



NATIONALLY RECOGNISED  
TRAINING



# Nature Care College

diploma

## Diploma Of Reflexology

National Training Code: HLT51707

Please note: Course structure is current as of 28 October 2012

Historically, the use of reflexology dates back to ancient China, Egypt, and Greece. However, it wasn't introduced to Western civilizations until the twentieth century, when a doctor named William Fitzgerald first introduced it to the West. He referred to this type of treatment as zone therapy. Today it is known as Reflexology a tactile therapy based on the concept that areas of our feet and hands correspond to organs and other parts of the body. When massage or pressure is applied to these areas in the feet or hands, a reflex response will occur in the corresponding part of the body. Reflexology reduces tension and is profoundly relaxing, improving the function of the different organ systems and tissues and helping the body to retain its natural state of balance, or homeostasis. Reflexology is a separate modality but it also combines extremely well with many other modalities.

### Diploma of Reflexology - Course Content

▶ Reflexology 1	- 42 hours
▶ Reflexology 2	- 42 hours
▶ Reflexology 3	- 42 hours
▶ Anatomy & Physiology 1A (Regional)	- 24 hours
▶ Anatomy & Physiology 1B (Systematic)	- 24 hours
▶ Anatomy & Physiology 1C (Applied)	- 24 hours
▶ Symptomatology & Pathology for Bodyworkers	- 36 hours
▶ Communicate With Clients	- 24 hours
▶ Swedish Massage	- 42 hours
▶ Massage For Special Needs	- 24 hours
▶ Massage For Chronic Conditions	- 24 hours
▶ Business Skills	- 21 hours
▶ Develop Professional Expertise	- 24 hours
▶ Safe Practices	- 12 hours
▶ Clinical Supervision - Tactile	- 10 hours
▶ Reflexology Student Clinic	- minimum 100 hours
▶ Apply First Aid Certificate	- 12 hours

*NB. The hours shown above represent hours of face to face teaching and do not reflect time for home study, which is considerable in some subjects. It is a requirement of the course that students hold a current first aid certificate at Graduation.*

It is essential that students acquire, or have access to, a massage table from the beginning of the course as they will be required to practice reflexology on a regular basis. Massage tables are available for hire from the Nature Care Clinic ph: 8423-8444, or for purchase from The Emporium ph: 8423-8477

diploma

## Diploma of Reflexology

### Unit of Study Descriptions & Study Options

#### **Reflexology 1 (Intensive)**

Heal the whole body through the feet! This unit of study introduces you to the basic concepts and techniques of reflexology. You will learn how to stimulate pressure points on the feet and hands to diagnose and treat many ailments, correcting imbalances in the body through reflex action.

#### **Reflexology 2 (Intensive)**

This course will broaden and deepen participants' dimensions and perspective of Reflexology through the integration of other modalities and theories. The new skills learned will enable participants to develop a tailored treatment plan to suit specific conditions.

*Pre-requisite:* Reflexology 1.

*Co-requisite:* Anatomy & Physiology 1A.

#### **Reflexology 3 (Intensive)**

In Reflexology 3 you will learn the principles and art of advanced Reflexology, developing and enhancing the skills needed to become an experienced reflexologist.

*Pre-requisites:* Reflexology 1 & 2, Anatomy & Physiology 1A.

*Co-requisite:* Anatomy & Physiology 1B.

#### **Anatomy and Physiology 1A (Regional) (2 hours a week for 12 weeks OR Distance learning)**

A fundamental component of all major modalities, this unit of study will teach you about the structure, general function and organisation of the human body with a thorough look at the musculoskeletal system.

#### **Anatomy and Physiology 1B (Systematic) (2 hours/week for 12 weeks OR Distance learning)**

This unit of study introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory, & genito-urinary.

*Pre-requisite:* Anatomy & Physiology 1A.

#### **Anatomy and Physiology 1C (Applied) (2 hours a week for 12 weeks OR Distance learning)**

This unit of study integrates your knowledge of Anatomy & Physiology 1A & 1B, increasing your understanding of a wide range of body functions. Subjects studied include the anatomy and physiology of stress, sleep, consciousness, memory, emotions and behaviour.

*Pre-requisites:* Anatomy & Physiology 1A & 1B

#### **Symptomatology & Pathology for Bodyworkers (Intensive OR Distance learning)**

This unit of study is designed to cover the basic principles of pathology, methods of collecting data on clients, problem-solving, establishing a treatment plan and when to refer a client. Common complaints, illnesses and skin conditions that may be encountered by a bodywork therapist will also be covered in depth.

*Pre-requisites:* Anatomy & Physiology 1A, 1B

*NB: Students who have completed the units 'Symptomatology, Diagnosis & Pathology 1A & 1B' do not have to do 'Symptomatology & Pathology for Bodyworkers'.*

#### **Communicate With Clients (2 hours a week for 12 weeks OR Intensive)**

This unit of study covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

*(NB: Students who have completed Communication Skills 1A or Communication Skills For Health Professionals 1A do not have to do Communicate With Clients)*

#### **Swedish Massage (3.5 hours a week for 12 weeks OR Intensive)**

Swedish massage is an introduction to general massage that employs the fundamental manipulations (techniques) applied to the soft tissues of the body. Swedish massage forms the underpinning practical and theoretical knowledge for Remedial Massage 1 & 2. In this unit of study you will learn the basic techniques, ethical behaviour and boundaries, draping, contraindications, history and definition of massage etc. Participants on finishing this unit of study should be competent in all areas of general massage.

#### **Massage For Chronic Conditions (2hrs per week for 12 weeks OR intensive)**

This unit of study focuses on developing treatment plans utilising massage for clients with a range of chronic conditions, eg musculoskeletal disorders, overuse syndrome, chronic pain management. It also explores the impact of chronic conditions on the client and their family

*Pre-requisites:* Reflexology 1 (for Diploma of Reflexology students only)

*Exempt:* If completed Symptomatology & Pathology for Bodyworkers 1B

#### **Massage For Special Needs (Intensive)**

This unit of study focuses on specialised massage requirements that may arise in clinic including the special needs of children, adolescents, women, men, geriatric care, cancer and mental health care.

*Pre-requisites:* Reflexology 1 (for Diploma of Reflexology students only)

*Co-requisite:* Massage for Chronic Conditions

#### **Safe Practices (Workshop OR Distance Learning)**

This workshop incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

#### **Business Skills (Workshop OR Distance Learning)**

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills required to administer a practice. You will also learn how to make referrals to other health care professionals and community services when appropriate, develop your networking skills, comply with statutory obligations and maintain ethical work practices.

## Diploma of Reflexology

### Unit of Study Descriptions & Study Options

#### **Develop Professional Expertise** (*Intensive OR Distance Learning*)

This unit of study will provide you with the knowledge and skills required to establish and manage a successful complementary health care practice. You will also learn how to continue your professional development once your formal study is completed, keep up to date with the latest industry news, make a positive contribution to the knowledge base of your profession and critically evaluate some specific types of research.

*Pre-Requisite* – Business Skills

#### **Clinical Supervision – Tactile** (*2 hours a week for 5 weeks*)

This unit of study supports students in the facilitation of effective communication in relation to clinical practice and the health sector. This module further develops interpersonal skills, personal awareness and an understanding of the psychological life of the body. Clinical supervision is a small group environment where case work and professional practice is shared, examined and developed.

*Pre-Requisite* – 50 hours Reflexology Student Clinic

*Co-Requisite* - Student clinic

#### **Apply First Aid Certificate**

It is a requirement of the course that students hold a current first aid certificate at graduation.

## Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or [info@naturecare.com.au](mailto:info@naturecare.com.au)

## Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

## Recognition of our Course

The Diploma of Reflexology is fully Government accredited with VETAB (NSW Vocational Education & Training Accreditation Board), accredited by the Australian Traditional Medicine Society (ATMS) and the Reflexology Association of Australia (RAA).

## Student Clinic

Total requirement: 100 hours.

### **Reflexology Clinic**

*Pre-requisites:* Reflexology 1 & 2, Anatomy & Physiology 1A & 1B, Safe Practices.

*Co-requisites:* Reflexology 3

## Financial Assistance

Please refer to [www.naturecare.com.au](http://www.naturecare.com.au) for information on the variety of "Flexible Payment Options" available or alternatively contact Student and Learning Services on +61 2 8423 8333 for assistance.

*The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.*

## Part Time Program – Four Terms

<b>Term 1</b>
Anatomy & Physiology 1A
Communicate With Clients
Develop Professional Expertise
Reflexology 1
<b>Term 2</b>
Massage For Chronic Conditions
Reflexology 2
Safe Practices
Anatomy & Physiology 1B
<b>Term 3</b>
Anatomy & Physiology 1C
Massage For Special Needs
Reflexology 3
Student Clinic each week
Symptomatology & Pathology For Bodyworkers
<b>Term 4</b>
Apply First Aid
Business Skills
Clinical Supervision – Tactile
Student Clinic each week
Swedish Massage

The Diploma of Reflexology (HLT51707) is nationally recognised under the Australian Quality Training Framework. The following table lists the Units of Competency achieved upon successful completion of the award. Subjects that correspond with each Unit of Competency are also listed below.

Nature Care College Pty Ltd		
1 year and 1 term (12 weeks per term; 3 terms per year)		
HLT51707 – Diploma of Reflexology		
Code	Title	Core/ Elective
HLTHIR501A	Maintain an effective health work environment	Core*
HLTCOM404B	Communicate effectively with clients	Core*
HLTCOM502B	Develop professional expertise	Core*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Core*
CHCORG28A	Reflect and improve upon professional practice	Core*
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	Core*
HLTCOM503B	Manage a practice	Core*
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Core*
HLTOHS300A	Contribute to OHS processes	Core*
HLTIN301A	Comply with infection control policies and procedures in health work	Core*
HLTAP401A	Confirm physical health status	Core*
HLTAP501A	Analyse health information	Core*
HLTFA301B	Apply first aid	Core*
HLTREF501A	Work within a reflexology framework	Specialist**
HLTREF502A	Prepare for a reflexology treatment	Specialist**
HLTREF503A	Provide reflexology treatment	Specialist**
HLTREF504A	Monitor and evaluate reflexology treatments	Specialist**
HLTCOM510A	Provide services to clients with chronic diseases or conditions	Elective**
HLT401B	Work within a massage framework	Elective**
HLTCOM408B	Use specific health terminology to communicate effectively	Elective**
HLTREM510A	Provide specialised remedial massage treatments	Elective**
Minimum 100 hours		

Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
HLTHIR501A	Maintain an effective health work environment	Clinical Supervision Tactile
HLTCOM404B	Communicate effectively with clients	Communicate with Clients
HLTCOM502B	Develop professional expertise	Develop Professional Expertise
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
CHCORG28A	Reflect and improve upon professional practice	Clinic Supervision Tactile
HLTCOM503B	Manage a practice	Develop Professional Expertise
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Business Skills
HLTOHS300A	Contribute to OHS processes	Safe Practices
HLTIN301A	Comply with infection control policies and procedures in health work	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A &1B Symptomatology & Pathology for Bodyworkers
HLTAP501A	Analyse health information	Anatomy & Physiology 1C
HLTFA301B	Apply first aid	Apply first aid
HLTREF501A	Work within a reflexology framework	Reflexology 1 Reflexology 2
HLTREF502A	Prepare for a reflexology treatment	Reflexology 2 Reflexology 3 Reflexology Student Clinic
HLTREF503A	Provide reflexology treatment	Reflexology 3 Reflexology Student Clinic
HLTREF504A	Monitor and evaluate reflexology treatments	Reflexology 3
HLTCOM408B	Use specific health terminology to communicate effectively	Anatomy & Physiology 1A & 1B, Symptomatology & Pathology for Bodyworkers
HLTREM401B	Work within a massage framework	Swedish Massage
HLTCOM510A	Provide services to people with chronic diseases or conditions	Massage for Chronic Conditions
HLTREM510A	Provide Specialised Remedial Massage Treatments	Massage for Special Needs