



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)