

Syllabus for Advanced Clinical Assessment of the Reflexology Client (ACARC)

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Course Description: ACARC is a distance learning program that enhances assessment skills when working with reflexology clients. The program will assist you in recognizing assessment cues from the initial phone call, up to and including, the actual assessment. The course includes information for more than 170 pathological conditions and the reflexes to be targeted for these conditions. Students are required to read the text and complete a series of case study assignments. The program must be completed within one year of the delivery date of the course. (See course outline) A certificate of completion will be awarded upon successful completion of the program.

Course Fee: The fee for the course is \$400.00. Payment is required in full upon registration for the course. The course fee includes your text and all case study assignment fees, instructor assistance and shipping and handling.

Course Objectives:

By the end of this course the learner will be able to:

1. Review basic anatomy and physiology.
2. Recognize assessment cues a) from the initial phone call, b) from the visual body assessment, c) from the visual foot assessment and d) from a tactile foot assessment
3. Recognize pathological foot conditions
4. Complete an extensive health record and recognize which systems are imbalanced based on the health record responses.
5. Recognize systemic pathological conditions.
6. Determine which reflexes may display imbalances based on the pathological conditions.
7. List the functions of some pharmaceutical agents.
8. List the different reflexology theories and explain their methodology.
9. Determine the origin or end point of all 12 acupuncture meridians and list the potential complications of a congested acupuncture meridian.
10. Complete analytical case studies based on the text.

Students are expected to:

- Read the text
- Send in the assignments sequentially
- Prepare any questions to be submitted to the instructor
- Ask for help if needed

Course Prerequisites:

You must have successfully completed a certificate course in foot reflexology with a school recognized by the Reflexology Registration Council of Ontario.

Required Text:

Todd, S. (2007). *Advanced clinical assessment of the reflexology client*. Richmond Hill, ON., Sue Todd Publisher.

Computer Requirements:

This program includes a CD with photographs to support the text portion. PowerPoint viewer is required to view the CD.

The text and CD will be provided once you have registered for the course.

Course Outline:**Text:**

Assessment Strategies: Telephone Assessment

Visual Body Assessment

Health Record: Health Record Explanation

Health Record Sample

Case Study Assignment #1

Anatomy of the Foot: Dorsalis Pedis Pulse

Pathological Foot Conditions (31)

Visual Foot Assessment: Case Study Assignment #2

Tactile Foot Assessment

The Integumentary System (10 pathological conditions)

The Skeletal System (10 pathological conditions)

The Muscular System (7 pathological conditions)

The Endocrine System: The Pituitary and Hypothalamus

The Parathyroid Glands

The Diabetic Client

(14 pathological conditions)

The Urinary System (12 pathological conditions)

The Reproductive System (12 pathological conditions)

The Digestive System (22 pathological conditions)

The Circulatory System (13 pathological conditions)

The Immune/Lymphatic System (11 pathological conditions)

The Respiratory System (9 pathological conditions)

The Nervous System: Pain

Stress

(26 pathological conditions)

Review Tables: Table 1: Organs/Reflexes and their function

Table 2: Pathological Conditions Table

Case Study Assignment #3

Case Study Assignment #4

General Pharmacology: Case Study Assignment #5

Reflexology Theories

Introduction to Acupuncture Meridians: Case Study Assignment #6

CD

The CD includes photographs of pathological conditions as well as additional photos to support the text material.

Testing/Assessment

Assessment for the program will include the analysis of several case studies. The case studies will increase in difficulty as you progress through the program. The case studies should be submitted sequentially as you complete the program as you will benefit from the feedback to your responses. You have one year from the date of registration to complete the case studies.

You are required to obtain an 80% average after completion of all of the case studies to successfully complete the program. If you are unable to obtain an 80% average you will be required to complete additional case studies at an additional fee of \$60 per case study (to a maximum of 2 additional case studies) until you reach the required average.

Marking

Assignments may be submitted through regular postage or via email to the instructor. Assignments will not be returned. You will receive a marking rubric with comments and a percentage mark for each assignment

Refund Policy

No refunds will be issued once the student's course package has been shipped out.