

## RAC Foot Course Outline

### Pre-requisites

Must be 18 years of age or have completed high school.

### Course Breakdown

Total course hours are 186.5 (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 60 treatments, a 3-hour mandatory review during the practicum and a 1.5-hour practical exam).

### Purpose

The purpose of this training course is outlined in the following five general objectives:

- To explain the principles of Reflexology;
- To gain understanding of how the body systems function under the heading of Anatomy and Physiology;
- To learn to read the map of the body on the foot;
- To learn how to stimulate the various reflexes on the foot for a safe, effective therapeutic treatment;
- To become a **Registered Canadian Reflexology Therapist** with the Reflexology Association of Canada.

### 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 and a finishing foot massage.

**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.

## Practicum

The practicum time allows the student to practice the routine in a professional manner (as taught in the classroom). The purpose of which is to develop a thorough case study consisting of a Health Record, Treatment Records, assessment documentation and evaluation for each client. Each student must complete 60 treatments (for a total of 120 practice hours). The practicum should include a minimum of 6 clients and a maximum of 10. A maximum of 3 clients with one session each will be accepted.

## Mandatory Review

There is a 3-hour mandatory review given by the teacher no later than 6 months into the practicum. The goal is for the teacher and students to come together to review and evaluate the student's case studies as well as the Reflexology Method. The date for this may be set on the last day of the course. Each student must come prepared to present a minimum of 2 case studies with a minimum of 20 recorded treatments. Any additional reviews requested by the student of the teacher the student will contact RAC Head Office.



**\*\*\* When a student has completed the review and 40 treatments the student will be allowed to charge a maximum of \$20.00 for the each of the remaining 20 treatments. \*\*\***

## Home Study and Exam Preparation

The Exam Preparation chapter in the manual covers suggestions on how to help prepare for both the written and the practical exams. Teachers will schedule the written exam with the students on the last day class (within 3 months of the last day of class). Students are required to attend on that date. Those traveling a significant distance may contact RAC Head Office to discuss the possibility of a Proctor for the exam. The Workbook must be completed and submitted to the teacher at the written exam in order to receive recognition for completing 25 hours home study.

The practical component of 60 treatments shall be submitted to the examiner at the time of the practical exam within 1 year of the last day of your course. 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 provide a letter or receipt to their practical examiner as verification and be a current member before the exam may be administered.

## Award of RAC National Certificate

Upon successfully completion of the program, (186.5 hours credit hours) you will be awarded a fully embossed certificate and a transcript of marks. This course fully qualifies you to practice this profession as a highly trained and skilled RAC Certified Reflexology Therapist.

