THPY 1405: Reflexology

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 2
Lab Hours/Week: *.*
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course provides students with the ability to complete a comprehensive foot or hand reflexology session. The student will learn to identify foot reflex areas and discern how they relate to the body as a whole. Finger, thumb and hand techniques will be used to palpate the foot and hand reflex areas. Students will learn to identify and palpate anatomical landmarks in the feet, hands, wrists and ankles. (Prerequisite: None) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 03/15/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Be able to palpate different reflex areas on body
2. Be able to perform all reflexology techniques on feet and hands
3. Know all bones of feet and hands
4. Understand how body organs correspond to reflex points
D. LEARNING OUTCOMES (General)
   1. Define reflexology
   2. Understand transverse and longitudinal zones
   3. Identify body organs
   4. Identify twenty-six foot bones
   5. Define ten common foot disorders
   6. Identify twenty-seven hand bones
   7. Outline hand and foot care procedures
   8. Define nine common hand disorders
   9. Analyze optimal treatment pressure
  10. List four pressure point techniques
  11. Describe thumb walking technique
  12. Describe sliding technique
  13. Describe finger walking technique
  14. Describe pivoting technique
  15. Assess reflexology contraindications
  16. Identify fifty-five foot reflex areas
  17. Identify fifty-five hand reflex areas
  18. Complete optimal client positioning
  19. Palpate head and neck reflex areas
  20. Palpate shoulder and chest reflex areas
  21. Palpate abdomen reflex areas
  22. List top of feet reflex areas
  23. List back of hand reflex areas
  24. Apply finishing treatment
  25. Outline a complete foot reflexology routine
  26. Outline a complete hand reflexology routine
  27. Locate seven major body chakras
  28. Describe color reflexology treatment therapy
  29. Evaluate procedural outcomes

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted