

Certified Foot Reflexology Course Outline

Pre - requisites

Certified Foot Reflexology registrants must be 18 years of age or have completed high school.

Course Hours

The **Certified Foot Reflexology Course is 166.5 hours**: 35 in - class hours (in a format selected by the teacher), 25 hours of a home study program, a 2 - hour written exam, a practicum of 100 hours (50 treatments), a 3 - hour mandatory review (during the practicum) and a 1.5 - hour practical exam.

Purpose

The objectives of this training are for students to:

- Understand the principles of reflexology;
- Gain an introductory understanding of how the body systems function;
- Learn to map the body to the feet;
- Learn how to stimulate the various reflexes on the foot for a safe, effective therapeutic treatment;
- Qualify to become a **Registered Canadian Reflexology Therapist (RCRT)** and Professional member of RAC.

Course Outline

A. The History and Theory of Reflexology

Covers a historical and theoretical overview and background to Reflexology, the healing crisis and how it affects the client and the healing process, structure and function of the foot, how and why it works, zone and neural pathways of the body and terminology.

B. Biomechanics of the Foot and Foot Assessment Techniques

Covers identification of foot conditions, their origins, assessment of the overall structure of the foot.

C. Completing a Reflexology Case Study

Covers the client/therapist interview process, review reasons for completing of a Health Record and documenting a session on a Treatment Record.

D. Anatomy and Physiology

Covers an introduction and explanation of the anatomy and physiology of the systems in the body, related conditions, and how to locate the reflexes on the foot that correlate to each system.

The systems include:

- The Nervous System
- The Endocrine System
- The Respiratory System

- The Cardiovascular System
- The Digestive System
- The Urinary or Renal System
- The Immune and Lymphatic Systems
- The Reproductive Systems
- The Musculoskeletal System

E. Key Areas of Emphasis for Specific Conditions in Reflexology

Introduces the student to an explanation and breakdown of each condition and the related systems and reflexes commonly affected within each condition.

F. RAC Approved Reflexology Method (following national and international standards)

Covers treatment guidelines including providing a healing environment and hygienic practice, what to do before and after a session, a full reflexology procedure including method, pacing and technique.

G. Business and Financial Information

Covers RAC Code of Conduct and Ethics, Standards of Practice, health and insurance plans, confidentiality, advertising, professionalism, business operation, and what makes a successful clinic.

Home Study

Home study guides the student through the course material. Each student must complete the Home Study Workbook and submit it for review at the time of the theoretical exam. Once completed and reviewed, the student is accredited **25 hours of home study**.

Practicum

The practicum is a time for students to perfect the protocol associated with the practice of Foot Reflexology. Students must find their own clients and complete **50 treatments** in a Case Study context (health records, treatment records and assessment documentation). *The practicum must include a minimum of 6 clients. And, a maximum of 3 clients with one session each will be accepted.* Case studies must be submitted for review at the time of the practical exam. Once completed and reviewed, the student is accredited **100 practicum hours**.

Mandatory Review

There is a **3 - hour mandatory review** given by the teacher half - way through the practicum. The goal is for the teacher and students to come together to review and evaluate the student's case studies and session protocol. Each student must come prepared to present a minimum of 2 case studies with a minimum of 20 recorded treatments. Additional reviews may be requested by either the student or the teacher.

***** When a student has successfully completed the review and 40 case study sessions, s/he will be allowed to charge a maximum of \$20.00 for the each of the remaining 20 treatments. *****

Exams

The Exam Preparation chapter in the manual covers suggestions on how to help prepare for both the theoretical and practical exams.

Students must be Professional members in good standing at the time of each exam.

All exam prerequisites, including those of membership, must be satisfied before an exam may be administered.

The **1.5 - hour theoretical exam must be completed within 3 months of the last day of class.** (Those traveling a significant distance may contact RAC Head Office to discuss the possibility of a Proctor for the exam. Extensions are available.) The Home Study Workbook must be completed and submitted to the teacher at the time of the theoretical exam. Students must be members in good standing before the exam may be administered.

The **1.5 - hour practical exam must be completed within 1 year of the last day of class.** (Extensions are available.) The practical component of 60 treatments must be submitted to the examiner at the time of the exam. All students must have completed the mandatory review, have a professional treatment by a RAC certified member or teacher (at the rate charged by the member or teacher) and be a member in good standing before the exam may be administered.

Passing grade for all exams is 80%. It is possible to register for an exam redo through RAC.

Award of RAC National Certificate

Upon successful completion of the course, the student will be credited with **166.5 course hours**, will receive a transcript of their marks, will be awarded an embossed certificate and will be eligible to become a Professional member of RAC. This course fully qualifies graduates to practice as a highly trained and skilled **RAC Certified Foot Reflexologist**.