

REFLEXOLOGY NEW ZEALAND

Diploma of Reflexology

Module 1 Descriptor

FOUNDATIONAL REFLEXOLOGY KNOWLEDGE.

Hours:	200	
Credits:	20	
Level:	5	
Pre requisites:	Open	
Delivery:	Class contact hours:	50
	Self Directed Learning Hours:	150
	Total hours:	200

Aim: People credited with this module are able to :

Demonstrate knowledge of Reflexology practice; demonstrate knowledge of landmarks, divisions, and biomechanics in reflexology practice; demonstrate knowledge of reflexology frameworks; and demonstrate reflexology techniques.

Learning outcomes: On successful completion of this module the student will

1. Demonstrate competent knowledge of reflexology practice
2. Demonstrate knowledge of landmarks, divisions and biomechanics in reflexology practice
3. Demonstrate knowledge of different reflexology frameworks
4. Demonstrate reflexology techniques, which includes but is not limited to thumb and finger walking, rotation, holding, stretching, rocking, stroking and feathering.

Content: Could include but not limited to :

Definition of reflexology, identify scope of practice, development of reflexology philosophy and practice which will include history, reflexology theory, multi-cultural origins, current national and international context. Students own philosophy and approach to reflexology. Explanation of potential effects of applied reflexology including indications and absolute contraindications to treatment. Identification of possible referrals to allied modalities and reasons for doing so e.g. podiatrists, osteopath, naturopath, homeopath, body therapist, physiotherapist, medical practitioner, acupuncturist.

Description of the division of foot and hand into sections representative of the different body parts is identified according to reflexology theory; Bony landmarks

of the hands and feet used to locate the position of reflex areas; range and quality of movement in the hands and feet – described as plantar flexion, dorsiflexion, palmar flexion, inversion, eversion, soft tissue tension.

Demonstrate knowledge of different reflexology frameworks including but not limited to : Reflex zone therapy, Ingham school, meridians, and mind/body approach.

Reflexology frameworks identified and described such as : historical background, rationale, explanation of how reflexology works, distinguishing features of treatments (including common techniques).