

Course Information Sheet

Reflexology Introduction

Introduction

This course looks at the history and origins of reflexology. Learn how the feet can be seen as a map of the body. Practical work will include performing a simple sequence of reflexology that can be used at home. You will learn how to work on the reflexes of the feet to correct imbalances throughout the body, to help release blocked energy and to encourage the body to heal itself.

What are the course entry requirements?

No prior knowledge of Reflexology is required. As this course has both a practical and theoretical content, to benefit from this course you must be willing and able to participate in practical activities. If you have any chronic or serious medical or physical conditions, please contact the tutor to ensure the practical exercises will not contra-indicate the condition.

To get the best from this course you should be able to follow instructions in English/including numerical verbal and written instructions.

How long is the course?

This is a 6 week course.

What will the course involve?

Learners' will discover the history and theory of reflexology and participate in practical exercises to gain skills to perform a simple reflexology routine.

How will I be learning?

An initial assessment will be used to measure prior knowledge and experience. You will learn through a variety of methods: practical and theoretical learning activities, work books, quizzes and reading/homework.

What equipment will I need?

You will need to bring a towel and/or cushion each session for the practical work.

How will I know if I am making progress?

During the course your progress will be checked using a variety of techniques which may include: observation, informal quizzes, setting tasks, group discussion, question and answer sessions, individual learning portfolios and tutor feedback.

What course work will I be expected to complete?

There will be some reading, practice of practical activities and an optional assignment if a learner wants to build on information and activities used in session.

What can I expect to learn from this course?

By the end of the course the learner will be able to:

- Identify key health and safety issues relating to reflexology
- List 3 main benefits of reflexology to the body
- Follow step by step instructions to perform basic reflexology techniques
- State 3 contra-indications relevant to a reflexology treatment
- State 3 aftercare points you would advise after a treatment
- State 3 hygiene steps required to before a treatment commences
- Demonstrate a simple reflexology sequence on peers

Will I need to cover anything in addition to the course fee?

No additional costs are required.

What other training programmes and progression opportunities are there?

You may wish to study the subject further or enrol onto another Complimentary therapy course, for example: Aromatherapy, Shiatsu or Indian Head Massage.

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning