

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM
INTRODUCTION TO REFLEXOLOGY HHP 166601
MARCH 20 & 21, 2010 9:00AM-4:30PM
Joan A. Payne, CR/I
720-341-2208
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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 REFLEXOLOGY LAB Students will be notified of Reflexology Lab being held on March 27, April 10, 17, 24 and May 1 from 2-5pm and encouraged to enroll. Students will have the opportunity to work on clients and practice their skills and record keeping of their sessions. Lab will be hands-on experience.

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. Demonstrate a basic understanding of foot anatomy as related to the foot.
2. Identify body systems and reflex points on the foot.
3. Describe and use basic hand stroke techniques.
4. Complete a 45 minute reflexology session on their partner demonstrating all skills learned in class.

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:

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|--------------------------------|------|
| 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 720-341-2208. I am available during breaks to discuss any questions concerning the class.

RRCC will provide accommodations for qualified students with disabilities. To request and accommodation, contact the Office of Special Services, Director, Jacquie Stanton at your earliest convenience. The Office of Special Services is located in the Learning and Resource Center (LARC) in Room 1185. You may contact Jacquie at 303-914-6731 V/TDD or email jacquelyn.stanton@rrcc.edu.