

<b>Course Title:</b>		<b>Hand Reflexology - Beginners</b>					
<b>Course Code:</b>		W2207SGR	<b>Centre:</b>	Wallington	<b>Tutor:</b>	Rosemary Light	
<b>Day:</b>	Tue	<b>Start Date:</b>	11/01/11	<b>Length:</b>	5 wks	<b>Time:</b>	19:00-21:00

### Course Content/Syllabus

The course will include the following topics:

- Basic theory of reflexology
- Location of hand reflexes
- Reflexology techniques
- Use of hand reflexology for self treatment

**After completing the course, students should be able to:**

- Understand basic principles of reflexology
- perform a basic hand reflexology
- Locate various reflex points
- Treatment on a friend or themselves

### Assessment Methods

Continuous informal assessment.

### Attendance

Regular attendance is expected in order to get the most from your course.

### Entry Requirements

Open to all. Students must be prepared to practise on each other in mixed groups and you should be physically fit to practise and receive treatments. If unsure, please contact the Senior Lecturer, Jacqui McElwee (0208 773 5887).

### English, Maths & IT Entry Requirements

Ability to understand verbal instructions

### Exam Fees

N/a

### Additional Costs (eg course materials & textbooks)

You are advised not to purchase text-books or equipment until the course is confirmed.

### For your first session, please bring:

- Antibacterial hand gel or wipes
- Hand lotion
- Clean hand towel
- Pillow or cushion
- Pen and paper

### Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

### Progression/Further Opportunities:

ITEC Diploma in Anatomy & Physiology and ITEC Diploma in Reflexology