Ontario College of Reflexology

Level I Credit Options

Option 1
- N101 Foot Reflexology Course - 30 credits
- N101 Written Exam
- N101 Practicum / Practical Exam - 70 credits

Option 2
- General Interest Workshop N100 - 10 credits
- N101 Foot Reflexology Course - 30 credits
- N101 Written Exam
- N101 Practicum / Practical Exam - 60 credits

Option 3
- Graduates of other schools of reflexology that meet OCR's minimum standards
- Challenge Exam Application & Fee
- N101 Written Exam - 30 credits
- N101 Practicum / Practical Exam - 70 credits

Level I - 100 Credits
Certified Reflexologist

Level II Professional Reflexologist Courses
# Course and Workshop Descriptions and Overview

<table>
<thead>
<tr>
<th>Level I Option &amp; Description</th>
<th>Course**</th>
<th>Required</th>
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| **Option 1** - N101 Foot Reflexology course for new students.  
Prerequisites: none.  
1-Year Course Completion. | N101 Foot Reflexology course @ 35-hrs in-class instruction. Cost: $975.00 - 100 credits.  
Independent study  
Written examination  
Mid-term practical assessment  
Practicum of 70 session records  
Practical examination. |  |

| **Option 1** - N101 Foot Reflexology course for new students by distance education.  
Prerequisites: none.  
2-Years Course Completion. | N101 Foot Reflexology course @ self-study course. Cost: $975.00 plus shipping - 100 credits.  
Professor contact.  
Independent study  
Compulsory chapter tests  
Mid-term assessment video  
Written examination  
Practicum of 70 session records  
Practical examination. |  |

| **Option 2** - For students who have attended the Workshop N100 and would like to complete the certification process.  
Prerequisites: N100 Workshop.  
1-Year N101 Course Completion. | Foot Reflexology Workshop N100 @ 8-hrs in-class instruction. Cost: $140.00 - 10 credits.  
N101 Foot Reflexology course @ 35-hrs in-class instruction. Cost: $975.00 - 90 credits.  
Practicum of 60 session records.  
Practical examination. | Mandatory attendance  
10 Practicum credits  
Independent study  
Written examination  
Practicum of 60 session records  
Practical examination  
Total credits earned = 100 |

| **Option 2** - For students who have attended the Workshop N100 and would like to complete the certification process by distance education.  
Prerequisites: N100 Workshop.  
2-Years N101 Course Completion. | Foot Reflexology Workshop N100 @ 8-hrs in-class instruction. Cost: $140.00 - 10 credits.  
N101 Foot Reflexology course @ self-study course. Cost: $975.00 plus shipping - 90 credits.  
Professor contact.  
Independent study  
Compulsory chapter tests  
Mid-term assessment video  
Written examination  
Practicum of 60 session records  
Practical examination  
Total credits earned = 100 |  |

| **Option 3** - Challenge Examinations for graduates of other schools of reflexology that meet OCR’s minimum standards.  
Completion: 6 months | 100 credits issued upon successful completion of both examinations.  
Textbook** supplied. Cost: $175.00. | Independent study  
Written examination  
Practical examination  
6 months to complete all exams. |

### Other Courses Available:

| Level I - General Interest/10 Credit Foot Reflexology Workshop N100  
Prerequisites: none. | Foot Reflexology Workshop N100 @ 8-hrs in-class instruction. Cost: $140.00 - 10 credits. | Mandatory attendance  
10 Practicum credits |

| Level II - N201 Hand Reflexology Course  
Prerequisites: 100 Level I credits. | N201 Hand Reflexology course @ 15-hrs in-class instruction. Cost: $635.00 - 20 credits. | Independent study  
Written examination  
Practicum of 45 session records  
Practical examination |

| Level II - N201 Hand Reflexology Course by distance education.  
Prerequisites: 100 Level I credits. | N201 Hand Reflexology course @ self-study course. Cost: $635.00 plus shipping - 20 credits.  
Professor contact. | Independent study  
Compulsory chapter tests  
Mid-term assessment video  
Written examination  
Practicum of 45 session records  
Practical examination |

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* examinations/mid-term assessment fees are included where applicable.  
** all costs shown are in Cdn. funds and are subject to change without notice.  
** all course fees includes required textbook and 8½"x11" applicable reflexology chart.