

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH PROGRAM  
ADVANCED REFLEXOLOGY HHP 260601  
MAY 1 and 2, 2010 9:00am-4:30pm  
Joan A. Payne, CR/I  
720-341-2208  
Email: Joan <onpayne@gmail.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. 15 contact hours.

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

Prerequisite: Introduction to Reflexology or Introduction to Hand Reflexology

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 an understanding of body/foot anatomy as related to the foot.
2. Identify body systems and reflex points on the foot.
3. Describe and use basic and advanced hand stroke and relaxation 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 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F= 64 and below – students who have not withdrawn from class prior to first meeting or a “no show”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 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](mailto:jacquelyn.stanton@rrcc.edu).