



Ontario College of Reflexology

N201 Hand Reflexology

Dates: Contact Bonnie for Dates

Time 9:00 am to 5:00 pm

Location 24-2350 New St., Burlington, On

(Students may park along the fence in visitors parking area)

Instructor: Bonnie Smith OCR-CR, CRA-RT
905-639-5980
Email : bonnie@soulsjourney.ca
www.soulsjourney.ca

Course Description:

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

You will learn how to provide a complete hand reflexology session.

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

\$660.00 (includes manual and exam fees)

Fees for this course are eligible for **Tax Credits**

Payments Accepted:

Cash / Money Order made out to the "Ontario College of Reflexology"

Visa – Mastercard – Debit

Exams:

This fee includes your text, your class time and all exams and evaluation fees.

Prerequisite :

O.C.R. graduates who have earned their 100 credits from the N101 Foot Reflexology Course

Graduates who have been certified from a different school with proof of certification

Case Studies:

15 to 20 case studies must be completed for the open book **mid-term exam**.

45 case studies must be completed for the closed book **final practical**. If you are not confident with the procedure and do not have it memorized please continue until you do before coming to the exam.

Class Attendance & Withdrawals from Program

Attendance for the two-day course is mandatory. **There are no makeup classes. Material covered in class is your responsibility.**

Objectives:

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

Define reflexology and explain zone theory

List the functions and organs of all body systems

Examine the hand for pathological conditions and document and record on the hand chart

Label all parts, glands and organs located on the hands **Ontario College of Reflexology**

Perform a pre-set hand reflexology routine using reflex hooking, thumb, and finger walking

Course Expectations

I am very much aware of the day to day demands that are filling yours 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 will be expected to:

- ♣ Be prompt
- ♣ Complete the reading assignments for each class
- ♣ Review previous class work
- ♣ Have questions prepared for the next class
- ♣ Give peer feedback in a respectful way
- ♣ Practice the technical skills for each session
- ♣ Ask for help if you need it
- ♣ Bring your sense of humour to each class ☺

Course Requirements:

N101 foot reflexology is a prerequisite or proof of certification from a school other than O.C.R.

You will be required to bring to class:

- ♣ N201 manual
- ♣ Old towel
- ♣ Red and a blue pen
- ♣ Highlighters – pink, blue, yellow and green
- ♣ Lunch
- ♣ Comfortable clothing (layers are good)

PLEASE NOTE:

Nails MUST be short. You may NOT wear rings or watches when doing the practical work so please leave your valuables at home.

Please refrain from wearing any perfume, aftershave or essential oils.

Cells phones are to be turned off during class time.

Required Text:

Bisson, D (2000, 2010) -- N201 Hand Reflexology, New Liskeard, On: Ontario College of Reflexology - To be supplied by the instructor)

Course Components:

The N201 course consist of a 17.5 hour component (less time with one student) as well a 45 session independent practical component. The theory exam, mid-term practical and final practical must be completed within one year of the last class. Any request for extensions must be made directly to the College.

Course Schedule:

Day 1 Chapters 1 to 7
History, Theory, Examination, Techniques, Health Records, Skeletal, Muscular, Endocrine & Hand Procedure

Day 2 Chapters 8 to 15
Urinary, Reproductive, Digestive, Circulatory, Lymphatic/Immune, Respiratory Nervous System & Hand Procedure

Testing and Assessment

Written Exam:

You must complete your exams one year from the date of the last class. 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 this exam

The exam consists of:

True and False

Multiple choice

Fill in the blanks

Labelling

This exam is marked by the College. Any questions regarding your marks should be addressed to the College.

Practical Exams

Mid-Term Practical:

Will be booked when you have completed 15 case studies. You may use your manual or any notes during this exam.

Final Practical

This exam may be booked after you have completed 45 case studies and you are confident that you have memorized the procedure by heart. If not, do not book until you do. Keep practicing. 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 the practical exams.

Please note:

You must give your instructor 48 hours' notice if you cannot attend either exam or the midterm evaluation. Failure to give 48 hours' notice 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 evaluation.