

NCRE is dedicated to supporting our educators and promoting advancement of professional standards. As requested by the education community, the following curriculum is suggested as a baseline for the foundation of an in-class, core foot reflexology certification program. Scope of practice and additional in class hours are encouraged.

NATIONAL COUNCIL FOR REFLEXOLOGY EDUCATORS

120-Hour Foundation Foot Reflexology In-Class Curriculum

Core Subjects	Hours	Percentage
1. Reflexology Theory	8	6%.
Definition and History		
Origin		
Benefits		
Guidelines		
Zones		
Referral areas		
Contraindications		
Maps/Charts		
Western & Eastern approaches		
2. Reflexology Practice	37	31%
Body mechanics for the practitioner		
Muscular Skeletal structure of leg and foot		
Biomechanics of the foot/Gait		
Terminology		
Hands-On Foot techniques		
SOAP noted & documentation of case studies		
HIPAA		
Research		
Practicum, supervised in-class with report writing		
3. Anatomy & Physiology	30	25%
Anatomical terminology		
Anatomical positions, directions, cavities, regions, quadrants		
The cells and tissues		
12 body systems		
4. Pathology & Assessment	25	21%
Pathology for each system		
Areas of emphasis for common pathologies & why		
Client assessment to form a session plan		
5. Practice Preparation & Business Management	14	12%
Ethics & Standards of Practice policies & procedures		
Human Trafficking and state legislation		
Hygiene and sanitation practice		
Self-Employment vs working for others		
Goals and mission statement		
Business Management incl. initial and on-going costs; taxes, time management, insurance, business law, resources,		
Marketing plan		
Self-care incl. continuing education, professional associations,		
Preparation for national certification testing		
6. Testing: Written & Practical at the end of each course	6	5%
TOTAL of Core Subjects* & Hours & Percentages	120	100%

~~*Note: This is core in-class subjects so there are no provisions made for elective subjects or time spent on homework, online courses, or non-supervised work outside of class.~~