

Minnesota State College Southeast

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