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RAC Foot Course Outline

Pre-requisites – must be 18 years of age or completion of grade 12.

Total course hours are 186.5 hours with 35 being in-class training hours in a format selected by the Teacher. To receive RAC certification you must take the full Reflexology training course from a RAC Certified Teacher. You must also perform a practicum of 60 sessions and a minimum of 6 case-studies with a minimum of 3 sessions each (actual practice hours for this category are 120 hrs), complete 25 workbook hours of a home-study program, write a two-hour written exam within 3 months of the last day of the course. Then complete a 1.5-hour practical exam within 1 year from the last day of the class. There will also be a mandatory review of 3 hours total before you take the practical exam.

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

- To explain the principles of Reflexology;
- To gain understanding of how the body systems function under the heading of Anatomy and Physiology/Patho-Physiology;
- To learn to read the map of the body on the foot;
- To learn how to stimulate the areas of various reflexes on the foot for a safe, simple yet effective therapeutic treatment;
- To achieve a high national and international standard of practicing Reflexology;
- To become nationally certified as a Reflexologist with the Reflexology Association of Canada.

Outline:

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.

Biomechanics of the Foot and Foot Assessment Techniques

Covers identification of foot conditions and their origins, assessment of the overall structure and condition of the foot and foot terminology.

Completing a Reflexology Health Record

Covers the client-practitioner interview process, reasons for completion of a record and documenting a session.

Anatomy and Physiology

Covers an introduction and explanation of the anatomy and physiology of the organ systems in the body, conditions, terminology and how to locate the reflexes on the foot that correlate to each system. The systems include:

- The Endocrine system
- The Digestive system
- The Urinary or Renal system
- The Respiratory system
- The Cardiovascular system
- The Immune and Lymphatic system
- The Reproductive system
- The Musculoskeletal system
- The Nervous System

Key Areas of Emphasis for Specific Conditions in Reflexology

Introduces the student to an explanation and breakdown of pathology related to Reflexology, reflexes commonly affected and the rationale behind it.

RAC Approved Reflexology Method (following national and international standards)

Covers instruction for Standards of Practice 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. These must be started after the last day of the class.

Business and Financial Information

Covers health and insurance plans, ethics, confidentiality, advertising, professionalism, business operation, Code of Conduct and Ethics, and what makes a successful clinic.

Foot Reflexology Practicum

Practicum time allowing the student to practice in a professional manner (as taught in the classroom) the Reflexology session. The purpose of which is to develop treatment plans consisting of Health Records, session documentation, assessment documentation and progressive charting and evaluation for each practice client. The student must provide the examiner of the practical exam at least 60 sessions for examination and evaluation. The practicum should include a minimum of 6 clients. There shall be a minimum of 3 sessions for each client. These must be started after the last day of the class and the student shall have 1 year from the last day of the class to complete these.

Group and Individual Review Time

There will be a 3 hour mandatory group review given by the instructor at 6 months to come together to review and evaluate the student's case-studies and documentation and charting procedures. The date for this will be set on the last day of the course. Each student must come prepared to present a minimum of 3 case studies with a minimum of 20 recorded sessions. Fee shall be \$75.00 which will go to the instructor for the 3 hour session. The fee will be paid by cheque to the instructor on the last day of class and deposited by the instructor at that time. In the event that a student is not able to take the review, the student forfeits the \$75.00 and must rebook with the instructor for another date for review and pay another \$75.00 to the instructor. Any additional reviews requested by the student of the instructor will be charged at a rate at the discretion of the instructor for their time required.

The student will also be required to have a professional treatment by a RAC certified member or instructor (at the rate charged by the member or instructor) and provide a letter to their practical examiner verifying that they have done so.

When a student has completed the evaluation and 40 cases have been completed, they will be allowed to charge a maximum of \$20.00 for the each of the remaining 20 case studies. In order to ensure protection for RAC and the clients, we are investigating the possibilities if establishing a low cost student liability insurance policy which, once in place, will be mandatory for all new students.

The 25 Hour Home-study Workbook and Exam Preparation

The Exam Preparation chapter in the manual covers suggestions on how to help prepare for examinations both written and practical. Instructors will schedule the written exam with the students on the last day of the course. Students are required to attend on that date. Those traveling a significant distance may have a Proctor Exam option applied. The Workbook shall be completed and submitted to the written exam within 3 months of the course in order to receive recognition for completing 25 hours of additional study. Based on the Association Foot Reflexology Student Manual, the RAC home-study component guides the student through an integration process of material learned in the classroom portion along with material contained in the Student Manual so that the written exam may be successfully completed. The practical component of 60 sessions shall be submitted to the examiner at the time of the practical exam within 1 year of the course. All students must have completed the workbook, received a recent reflexology treatment from a current RAC Professional Member and be a current member before the exam may be administered before the exam may be administered.

Award of RAC National Certificate/Diploma

Upon completion of the program, 186.5 hours credit hours will be awarded along with a fully embossed certificate with member registration number and a transcript of all marks showing that you successfully completed all course work and examinations at a national level. A membership card will accompany it as well. This course fully qualifies you to practice this profession professionally as a highly trained and skilled RAC Reflexology Practitioner. Advanced professional training in the Association is available.