



DESCRIPTION	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.
DURATION	42 hours
LEARNING OUTCOMES	<p>By the conclusion of this unit of study, students should be able to:</p> <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 visualization techniques. 6. Work within a reflexology framework. 7. Provide reflexology treatment
TEACHING METHOD	<p>Face-to-face presentations Practical demonstrations Skill practices Experiential learning exercises Relaxation and visualization.</p>
ASSESSMENT	<p>30% Written Exam 70% Practicum- Reflexology practical assessment Body Logs – 10 Compulsory – No Grade</p> <p>All components must be completed and passed at 60% in order to pass this subject.</p>
ATTENDANCE	90% minimum
PRE-REQUISITES	Nil.
CO-REQUISITES	Nil.
COMPETENCIES FULL COMPLETION	<p>Successful completion of this unit of study is in completion of the following Health Training Package HLT07 Units of Competency HLTREF501A Work within a reflexology framework</p>
MATERIALS	Notebook, pen, comfortable clothing, short finger nails.

REQUIRED

TEXTBOOKS

No Compulsory Text

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 8423 8444.

INTENSIVE OUTLINE

Day 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.
- 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.

Day 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.

Day 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.

Day 4:

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.

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.

Putting it all together what was learned so far

Day 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- the full treatment

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.

Day 6:

Written Exam

Practical Assessment

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.
