

Syllabus

Provides students with knowledge and skill in foot anatomy, basic hand stroke, and foot reflex points. Reflexology is a gentle art that holistically facilitates opening the channels for healing energy to circulate to all parts of the body. Benefits include stress reduction and deep relaxation, improved circulation, cleansing of body toxins and impurities, revitalization of energy and preventative health care. 1 Credit

Require Readings:

Payne, Joan A. (2002) Introduction to Reflexology

Prerequisite: None

Student's Responsibility:

1. Attend all classroom lectures.
2. Read required readings in notebook.
3. Take an active part in hands-on practice.

Course Objectives:

The student will be able to:

1. Describe the anatomy as it related to the foot.
2. Identify body systems and reflex points on the foot.
3. Demonstrate basic hand stroke techniques on a classmate.
4. Demonstrate relaxations techniques on a classmate.
5. Complete a 45 minute reflexology session on their partner demonstrating all skills learned in class.
6. Be able to demonstrate time management in the 45 minute session. (This would be judged by if student ended too soon or took longer than the 45 min. to complete the session.)

ATTENDANCE:

1. Because this class is a relatively short class, 100% attendance expected. Should the student arrive more than an hour late the first day of the class, he/she will need to enroll in the next class offered.
2. Only absences related to extenuating circumstances will be approved (i.e. vehicle not working, hospitalization self or family member and must be documented).
3. Student must contact the instructor to notify him/her of the absence. Not calling the instructor may result in failure of the course.
4. Promptness: Instructor will start and end on time, the student will arrive on time.
5. Street clothes are acceptable for the classroom.

Grading Policy:

Attendance/Class Participation	50%
Quiz	20%
Final	30%
TOTAL	100%

Grading Distribution:

A= 90-100

B= 80-89

C= 70-79

D= 65-69

F= 64 and below– students who have not withdrawn from class prior to first meeting or a “no show”

W = Withdraw prior to first class meeting

Instructor reserves the right to modify the syllabus and calendar for class. Student must attend both days if you are unable to attend both days please make arrangements to transfer in to the next scheduled class. **Students can reach me by calling 303-918-3166.** I am available during breaks to discuss any questions concerning the class.

OTHER: Red Rocks Community College in compliance with federal guidelines is committed to equal educational opportunity by assuring otherwise qualified students with disabilities equal access to RRCC programs and activities that

are provided to students without disabilities. An otherwise qualified person with a disability is a student who meets the academic and technical standards required for admission or participation in all educational programs and activities.

Financial aid statement: "Those on financial aid should consult a Financial Aid advisor before dropping or withdrawing from a class."

Accessibility:ADAAA (Americans with Disabilities Act Amendments Act of 2008) and Section 504 of the Rehabilitation Act of 1973: Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733, 720-372-1591(VP) or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

Mandatory Reporting:Our College is committed to preserving a safe and welcoming educational environment for all students. As part of this effort, I have an obligation to report certain issues relating to the health and safety of campus community members. I must report to the appropriate College officials any allegation of discrimination or harassment. Sexual misconduct, which includes sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, and sexual exploitation, is considered a form of discrimination.

In addition to reporting all discrimination and harassment claims, I must report all allegations of dating violence or domestic violence, child abuse or neglect, and/or credible threats of harm to yourself or others. Such reports may trigger contact from a College official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like more information, you may reach the Title IX/EO Coordinator: Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Coordinator, 303-914-6224 or Deborah.houser@rrcc.edu

Reports to law enforcement can be made at the Red Rocks Campus Police Department behind the Welcome Desk at the Main Entrance or rrpd.dispatch@rrcc.edu at 303-914-6394.

If you would like a confidential resource, please contact Deborah Houser, Assistant Director of Human