

HHP 168 Reflexology of the Hands and Feet

Mondays August 22 – December 12 5am-7:45

Email: Heather.thompson@rrcc.edu

Syllabus

HHP – Holistic Health Professional Courses

3 credits

Describe and examine the use of reflexology on the hands and feet, where students will learn and apply basic reflexology techniques, anatomy of the hands and feet as well as standard documentation procedures. Provide further training in postural assessment exercises, composure of standard SOAP Notes for documentation and evaluation of case studies. Assess the body-mind connection in the physiological response to stress, learn several Chinese energy meridians and understand application of the major energy chakras.

Require Readings:

Payne, Joan A. (2002) Introduction to Reflexology

Prerequisite: Completion of Introduction to Reflexology HHP166 or Introduction to Hand Reflexology HHP164

Co-requisite: Practicum: Reflexology Lab HHP 188

Student's Responsibility:

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

Course Objectives:

The student will be able to:

1. Demonstrate an understanding of the human energy field
2. Identify the seven major energy centers.
3. Combine both energy work and reflexology in a healing session.
4. Describe the anatomy as it related to the foot.
5. Identify body systems and reflex points on the foot.
6. Demonstrate basic hand stroke techniques on a classmate.
7. Demonstrate relaxations techniques on a classmate.
8. Complete a 45 minute reflexology session on their partner demonstrating all skills learned in class.
9. 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.)

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

I = Incomplete

W = Withdraw prior to first class meeting

Instructor reserves the right to modify the syllabus and calendar for class. Student must attend all days if you are unable to attend all days please make arrangements to transfer in to the next scheduled class. Last day to drop class and initiate tuition refund is September 7th.

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

REFLEXOLOGY LAB HHP 188 -201
October 29- Dec 3, Thursday 4-8:00PM ARVADA CAMPUS
October 30-Dec 4, Fridays 1-5pm ARVADA CAMPUS

Student's Responsibility:

1. Attend all lab sessions and arrive and **hour before** Lab and **after** lab to assist in setting up/taking down
2. Take an active part in hands-on client work developing your skills and charting/recording your sessions.
3. **PLUS: two additional 30-45 minute sessions per week during Lab.**

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM
HAND REFLEXOLOGY HHP 164
September 19 & 26, 9am-4:30pm
Heather Thompson, CR/I
Email: heather_thompson1@live.com 303-918-3166

Syllabus

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, revitalizes energy and is helpful for preventative health care. During this class you will learn body systems and hand anatomy, basic hand stroke techniques and hand reflex points.

Require Readings:

Payne, Joan A. (2003) Hand Reflexology
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 hand.
2. Identify body systems and reflex points on the hand.
3. Demonstrate basic hand stroke techniques on a classmate.
4. Demonstrate relaxations techniques on a classmate.
5. Complete a 30 minute reflexology session on their partner demonstrating all skills learned in class.
6. Be able to demonstrate time management in the 30 minute session. (This would be judged by if student ended too soon or took longer than the 30 min. to complete the session.)

Grading Policy:

Attendance/Class Participation 50%

Quiz	20%
Final	<u>30%</u>
TOTAL	100%

Grading Distribution:

A= 90-100

B= 80-89

C= 70-79

D= 65-69

F = 64-and below and/or failure to withdraw from class prior to first meeting.

W = Withdraw prior to first class meeting

Instructor reserves the right to modify the syllabus and calendar for class. Student must attend all days if you are unable to attend all 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.

Disability Services: 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 the Office of Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by the OAS and accommodations are not retroactive. Students may contact the OAS staff by telephone or email to make an intake appointment at 303-914-6733. The OAS is located in Suite 1182 at the Lakewood campus. (**Diversity statement is attached above**).

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM
INTRODUCTION TO REFLEXOLOGY HHP 16660
August 22 & 29 9:00AM-4:30PM
Heather Thompson CR/I
Email: heather_thompsn1@live.com 303-918-3166
Syllabus

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, revitalizes energy and is helpful for preventative health care. During this class you will learn body systems and foot anatomy, basic hand stroke techniques and foot reflex points. 15 contact hours.

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	<u>30%</u>
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.

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RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM
REFLEXOLOGY LAB HHP 188
October 30- Dec 3, 2015 Thursday 4-7:30PM ARVADA CAMPUS
October 31-Dec 4, 2015 Fridays 1-5pm ARVADA CAMPUS

Heather Thompson, CR/I
Email: heather_thompson1@live.com 303-918-3166
Syllabus

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, revitalizes energy and is helpful for preventative health care. During this class you continue learning the body systems and their reflex points on the foot, using the information from all reflexology classes you have taken. Incorporating basic hand stroke techniques, and relaxation techniques. This course is hands-on, working with clients and with emphasis on developing techniques and recording/charting your session. 35 contact hours.

Require Readings:

- Payne, Joan A. (2007) Introduction to Reflexology Level 1
Payne, Joan A. (2207) Hand Reflexology Level
Payne, Joan A. (2007) Advanced Reflexology Level 2

Prerequisite: Introduction to Reflexology or Introduction to Hand Reflexology

Student's Responsibility:

1. Attend all lab sessions and arrive and **hour before** Lab and an **hour after** lab to assist in setting/taking down
2. Take an active part in hands-on client work developing your skills and charting/recording your sessions.
3. **PLUS: two additional 30-45 minute sessions per week during Lab.**

Course Objectives:

The student will be able to:

1. Describe the anatomy as it related to the foot or hand.
2. Identify body systems and reflex points on the foot or hand.
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. 100% attendance expected.
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%
Outside Sessions	20%
Lab Sessions	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 all days if you are unable to attend all days please make arrangements to transfer in to the next scheduled lab.

Students can reach me by calling 303 918-3166. I am available during breaks to discuss any questions concerning the class.

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Academic Honesty Statement: Please refer to the Student Handbook page 25.

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM
CLINICALS HHP 270601
FALL SEMESTER 2015
Heather Thompson
303-918-3166
Email: heather_thompson1@live.com
Syllabus

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, revitalizes energy and is helpful for preventative health care. During this class you continue learning the body systems and body/foot anatomy, review basic hand stroke techniques and advanced hand stroke techniques, relaxation techniques, and address specific techniques for specific health issues. This course is mostly hands-on with emphasis on developing techniques and knowledge/understanding of reflexology, history, zone therapy, and benefits of reflexology.

Require Readings:

- Payne, Joan A. (2007) Introduction to Reflexology Level 1
Payne, Joan A. (2007) Hand Reflexology Level
Payne, Joan A. (2007) Advanced Reflexology Level 2
Payne, Joan A. (2007) Healing Vibrations of Crystals and Mineral
Payne, Joan A. (2007) Healing Hands and Feet Class

Prerequisite: Completion of all classes and labs

Student's Responsibility:

1. Complete all classes and labs also provide an unofficial transcript – showing class How to Develop a Holistic Practice.
2. Complete 90-100 session outside school
3. Meet with instructor on dates to be determined
4. Keep accurate records of all sessions
5. Trades with instructor - dates will be determined
6. Develop an initial intake and follow-up form, consent.
7. Develop business card, brochure.

Course Objectives:

The student will be able to:

1. Demonstrate an understanding of body/foot anatomy.
2. Be able to identify body systems and reflex points on the foot.
3. Demonstrate and use basic and advanced hand stroke and relaxation techniques.
4. Demonstrate an understanding of record keeping from initial intake to follow-up forms

ATTENDANCE:

1. Because this class is completing your reflexology sessions outside of the class, you need to make a commitment to complete all sessions, and attend all scheduled class meetings.

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.

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 all meetings during the semester. Students can reach me by calling 303 720. I am available during breaks to discuss any questions concerning the class.

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