

Brief Course Description	<i>Reflexology (Reflex Study) is the study of activating reflex points, usually on the feet or hands, which correlate with specific anatomy parts that are divided into ten zones through the body. This practise of acupressure, energy and massage techniques stimulates the nervous system to awaken the autonomic nervous system and adjust the body to its optimum balance. Enjoy learning the fascinating art of Foot Reflexology.</i>	
Course Prerequisites	<i>None</i>	
Course Requirements for a Certificate	<i>Introduction to Anatomy/Physiology, Intro to Pathology & Open Your Own Business</i>	
Textbooks Required for this Course	<i>Manuals</i>	
Equipment/Supplies Required for this Course	<i>Spa equipment and supplies (see school supply list) Massage table</i>	
Course Duration	<i>In class: Part time over 12 weeks 27 hours</i>	<i>Correspondence: 5 months</i>
Homework Hours	<i>10</i>	
Delivery Methods	<i>Indicate how the course is delivered:</i> <input type="checkbox"/> <i>On-site delivery.</i> <input type="checkbox"/> <i>Distance delivery.</i>	
Instructional Method	<i>Method of Delivery.</i> <i>Classroom (Instructor Led.)</i> <i>Or Distance Education</i>	<i>Contact Hours.</i> <i>5</i>
Learning Objectives/Outcomes	<i>By the end of this course, students should be able to:</i> <input type="checkbox"/> <i>Know how to chart a client's Reflexology session</i> <input type="checkbox"/> <i>Understand and do all the disciplines learned</i>	
Student Progress/Assessment Methods	<i>Exam: Written & Practical</i> <i>Case Studies: 30</i> <i>Exam Minimum</i> <i>Mark: 75%</i>	
Attendance Expectations	<i>If taking by on-site delivery / class room - attendance is <u>extremely</u> important because of the accelerated time frame. Students can only miss four classes (not days) and need a doctor's note or bereavement. Class time missed is not repeated in class and will be the responsibility of the students who may have to retake in a different term or by correspondence.</i> <i>In the class room students may dress to their comfort as long as when</i>	

Dress Expectations (if applicable) *they bend over breast area is covered and if wearing a skirt or dress length is appropriate.*

When doing case studies in our college;

- *All Black: shirt, pants, socks and shoes*
- *Hair clean & fashioned*
- *No rings, arm bracelets or long necklaces*
- *Comfortable shoes (no bare feet or sock feet)*
- *Nails short & clean (light or clear nail polish is okay)*
- *No face piercing other than ears (anything else confirm first)*

Course Details

	<u>Courses Covered</u>
1.	History & Theory
2.	Zones of the Body
3.	Anatomy/ Physiology of the foot
4.	Foot check up
5.	Reflexology Health Records
6.	Reflexes of the Toes
7.	Foot Reflexology Methods