

## Certification and Credit Programs

**C**ertification programs are available at the following levels:

**Level I - Certified Foot Reflexologist:**  
100 credits

**Level II - Professional Reflexologist:**  
250 credits

- Now available - N201 Hand Reflexology course - 20 credits
- Other courses available soon.

**T**he Ontario College of Reflexology offers:

- Affordable rates
- Quality curriculum
- Certification, workshops and continuing education credit courses
- Professional and well-monitored instructors
- Structured Distance Education courses

## Options and Course Descriptions\*\*

For new students : **N101 Foot Reflexology Certification Course** - 100 credits, 1-year course completion, 35-hours in-class instruction, approx. 130-hours practicum (min. 70 session records).

\*\*Cost: \$780.00.

**\*Required:** Mid-term practical assessment, practicum, written & practical final examinations.

For new students by Distance Education: **N101 Foot Reflexology Certification Course** - 100 credits, 2-year course completion @ self-study and assigned Professor contact, approx. 130-hrs practicum (min. 70 session records).

\*\*Cost: \$780.00 plus S&H.

**\*Required:** Mandatory chapter tests, mid-term practical assessment by video, written (by proctor) & practical (by video) final examinations and practicum portfolio submission.

Students who attended the **N100 General Interest 10-Credit Workshop** - 10 credits @ 8-hrs in-class instruction. Mandatory attendance to receive 10 credits to be applied toward the N101 Foot Reflexology course practicum.

\*\*Cost \$114.00.

**N101 Foot Reflexology Certification Course** - Total 100 credits. Description as above with application of 10 practicum credits from the N100 workshop (min. 60 session records).

\*\*Cost \$780.00.

**\*Required:** Mid-term practical assessment, practicum, written & practical final examinations.

\* Examination/Assessment fees **included** where applicable.

\*\* All course fees **include** required textbook. All costs shown in Cdn. funds and is subject to change without notice.

## N100 General Interest Foot Reflexology Workshop

**Program:** General interest

- 8-hours instructional workshop
- Attendance is mandatory to receive 10 credits applicable towards N101 credits.

This general interest workshop is taught by a qualified teacher from OCR. The introductory workshop focuses on *What Is Reflexology?*, along with the zones and basic areas of the foot. The workshop provides the basic area foot session methodology while exploring the many basic and relaxation reflexology techniques.

**Topics Include:**

- About This Workshop
- What You Cannot Do
- After the Workshop
- What You Can Do To Become Certified
- History of Reflexology
- What Is Reflexology?
- How Does Reflexology Work?
- What Are The Benefits of Reflexology?
- Reflexologists Do Not
- Understanding the Zones of the Body
- Mapping the Zones and Basic Areas
- Learning the Basic Reflex Area of Feet
- Basic & Relaxation Techniques
- What You Will Require To Get Started
- Preparation for the Reflexology Session
- Basic Foot Session Routine

Completion of this 8-hrs workshop earns credits. Attendance is mandatory to receive the credit that will be applied toward the Level I - N101 Foot Reflexology Certificate course practicum.

N101 Course Description →

# N101 Foot Reflexology Certificate Course

**Prerequisite:** None

**Designation:** Certified Foot Reflexologist

**Program:** Level I - Total of 100 Credits

- 1-year course completion - approx. 200 hours
- 35-hours in-class instruction
- Approx. 35-hours independent study with the aid of chapter summaries and chapter tests
- Approx. 130-hours practicum required: *Reflexology Health and Session Record Portfolio* (min. 70 session records)
- Mid-term practical assessment
- Written and practical final examinations
- Distance education students - see Option 1A for more details.

This Level I certificate course is taught by a qualified teacher from OCR. The course focuses on the basic understanding of anatomy and physiology as it applies to Foot Reflexology and the practical methodology.

#### Topics Include:

- Chapter 1 - History & Theory of Reflexology
- Chapter 2 - Zones of the Body
- Chapter 3 - Foot Examination
- Chapter 4 - Reflexology Techniques
- Chapter 5 - Reflexology Health and Session Records
- Chapters 6 to 15 - Anatomy & Physiology of Body Systems
- Chapter 16 - Reflexology Foot Procedure
- Chapter 17 - Business and Financial

Successful completion of the course will earn and obtain certification from the Ontario College of Reflexology and is granted 100 credits.

**Contact Your Local OCR Foot  
Reflexology Teacher today for  
details on the courses offered.**

or for more information, contact:

### **Ontario College of Reflexology**

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C1-0211



*Ontario College  
Of Reflexology*

## **Level I Foot Reflexology Course (N101)**



What We Have To Offer