

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [Module directory](#)

Refer to the module guidance notes for completion of each section of the specification.

Module code	CMP420
Module title	Introduction to Reflexology
Level	Level 4
Credit value	20
Faculty	Faculty Social Life Sciences
Module Leader	Gemma Jones
HECoS Code	100239
Cost Code	GACM

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Sports Injury Rehabilitation for QAA purposes	Option

Pre-requisites

None

Breakdown of module hours

Type of Module hours	Amount
Learning and teaching hours	18 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	18 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	28/09/2021
With effect from date	01/02/2022
Date and details of revision	
Version number	1

Module aims

1. To equip the student with the skills required to demonstrate competencies in the application of basic Reflexology with consideration to safety.
2. To develop the students' skills in adaptability and organisation.
3. To equip the student with the foundation skills to evaluate their treatments, creativity, engagement and reflection.
4. To develop the students' knowledge and understanding of the personal skills required by practitioners within the onsite training clinic.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Describe the history and current practice of Reflexology
2	Demonstrate competence in undertaking a treatment whilst acknowledging contra actions / contra indications
3	Display understanding of the physiological and psychological effects of Reflexology
4	Demonstrate knowledge of fixed oils (carrier oils) with regard to safety, functions and effects.
5	Demonstrate a competent use of Reflexology techniques and their performance

Assessment

Indicative Assessment Tasks:

1. A Practical assessment of the student performing a fully treatment on a patient towards the end of the short course to assess students' competency and safe

application of a full treatment protocol with a rationale for the treatment and medium(s) applied.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-5	1 hour Practical	100%

Derogations

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved. To ensure safe practice.

Learning and Teaching Strategies

It is the intention the delivery of this module will be developed through a range of teaching strategies including: onsite lectures, directed study, group work, peer evaluation, practical demonstrations onsite, group supervision and the individual student experience. Moodle will act as a repository for session materials and supplementary resources. Students will usually work in pairs onsite and will be encouraged to work with different students throughout the short course so that the skills and knowledge can be applied to different body types and genders. Ahead of the students applying practical skills on one another a consent form will be completed.

On completion of the course the student will not gain a practitioner status therefore is not able to treat the general public as a qualified practitioner.

Indicative Syllabus Outline

- Principles of safe, professional, ethical, practice
- Reflexology techniques foot mapping/ terminology
- Anatomy understanding
- Communication skills
- Treatment protocols
- Contraindications and Contra-actions to treatment including common conditions
- Psychological and physiological effects
- Evaluation and reflection of clinical practice
- Hand washing

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Kunz, Barbara., and Kunz, Kevin. *Complete Reflexology for Life*. New York, N.Y.: DK, 2007.

Other indicative reading

Williamson, Jan. *The Complete Guide to Precision Reflexology*. 2nd ed. 2010.

Candy, Bridget *et al.*, 2020. *The effectiveness of aromatherapy, massage and reflexology in people with palliative care needs: A systematic review*. *Palliative Medicine*, 34(2), pp.179–194.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication