

REFLEXOLOGY

COURSE DESCRIPTION:

MT 145 Reflexology. 3 hours credit. In this course students examine the ancient massage practice which correlates specific points on the hands, feet and ears to the major systems of the body. Clinical practice indications and contraindications are emphasized. Students perform reflexology massage techniques and create a routine of reflexology massage. Development of a reflexology practice is explored.

REQUIRED TEXTBOOK:

Wills, P. (1995). The Reflexology Manual. Rochester, VT: Healing Arts Press.

COURSE OBJECTIVES

As a result of successful completion of this course, the student should be able to:

1. Discuss the rationale of reflexology massage as a natural healing art
 - a. Explore theories of how reflexology works
 - b. Examine the history of reflexology
 - c. Cite benefits of reflexology massage
 - d. Describe and utilize current predominant philosophies of reflexology.
2. Describe relationships between specific points on the feet/hands/ears and the major systems of the body
 - a. Identify anatomy/physiology/terminology of feet/hands/ears and major systems of the body
 - b. Explore meridians, zones and reflexes and their relationships to major systems of the body
 - c. Examine indications and contraindications of reflexology
 - d. Identify pathologies of the feet.
3. Develop reflexology techniques and skills
 - a. Identify reflex points, zones and meridians of the feet/hands/ears
 - b. Describe and utilize foot/hand/ear maps and charts
 - c. Demonstrate ability to use hand/finger movements of reflexology
 - d. Develop 15 and 60 minutes reflexology routines.
4. Incorporate basic skills for developing a reflexology practice
 - a. Explore principles of client history, treatment documentation and scope of practice
 - b. Demonstrate ethical and professional standards in reflexology
 - c. Identify role of continuing research in reflexology
 - d. Discuss value of advocacy of legislation and self-legislation.

TOPICAL OUTLINE OF UNITS

- I. Reflexology rationale
 - a. Reflexology theories
 - b. History of reflexology

- c. Benefits of reflexology
 - d. Current philosophies.
- II. Relationship of feet/hands/ears and major body systems
- a. Anatomy/physiology/terminology of feet/hands/ears and major body systems
 - b. Meridians, zones, reflexes
 - c. Indications/contraindications
 - d. Feet pathologies.
- III. Skill and techniques of reflexology
- a. Reflex points, zones and meridians
 - b. Foot/hand/ear maps and charts
 - c. Hand/finger positions/techniques of reflexology
 - d. Reflexology routines.
- IV. Preparation for reflexology practice
- a. Client history, treatment documentation, scope of practice
 - b. Ethical and professional standards
 - c. Reflexology research
 - d. Legislation.

METHODS OF INSTRUCTION

The following teaching/learning activities will assist students to achieve course objectives: lecture, demonstration, class discussion, textbook reading assignments, audio visuals, role play, written exercises, group projects, games, technique demonstrations and supervised technique practice time.

METHODS OF EVALUATION

Methods of evaluation include observation of in-class participation, quizzes/exams, assignments and hands-on testing of reflexology techniques. Grade determination will be based upon attendance, participation, quizzes/exams and technique mastery.