

# **NCRE's Minimum Requirements for a Foot Reflexology Curriculum**

The following curriculum is based on NCRE minimum requirements for each subject. U.S. schools and programs generally teach between 200-350 hours. Each subject may go higher than the minimum required hours listed below.

Please note: NCRE does not accept prerecorded video as part of a verifiable reflexology program.

ARCB's minimum required hours are also listed for reference so instructors know what ARCB requires for student transcripts.

## **SUBJECT: Practical Hands-On Application**

**IN PERSON IN CLASSROOM WITH INSTRUCTOR ONLY**

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

**NCRE 35 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 50 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 NPI
- 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

**HOURLY BREAKDOWN:**

- ⇒ Minimum of 35 hours must be with an instructor in person in the classroom with the student providing hands-on practices
- ⇒ Minimum of 120 hours are in person, hybrid, or online
- ⇒ **The above totals 155 hours of verifiable classroom hours**
- ⇒ Minimum of 45 hours are outside of classroom

**TOTAL MINIMUM HOURS REQUIRED FOR FOOT REFLEXOLOGY CURRICULUM: 200**