



NCRE's Minimum Requirements for a Foot Reflexology Curriculum

SUBJECT: Practical Hands-On Application

IN PERSON IN CLASSROOM WITH INSTRUCTOR ONLY

No online, no Zoom, and no other electronic transmission accepted

NCRE 40 hrs.

ARCB 30 hrs.

- Hands-on feet techniques
- Palpation of landmarks on the foot
- Supervised in class sessions (Instructor MUST be in the classroom)

SUBJECT: Anatomy & Biomechanics (A&M) and Anatomy & Physiology (A&P)

IN PERSON, HYBRID, OR ONLINE

NCRE 55 hrs.

ARCB 55 hrs.

- Anatomical terminology
- Muscular skeletal structure of leg and foot
- Anatomical positions, directions, cavities, regions, quadrants
- The cells and tissues
- 12 body systems
- Pathologies for each system for the leg and foot
- Biomechanics of the foot/gait
- Body mechanics

SUBJECT: Reflexes and Maps

IN PERSON, HYBRID, OR ONLINE

NCRE 25 hrs.

ARCB 25 hrs.

- Reflexology maps (charts)
- Where reflexes are located
- Areas of emphasis for common pathologies
- Guidelines and Zones
- Referral and Helper Areas

SUBJECT: Critical Thinking**IN PERSON, HYBRID, OR ONLINE****NCRE 25 hrs.****ARCB 25 hrs.**

- Client assessments
- Session plans
- Reflex areas and why
- Application vs. theory
- Developments in field

SUBJECT: Professional Business Practices**IN PERSON, HYBRID, OR ONLINE****NCRE 10 hrs.****ARCB 10 hrs.**

- Self-care for the practitioner
- Ethics, standards of practice and policies and procedures
- State legislation and human trafficking
- Hygiene and sanitation practice
- Self-employment vs working for others
- Goals and mission statement
- Business planning
- Marketing
- Continued education
- Professional organizations/associations
- Taxonomy and NP
- HIPAA

SUBJECT: Theory & Scientific Studies**IN PERSON, HYBRID, OR ONLINE****NCRE 5 hrs.****ARCB 5 hrs.**

- Definition and history
- Benefits of reflexology
- Contraindications
- Western & Eastern approaches
- How to read and find peer-reviewed research
- Understanding the difference between anecdotal findings, client case studies, and peer-reviewed research

SUBJECT: SOAP Notes. Documentations**IN PERSON, HYBRID, OR ONLINE****NCRE 5 hrs. in class instruction and review by teacher****ARCB 5 hrs. in class instruction and review by teacher**

- SOAP notation
- Documentation of case studies
- Report writing
- Reflexology Research Studies

SUBJECT: Homework and outside of classroom hours

STUDENT OUTSIDE OF CLASSROOM WORK

NCRE 45 hrs. (30 sessions + 15 writing)

ARCB 45 hrs. (30 sessions +15 writing)

- Providing sessions outside of class
- Writing sessions outside of class
- Case studies

NCRE Curriculum Approval Hourly Breakdown

Total minimum 165 verifiable classroom hours required. (40 hands-on plus 125 in person/live zoom/online):

- 40 hands on— **minimum 40** classroom hours taught **hands-on** with an instructor present and in the classroom, while the student is present and, in the classroom, learning technique.
- 125 in person, live zoom/online—**minimum 125** classroom hours taught in person, live on zoom or live online (no recordings).

NCRE (total above) = 165 (40 plus 125)

ARCB Curriculum Hourly Breakdown

ARCB = 155 (30 plus 125)

NOTE: An additional **45** hours take place outside of the classroom.

Total Minimum Hours Required for Foot Reflexology Program (in and outside of classroom)

NCRE: 210 hrs

(NCRE=210 total hours: 165 verifiable classroom plus 45 outside of the classroom)

ARCB: 200 hrs.

(ARCB= 200 total hours: 155 verifiable classroom hours plus 45 outside of the classroom)