



ONTARIO COLLEGE OF REFLEXOLOGY
N101 FOOT REFLEXOLOGY

Dates Time & Location

Dates:

Contact Bonnie for dates

Time:

5 Sundays from 8:45 to 3 pm

Location: 24-2350 New Street, Burlington, ON

Instructor:

Bonnie Smith OCR-CR, CRA-RT

905-639-5980

Email: bonnie@soulsjourney.ca

www.soulsjourney.ca

PLEASE BE ADVISED FOR ALLERGIES TO CATS

1 CAT AT RESIDENCE

Course Description:

We will review anatomy and physiology of the body systems and their corresponding reflexes. We will explore anatomy and pathologies of the foot

Tuition Fee: (must be paid in full prior to or at registration appointment)

\$1010.00 (includes manual and exam fees)

(Tuition fees are eligible tax credits)

"N101 Foot Reflexology Course Signup Form Instructions"

You must be referred to this link by your teacher.

Registration:

N101 Foot Reflexology Course Fee

\$1,010.00

Follow instructions :

Please select the Quantity above to 1:

By registering for this course, you have accepted the terms of the [Refund and Examination Policies](#). If you do not agree with the terms, do not register."

Payment accepted:

Cash / Money Order – Made out to - Ontario College of Reflexology

Visa - Mastercard - Debit & E-transfer

Class attendance is mandatory - There are no makeup classes. Material covered by a missed class is your responsibility.

Case Studies:

70 case studies must be completed for this portion of the course. This is not 70 volunteer clients but as an example you could have 10 volunteer clients and do 7 sessions each on them to reach your total of 70

Objectives:

By the end of the course you should be able to:

Define reflexology and explain zone theory

List the functions and organs of all body systems

Examine the foot for pathological conditions then document and record them on the foot chart

Label all parts, glands and organs located on the feet

Perform a pre-set foot reflexology routine using thumb and finger walking and hooking

Course Expectations:

I am very much aware of the day to day demands that are filling your lives. However, you have made a financial investment in this program and your success will be determined by your effort. You will be assigned homework for each class to supplement and reinforce the course material.

Students Responsibility:

- ❖ Be prompt
- ❖ Complete the reading assignments for each class
- ❖ Have questions prepared for the next class
- ❖ Give peer feedback in a respectful way
- ❖ Practice the technical skills for each session
- ❖ Ask if you need help
- ❖ Bring your sense of humour!!

Bring to Class:

- ❖ Your manual and note pad for taking notes
- ❖ Large old towel, small spray bottle with a 50:50 blend of water and witch hazel
- ❖ Non-scented baby wipes
- ❖ Highlighter
- ❖ Lunch
- ❖ Comfortable clothing (layers are good)

Please Note:

Nails are to be SHORT with no rough edges. Do not wear rings so please leave jewelry at home. Please refrain from wearing any perfume or aftershave.

Cell phone will be turned off during class time

The N101 course consists of 35 hours of instructions as well independent study.

Theory exam is approximately 2.5 to 3 hours.

The mid-term practical open book – when you have completed 15 – 20 case studies

Final practical closed book and after you have completed 70 case studies and know the procedure by heart.

You have one year from the date of the last class to complete the course.

Course Schedule: (Required Reading and completion of chapter quizzes)

Day 1	Chapters 1 to 5 History, Theory, Examinations, Techniques, Health Records,
Day 2	Chapters 6 to 8 Skeletal, Muscular, Endocrine
Day 3	Chapters 9 to 11 Urinary, Reproductive, Digestive
Day 4	Chapters 12 to 15 Circulatory, Lymphatic/Immune, Respiratory & Nervous
Day 5	Our goal is to complete a full session on your partner

Please note that there must be a minimum of 2 students enrolled or class will be cancelled.

Testing and Assessment

Written Exam:

When you are confident to write the theory exam you will contact Bonnie to set a date. This is a closed book exam do not bring your notes or manual to the exam.

The exam consists of

True/False

Multiple Choice

Fill in the Blanks

Labeling

The exam is marked by the Ontario College of Reflexology and your mark will be emailed to in a four to six-week time frame

Practical Exams

Mid-Term practical will be booked for you after you have completed 15 – 20 case studies. You may use your manual or notes during this exam.

Final Practical may be booked after you have completed 70 case studies and are confident that you have memorized the procedures by heart. If not - do not book until you are.

This mark is determined by your instructor but must be verified by the College.

Marking:

You must achieve an average of 80% on both the written and practical exams

Important:

You must give your instructor 48 hours' notice if you cannot attend any of the exams. Failure to do so will result in a loss of your exam fee. You will then be required to pay a fee of \$60.00 to complete any of the exams or evaluations.