

# N101 Foot Reflexology Certificate Course

**Prerequisite:** None

**Designation:** Certified Foot Reflexologist

**Program:** Level I - Total of 100 Credits

- 1-year course completion
- 35-hours in-class instruction
- Approx. 30-hrs independent study with the aid of chapter summaries and chapter tests
- Approx. 125-hrs practicum required: *Reflexology Health and Session Record Portfolio* (min. 70 session records)
- Mid-term practical assessment
- Written and practical final examinations
- Distance education students - see Option 1A for more details.

This Level I certificate course is taught by a qualified teacher from OCR. The course focuses on the basic understanding of anatomy and physiology as it applies to Foot Reflexology and the practical methodology.

## Topics Include:

- Chapter 1 - History & Theory of Reflexology
- Chapter 2 - Zones of the Body
- Chapter 3 - Foot Examination
- Chapter 4 - Reflexology Techniques
- Chapter 5 - Reflexology Health and Session Records
- Chapters 6 to 15 - Anatomy & Physiology of Body Systems
- Chapter 16 - Reflexology Foot Procedure
- Chapter 17 - Business and Financial

Successful completion of the course will earn and obtain certification from the Ontario College of Reflexology and is granted 100 credits, the prerequisite for entry into the Level II Continuing Education courses by the College.

**Contact Your Local  
OCR Level I - Foot Reflexology  
Teacher today for details on  
the courses offered.**

**SHANTI D. PARAKH**  
Certified Reflexologist  
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(905) 374-3067

or for more information, contact:

## Ontario College of Reflexology

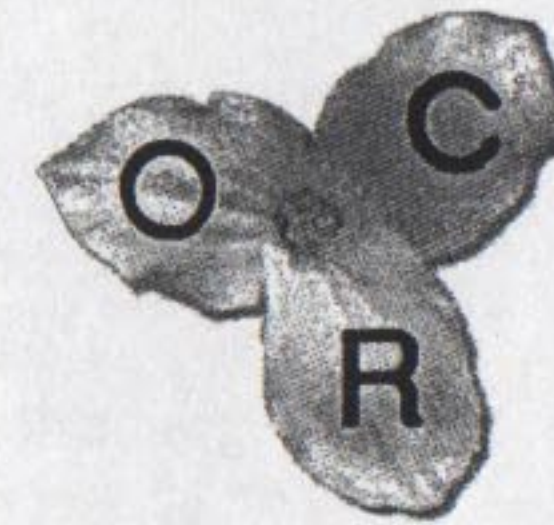
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Form C1 -0801



*Ontario College  
of Reflexology*

# Level I Foot Reflexology Course



**What We Have To Offer**



## Certification and Credit Programs

**C**ertification programs are available at the following levels:

### Level I - Certified Foot Reflexologist: 100 credits

Note: The prerequisite for Level II entry is a minimum of 100 Level I credits. See *Level I Options and Course Descriptions* for more details.

### Level II - Professional Reflexologist: 250 credits

- Now available - N201 Hand Reflexology course - 20 credits
- Other courses available soon.

**T**he Ontario College of Reflexology offers:

- Affordable rates
- Quality curriculum
- Certification, workshops and continuing education credit courses
- Professional and well-monitored instructors
- Structured Distance Education courses
- If certified by another school, see the *Equivalency Program* brochure for college entry into the continuing education program.

## Level I Options and Course Descriptions\*\*

**Option 1** - For new students: **N101 Foot Reflexology Certification Course** - 100 credits, 1-yr course completion, 35-hrs in-class instruction, approx. 30-hrs independent theory study, approx. 125-hrs practicum (min. 70 session records). \*\*Cost: \$650.00.  
**\*Required:** Mid-term practical assessment, practicum, written & practical final examinations.

**Option 1A** - For new students by Distance Education: **N101 Foot Reflexology Certification Course** - 100 credits, 2-yr course completion @ self-study and assigned Professor contact, approx. 125-hrs practicum (min. 70 session records).  
\*\*Cost: \$650.00 Cdn. (\$500.00 US).  
**\*Required:** Mandatory chapter tests, mid-term practical assessment by video, written (by proctor) & practical (by video) final examinations and practicum portfolio submission.

**Option 2** - Students who attended the **N100 General Interest 10-Credit Workshop** - 10 credits @ 8-hrs in-class instruction. Mandatory attendance to receive 10 credits to be applied toward the N101 Foot Reflexology course practicum. \*\*Cost \$95.00.  
**N101 Foot Reflexology Certification Course** - Total 100 credits (90+10 credits). Description as above in Option 1 with application of 10 practicum credits from the N100 workshop (min. 60 session records).  
\*\*Cost \$650.00.  
**\*Required:** Mid-term practical assessment, practicum, written & practical final examinations.

Examination/Assessment fees included where applicable  
\*\* All course fees include required textbook. All costs shown in Cdn. funds and is subject to change without notice.

## N100 General Interest Foot Reflexology Workshop

**Program:** General interest / 10 credit workshop

- 8-hours instructional workshop
- Attendance is mandatory to receive 10 credits applicable towards N101 credits.

This general interest workshop is taught by a qualified teacher from OCR. The introductory workshop focuses on *What Is Reflexology?*, along with the zones and basic areas of the foot. The workshop provides the basic area foot session methodology while exploring the many basic and relaxation reflexology techniques.

### Topics Include:

- About This Workshop
- What You Cannot Do
- After the Workshop
- What You Can Do To Become Certified
- History of Reflexology
- What Is Reflexology?
- How Does Reflexology Work?
- What Are The Benefits of Reflexology?
- Reflexologists Do Not
- Understanding the Zones of the Body
- Mapping the Zones and Basic Areas
- Learning the Basic Reflex Area of Feet
- Basic & Relaxation Techniques
- What You Will Require To Get Started
- Preparation for the Reflexology Session
- Basic Foot Session Routine

Completion of this 8-hrs workshop earns 10 Level I credits. Attendance is mandatory to receive the credit that will be applied toward the Level I - N101 Foot Reflexology Certificate course practicum.

N101 Course Description →