



Nature Care College

Reflexology 1

DESCRIPTION	Heal the whole body through the feet! This module 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.	
DURATION	42 hours	
LEARNING OUTCOMES	By the conclusion of this module, students should be able to: <ol style="list-style-type: none"> 1. Effectively conduct a complete Foot Reflexology session on a client. 2. Understand the basic principles and theories of Reflexology. 3. Identify, and have a basic understanding of the components and functions of the major systems of the body. 4. Demonstrate effective interpersonal, communication, coaching and feedback skills necessary to form effective relationships with clients. 5. Demonstrate relaxation and visualisation techniques. 6. Work within a reflexology framework. 7. Provide reflexology treatment 	
TEACHING METHOD	Face-to-face presentations Practical demonstrations Skill practices Experiential learning exercises Relaxation and visualisation.	
ASSESSMENT	Course assignment	20%
	Written theory exam	30%
	Practical exam	50%
	Pass mark	60%
	All components must be completed and passed at 60% in order to pass this subject satisfactorily.	
	NOTE: To facilitate the return of your assignment you will need to provide a stamped self addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission, for our own records.	
ATTENDANCE	90% minimum	
PRE-REQUISITES	Nil.	
CO-REQUISITES	Nil.	
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.	

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

TEXTBOOKS**Compulsory:**

2005. *Participant Workbook for Reflexology 1*.

(Students are required to bring this textbook to the first class.)

Recommended Reading / References:

Byers D, 1991. *Better Health with Foot Reflexology*. Ingham Publishing.

Norman L, 1989. *Feet First - A Guide to Foot Reflexology*. Simon & Schuster.

Crane B, 1997. *Reflexology: The Definitive Practitioner Manual*. Element Books.

Rogers S, 1998. *Professional Reflexology for Everyone*. Victorian Centre of Reflexology.

Ingham E, 1991. *Stories the Feet Can Tell, Stories the Feet Have Told*. Ingham Publishing.

**MESSAGE
TABLE HIRE**

Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call 9906 1566.

WEEK-BY-WEEK OUTLINE

WEEK 1

An Introduction to Reflexology 1.

Explain the history and definition of Reflexology.

Detail the observed principles of Reflexology.

Explain the "Zone Theory" and Contraindications.

Demonstrate how to effectively use the workbook.

Explain the use of the 'footbath'.

WEEK 2

Beginning the Reflexology Process.

Describe the requirements necessary to create an ideal 'Client Environment'.

Explain the principles and theory of 'Foot Observations'.

Demonstrate how to take an effective 'Client Case History'.

Demonstrate the holding, thumb, finger and leverage techniques.

Demonstrate the Pre-Reflexology relaxation techniques.

WEEK 3

Reflexing the Head and Neck Area.

Explain the functions, organs and components of this area and their position on the feet.

Identify the conditions / disorders associated with this area.

Demonstrate how to reflex this area.

WEEK 4

The Respiratory and Cardiovascular System.

Explain the functions, organs and components of these systems and their position on the feet.

Identify the conditions / disorders associated with the Respiratory and Cardiovascular Systems.

Demonstrate how to reflex the Respiratory and Cardiovascular Systems.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

WEEK 5	<p>The Digestive System.</p> <p>Explain the functions, organs and components of this system and their position on the feet.</p> <p>Identify the conditions / disorders associated with the Digestive System.</p> <p>Demonstrate how to reflex the Digestive System.</p>
WEEK 6	<p>The Endocrine System.</p> <p>Explain the functions, organs and components of this system and their position on the feet.</p> <p>Identify the conditions / disorders associated with the Endocrine System.</p> <p>Demonstrate how to reflex the Endocrine System.</p>
WEEK 7	<p>The Urinary System.</p> <p>Explain the functions, organs and components of this system and their position on the feet.</p> <p>Identify the conditions / disorders associated with the Urinary System.</p> <p>Demonstrate how to reflex the Urinary System.</p>
WEEK 8	<p>The Central Nervous, Muscular and Skeletal Systems.</p> <p>Explain the functions, organs and components of these system and their position on the feet.</p> <p>Identify the conditions / disorders of the Central Nervous, Muscular and Skeletal Systems.</p> <p>Demonstrate how to reflex the Central Nervous, Muscular and Skeletal System.</p>
WEEK 9	<p>The Reproductive and Lymphatic Systems.</p> <p>Explain the functions, organs and components of these system and their position on the feet.</p> <p>Identify the conditions / disorders of the Reproductive and Lymphatic Systems.</p> <p>Demonstrate how to reflex the Reproductive and Lymphatic System.</p>
WEEK 10	<p>Putting it all together.</p> <p>Review all the systems, organs and glands of the body.</p> <p>Develop a process that integrates all of these components into a treatment.</p> <p>Demonstrate the methodology to conduct a full Reflexology treatment on a client.</p>
WEEK 11	Revision and Theory Exam
WEEK 12	Practical Exam

INTENSIVE OUTLINE

SESSION 1:

An Introduction to Reflexology 1.
Explain the history and definition of Reflexology.
Detail the observed principles of Reflexology.
Explain the "Zone Theory" and Contraindications.
Demonstrate how to effectively use the workbook.
Explain the use of the 'footbath'.
Beginning the Reflexology Process.
Describe the requirements necessary to create an ideal 'Client Environment'.
Explain the principles and theory of 'Foot Observations'.
Demonstrate how to take an effective 'Client Case History'.
Demonstrate the holding, thumb, finger and leverage techniques.
Demonstrate the Pre-Reflexology relaxation techniques.

SESSION 2:

Reflexing the Head and Neck Area.
Explain the functions, organs and components of this area and their position on the feet.
Identify the conditions / disorders associated with this area.
Demonstrate how to reflex this area.
The Respiratory and Cardiovascular System.
Explain the functions, organs and components of these systems and their position on the feet.
Identify the conditions / disorders associated with the Respiratory and Cardiovascular Systems.
Demonstrate how to reflex the Respiratory and Cardiovascular Systems.

SESSION 3:

The Digestive System.
Explain the functions, organs and components of this system and their position on the feet.
Identify the conditions / disorders associated with the Digestive System.
Demonstrate how to reflex the Digestive System.
The Endocrine System.
Explain the functions, organs and components of this system and their position on the feet.
Identify the conditions / disorders associated with the Endocrine System.
Demonstrate how to reflex the Endocrine System.

SESSION 4:

The Urinary System.

Explain the functions, organs and components of this system and their position on the feet.

Identify the conditions / disorders associated with the Urinary System.

Demonstrate how to reflex the Urinary System.

The Central Nervous, Muscular and Skeletal Systems.

Explain the functions, organs and components of these system and their position on the feet.

Identify the conditions / disorders of the Central Nervous, Muscular and Skeletal Systems.

Demonstrate how to reflex the Central Nervous, Muscular and Skeletal System.

SESSION 5:

The Reproductive and Lymphatic Systems.

Explain the functions, organs and components of these system and their position on the feet.

Identify the conditions / disorders of the Reproductive and Lymphatic Systems.

Demonstrate how to reflex the Reproductive and Lymphatic System.

Putting it all together.

Review all the systems, organs and glands of the body.

Develop a process that integrates all of these components into a treatment.

Demonstrate the methodology to conduct a full Reflexology treatment on a client.

SESSION 6:

Revision and **Theory Exam**

Practical Exam

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.