselor (AHC)

Prerequisite/Co-requisite: 4 credits (1 credit=15 course hours) of college level anatomy & physiology or equivalent

Ayurvedic Practitioner (AP) and Ayurvedic Doctor (AD)

Prerequisite/Co-requisite: 6 credits of college level anatomy & physiology or equivalent

- **For students considering further education in Ayurveda, a college level, or equivalent, A&P course (6-8 credits) will be required for both the Ayurvedic Practitioner (AP) and Ayurvedic Doctor (AD) level trainings.** Schools should be prepared to guide students into the best choice of A&P courses based on the student's ultimate career goal at the time of initial student application and interviews.