

Reflexology Certification Preparation, Certificate - (Noncredit)

*Healthcare Education - Office of Academic Affairs & Workforce Development -
CIP Code: 51999*

Presents the ancient art and science of reflexology techniques, uses pressure points on the feet, hands and ears to facilitate stress reduction and relaxation to help heal and revitalize the body. Students are taught how reflexology aids in circulation, body detoxification and immune and nervous systems functioning, as well as calms the emotions and assists in the release of tension. This 112-hour course provides students with the necessary knowledge, skills and abilities to work as professional reflexologists and prepares them for the national certification exam with the American Reflexology Certification Board. This class is currently only offered at the Harrisburg campus through on-campus/in-person instruction.

Career Opportunities

Working as a professional reflexologist can be a rewarding career providing holistic health services within:

- Spas
- Massage Practices
- Holistic Centers
- Resorts

Competency Profile

This curriculum is designed to prepare students to:

- Identify reflex zones and provide treatment with in each zone
- Establish a routine that supports the clients presenting complaint
- Position the client properly and conduct treatment using correct body mechanics
- Demonstrate technics used in reflexology treatment
- Sit for the American Reflexology Certification board exam

PROGRAM REQUIREMENTS

None

RECOMMENDED SEQUENCE FOR STUDENTS

Student must complete the entire 112 hours of the course.