



Accredited Program Requirements

Revised April, 2024

Discussion of Changes.

The Ayurvedic Accreditation Commission (AAC) undertook a comprehensive review of the requirements for the residential (in-person) hours and clinical components of the Ayurvedic Health Counselor, Ayurvedic Practitioner and Ayurvedic Doctor programs. To allow schools/programs maximum flexibility in the delivery of these programs, the Commission approved the changes listed below.

The following pages provide a full reporting of the changes as well as guidance on the delivery requirements for Health Counselor, Practitioner and Doctor programs. Each program's guidelines are provided on a separate sheet.

Highlights of Changes.

Please see the individual program information sheets for a complete description of the changes.

AHC programs:

- The total residential (in-person) hours requirement has been reduced to 40 hours minimum from the current 180 hours.
- Total program hours of 600 remain the same.
- The clinical component of the program has changed from number of client encounters to clinical hours. This was done for consistency with the other educational competencies of the program.
- Clinical hours are a minimum of 75 hours within the program.
- Within the 75 clinical hours, 25 hours must be delivered in-person.

AP programs:

- The total residential (in-person) hours have been reduced to 175 hours minimum from the current 540 hours.
- Total program hours of 1500 remain the same.

- The clinical component of the program has changed from number of client encounters to clinical hours. This was done for consistency with the other educational competencies of the program.
- Clinical hours are a minimum of 225 hours within the program.
- Within the 225 clinical hours, 100 hours must be delivered in-person.

AD programs:

- The total residential (in-person) hours have been reduced to 550 hours minimum from the current 2040 hours.
- Total program hours of 4000 remain the same.
- The clinical component of the program has changed from number of client encounters to clinical hours. This was done for consistency with the other educational competencies of the program.
- Clinical hours are a minimum of 525 hours within the program.
- Within the 525 clinical hours, 400 hours must be delivered in-person.

Important Things to Know.

1. These changes represent the **minimum** standards requirements for programs.
2. These changes are **not mandatory**. If you choose to deliver your program under the current AAC standards/requirements, you may continue to do so. The current AAC hours requirements exceed the new requirements.
3. These new requirements may be implemented by programs **beginning August 1, 2024**. Additionally, you may apply the new requirements to your program any time after this date.
4. If you choose to implement these new requirements, you **must notify us in writing** and provide the initial date of implementation. Failure to do so will result in your program's suspension from accreditation candidacy.

The full descriptions of the new program hours requirements are provided on the following pages.

Program Hours Requirements for Ayurvedic Health Counselor

Revised April, 2024

A. Total AHC program hours = 600 hours¹ minimum including didactic (lecture) and clinical components²

- Clinical Hours: 75 minimum

B. The AHC program is delivered as follows:

- Residential in-person³ hours for the total program: 40 minimum.
 - This includes a minimum of 25 residential in-person hours for the clinical component.
 - The remaining required residential in-person hours may be allocated to either clinical or didactic (lecture) components.
- Distance learning (DL) (synchronous or asynchronous)⁴: 560 maximum.
 - If DL components of programs include asynchronous delivery, a learning management system must be implemented, and programs must demonstrate that students are completing the coursework and meeting the educational competencies.

C. Clinical Component of AHC Programs

- Clinical Hours = 75 hours minimum
 - This includes a minimum of 25 residential in-person clinical hours with the supervisor, students, and patients together. The remaining clinical hours may be either residential or distance learning.
 - The design of clinical programs must ensure that students develop the required clinical competencies.
 - The minimum numbers of clinical hours established by the program must be demonstrably sufficient to ensure student acquisition of required competencies.
 - Students must have demonstrably sufficient opportunity to assess patients themselves.
 - Students must have demonstrably sufficient opportunity to design interventions, present them to patients, and follow-up with their own patients.
 - Students must have demonstrably sufficient experience with a variety of patients of different ages and genders.
 - Programs should have tools (e.g., rubrics) designed to assess the progress of students' clinical competencies.
- All 75 clinical hours must be supervised.
 - Supervision may include one or more of the following methods:
 - The supervisor meets with the student and patient together. If virtual, this must be a synchronous meeting.

- The supervisor meets with the student to review findings and approve interventions. If virtual, this must be a synchronous meeting.

Note: Schools may use any effective methodology to ensure students' clinical competencies. This may include the following approaches:

- Observation: Students observe faculty meeting with patients (may be in a group setting or one-on-one).
- Supervision: Students are observed by faculty member(s) while the student is meeting with a patient.
- Independent Practice: Students see patients on their own and are supervised by faculty through review of case reports before interventions can be provided to the patient.

¹600 contact hours, which does not include homework hours.

²Four (4) credit college-level courses of Anatomy and Physiology ("A&P"), or its equivalent, will be required for AHC levels. The A&P course may be taken as a prerequisite or co-requisite; however, the A&P coursework will not be included for the purposes of calculating total program hours.

³Residential in-person hours: Hours live and in person in a classroom or clinic with faculty physically present.

⁴Distance learning:

- Synchronous: Virtual classroom where students, patients and teacher are online at the same time and are able to interact in real time.
- Asynchronous: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via the web, email, and message boards. Students do not have instant contact with teachers.

Program Hours Requirements for Ayurvedic Practitioner

Revised April, 2024

A. Total AP program hours = 1500 hours¹ minimum including didactic (lecture) and clinical components²

- Clinical Hours: 225 minimum

B. The AP program is delivered as follows:

- Residential in-person³ hours for the total program: 175 minimum.
 - This includes a minimum of 100 residential in-person hours for the clinical component.
 - The remaining required residential in-person hours may be allocated to either clinical or didactic (lecture) components.
- Distance learning (DL) (synchronous or asynchronous)⁴: 1325 maximum.
 - If DL components of programs include asynchronous delivery, a learning management system must be implemented, and programs must demonstrate that students are completing the coursework and meeting the educational competencies.

D. Clinical Component of AP Programs

- Clinical Hours = 225 hours minimum
 - This includes a minimum of 100 residential in-person clinical hours with the supervisor, students, and patients together. The remaining clinical hours may be either residential or distance learning.
 - The design of clinical programs must ensure that students develop the required clinical competencies.
 - The minimum numbers of clinical hours established by the program must be demonstrably sufficient to ensure student acquisition of required competencies.
 - Students must have demonstrably sufficient opportunity to assess patients themselves.
 - Students must have demonstrably sufficient opportunity to design interventions, present them to patients, and follow-up with their own patients.
 - Students must have demonstrably sufficient experience with a variety of patients of different ages and genders.
 - Programs should have tools (e.g., rubrics) designed to assess the progress of students' clinical competencies.
- All 225 clinical hours must be supervised.
 - Supervision may include one or more of the following methods:
 - The supervisor meets with the student and patient together. If virtual, this must be a synchronous meeting.

- The supervisor meets with the student to review findings and approve interventions. If virtual, this must be a synchronous meeting.

Note: Schools may use any effective methodology to ensure students' clinical competencies. This may include the following approaches:

- Observation: Students observe faculty meeting with patients (may be in a group setting or one-on-one).
- Supervision: Students are observed by faculty member(s) while the student is meeting with a patient.
- Independent Practice: Students see patients on their own and are supervised by faculty through review of case reports before interventions can be provided to the patient.

¹1500 contact hours, which does not include homework hours.

²Six (6) credit college-level courses of Anatomy and Physiology (“A&P”), or its equivalent, will be required for Ayurvedic Practitioner levels. The A&P course may be taken as a prerequisite or co-requisite. However, the A&P coursework will not be included for the purposes of calculating total program hours.

³Residential in-person hours: Hours live and in person in a classroom or clinic with faculty physically present.

⁴Distance learning:

- Synchronous: Virtual classroom where students, patients and teacher are online at the same time and are able to interact in real time.
- Asynchronous: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via the web, email, and message boards. Students do not have instant contact with teachers.

**Program Hours Requirements for
Ayurvedic Doctor**
Revised April, 2024

A. Total AD program hours = 4000 hours¹ minimum including didactic (lecture) and clinical components²

- Clinical Hours: 525 minimum

B. The AD program is delivered as follows:

- Residential in-person³ hours for the total program: 550 minimum.
 - This includes a minimum of 400 residential in-person hours for the clinical component.
 - The remaining required residential in-person hours may be allocated to either clinical or didactic (lecture) components.
- Distance learning (DL) (synchronous or asynchronous)⁴: 3450 maximum.
 - If DL components of programs include asynchronous delivery, a learning management system must be implemented, and programs must demonstrate that students are completing the coursework and meeting the educational competencies.

E. Clinical Component of AD Programs

- Clinical Hours = 525 hours minimum
 - This includes a minimum of 400 residential in-person clinical hours with the supervisor, students, and patients together. The remaining clinical hours may be either residential or distance learning.
 - The design of clinical programs must ensure that students develop the required clinical competencies.
 - The minimum numbers of clinical hours established by the program must be demonstrably sufficient to ensure student acquisition of required competencies.
 - Students must have demonstrably sufficient opportunity to assess patients themselves.
 - Students must have demonstrably sufficient opportunity to design interventions, present them to patients, and follow-up with their own patients.
 - Students must have demonstrably sufficient experience with a variety of patients of different ages and genders.
 - Programs should have tools (e.g., rubrics) designed to assess the progress of students' clinical competencies.
- All 525 clinical hours must be supervised.
 - Supervision may include one or more of the following methods:
 - The supervisor meets with the student and patient together. If virtual, this must be a synchronous meeting.

- The supervisor meets with the student to review findings and approve interventions. If virtual, this must be a synchronous meeting.

Note: Schools may use any effective methodology to ensure students' clinical competencies. This may include the following approaches:

- Observation: Students observe faculty meeting with patients (may be in a group setting or one-on-one).
- Supervision: Students are observed by faculty member(s) while the student is meeting with a patient.
- Independent Practice: Students see patients on their own and are supervised by faculty through review of case reports before interventions can be provided to the patient.

¹4000 contact hours, which does not include homework hours.

²Six (6) credit college-level courses of Anatomy and Physiology ("A&P"), or its equivalent, will be required for Ayurvedic Doctor levels. The A&P course may be taken as a prerequisite or co-requisite; however, the A&P coursework will not be included for the purposes of calculating total program hours.

³Residential in-person hours: Hours live and in person in a classroom or clinic with faculty physically present.

⁴Distance learning:

- Synchronous: Virtual classroom where students, patients and teacher are online at the same time and are able to interact in real time.
- Asynchronous: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via the web, email, and message boards. Students do not have instant contact with teachers.

Transfer Hours / Combined Programs Guidelines

	AHC	AP	AD
Total program hours (includes lecture and clinical)	600	1500	4000
Residential in-person hours (minimum)	40	175	550
Distance education hours (maximum)	560	1325	3450
Clinical hours (minimum)	75	225	525
Residential in-person clinical hours (minimum)	25	100	400

A. Some schools require that students complete the AHC program before matriculating into the AP program. In these cases, hours from qualifying (i.e., meets the AAC standards) AHC programs may be counted toward the AP program.

When AHC hours are counted toward the AP program, the AP hours are as follows:

	AP Hours ¹
Total program hours (includes lecture and clinical), beyond the AHC requirement	900
Residential in-person hours (minimum), beyond the AHC requirement	135
Distance education hours (maximum), beyond the AHC requirement	765
Clinical hours (minimum), beyond the AHC requirement	150
Residential in-person clinical hours (minimum), beyond the AHC requirement	75

¹(Hours from freestanding AP program) – (hours from completed AHC program)

B. Some schools require that students complete the AP program before matriculating into the AD program. In these cases, hours from qualifying (i.e., meets the AAC standards) AP programs may be counted toward the AD program.

When AP hours are counted toward the AD program, the AD hours are as follows:

	AD Hours ²
Total program hours (includes lecture and clinical), beyond the AP requirement	2500
Residential in-person hours (minimum), beyond the AP requirement	375
Distance education hours (maximum), beyond the AP requirement	2125
Clinical hours (minimum), beyond the AP requirement	300
Residential in-person clinical hours (minimum), beyond the AP requirement	300

²(Hours from freestanding AD program) – (hours from completed AP program)