

**THE AUSTRALIAN SCHOOL OF REFLEXOLOGY & RELAXATION**



# **Diploma in Reflexology for the Complementary Therapist**

## **Course Outline**

# Internationally Recognised Diploma in Reflexology for the Complementary Therapist

iCT3D4-VTCT (iTEC) Level 3 Diploma in Reflexology for the Complementary Therapist is designed to equip students with the skills and knowledge to work as a professional Reflexologist in a range of settings throughout the world.

The Australian School of Reflexology and Relaxation (ASRR) is an Accredited iTEC Centre for delivering this qualification. As Reflexology specialists and passion for the growth of our industry, our diploma course content and delivery style has been written and developed by ASRR to meet not only iTEC standards, but the standards required by The Reflexology Association of Australia.

Our Diploma in Reflexology for the Complementary Therapist course is designed to impart knowledge and understanding of Reflexology with an integrated and multi-dimensional approach.

We are committed to delivering a balanced course including the physical, emotional, mental and spiritual aspect of the human being. Students will gain knowledge and skills in Reflexology techniques, as well as Self-care and Mindfulness, Anatomy and Physiology, Communication Skills, Workplace Health and Safety, Infection Control, Business Theory, and Professional Best Practices.

Standards are aligned and assessed by the international awarding body iTEC.

There are a minimum of five units to be completed.

Upon successful completion of all assessment requirements for each unit in this course, iTEC will award you with the iCT3D4-VTCT (iTEC) Level 3 Diploma in Reflexology for the Complementary Therapist.

## Course duration options

18 months Part Time – 1 weekend a month

12 months part Time – 1 day per week (excluding school holidays)

This includes 36 classroom-based lessons and supervised student clinic.

Students will be expected to attend a minimum of 70% of all classes from 9am to 5pm as per the timetable.

Additional to the practical classes, learners will also be required to complete course work in their own time. Learners are recommended to allocate one day of home study per week.

## Delivery location

Training for this course is delivered in various iTEC approved locations visit <https://asrr.com.au/contact-locations/> for more information.

## Career and education outcomes

Refer to iTEC Qualification Specification document Page 4 & 5 (separate attachment).

## Entry requirements

All students are expected to have appropriate language, literacy and numeracy abilities to allow them to read their textbooks, read and apply workplace information and write their responses to assessment tasks.

Basic computer skills are required. Therefore, prior to being accepted you will be required to attend a selection interview (over the phone or in person) as part of the enrolment process and demonstrate an interest in, knowledge of, and suitability for work in the health care industry.

Due to the technical aspect of Anatomy & Physiology, for students with ESL, some handouts assessments and examination papers\* can be provided in alternative languages.

\*This can however, in some cases, require time and a small fee to cover costs incurred.

## Credits or Recognition for previous study & experience

### Credits (Equivalence)

A pass grade may be given for units which hold an equivalent credit value or guided learning hours or greater and the same level or higher in criteria and content to another Registered Qualification Framework unit. This is however rare and at the discretion of ASRR in partnership with ITEC.

### RPL (Recognition of Prior Learning)

RPL evidence is assessed to identify gaps in skills and knowledge in order to ascertain what further study (if any) is required prior to summative assessment.

RPL does not exempt students from any element of the mandatory assessment requirements of a qualification.

RPL simply means that further learning is not necessary, and the student can proceed directly to summative assessment.

## Training arrangements

ASRR engages highly qualified and industry experienced trainers and assessors that bring a wealth of knowledge to share. The course will be delivered holistically.

### Units & Subjects:

The course is made up of the following units of competency

- iUCCT32 - Provide reflexology for complementary therapies.
- iUCT21 - Principles and practice of complementary therapies.
- UIP4 - Infection prevention (COVID-19) for complementary therapies and sports massage
- iUCT38 - Knowledge of anatomy, physiology and pathology for complementary therapies
- iUCT34 - Business practice for complementary therapies

These units are delivered in the following subjects:

- Reflexology Foundations
- Work Health Safety and Infection Prevention
- Reflexology & Complementary Therapies
- Advanced Reflexology
- Anatomy and Physiology
- Student Clinic
- Business Practice

### Class arrangements:

Weekend Course\*: Classes will run 1 weekend per month for 18 months.

Weekday Course\*: Classes will run 1 day per week (excluding school holidays) over 12 months.

Morning classes run from 9am – 12:30pm. Afternoon classes run from 1:30pm – 5pm.

Each day includes 7 hours of training, divided into 2 x 3.5 hour sessions.

\*Refer to website for the schedule offered at your preferred location.

## **Resources & equipment:**

Students will be provided with:

- Hard copies of the required textbooks.
- Soft copies of forms and handouts.

It is expected that students have their own reflexology chair or massage table and reflexology kit.

This ensures that students are set up with the equipment required for professional practice and completion of the practical assessment tasks.

Students will be required to complete various tasks within the student clinic for the purposes of extending their understanding, ensuring practical skills are gained.

## **Practical experience:**

Students are to complete 60 treatments.

40 case studies (10 clients x 4 treatments).

Minimum 40 hours in supervised student clinic.

55 hours of non-supervised practice at home, practicing on friends and family.

This practical component ensures that students have time to practice applying their skills and knowledge learned from classes to the practical role of working as a Reflexologist.

## **Clinic:**

Students will participate in clinic sessions to gain practical hands-on experience in a real working environment under close supervision of the teachers. Teachers will assess skills in the clinic and/or offer additional one-on-one instruction, mentoring and support as required.

Students will be required to complete various tasks within the student clinic for the purposes of extending their understanding, ensuring practical skills are gained.

There may be opportunity to make up on missed clinic hours by attending or joining another groups supervised Clinic days.

## **Assessment arrangements:**

Competency will be assessed thru:

- Graded practical examination through the iTEC examiner
- Theoretical examination online or paper based through iTEC head office
- Portfolio of evidence: Assignments on complimentary therapies and business practice
- Portfolio of evidence: Treatments 60
- Portfolio of evidence: Case studies 10 x 4 treatments

ASRR will offer guided study activities in the form of:

- Written Questions / multiple choice questions.
- Quizzes / Scenarios and role play.
- Mock Exams.

## **Students' progress will be monitored thru:**

Observation of practical skills by the assessor in the classroom

Observations in student clinic

Responses to case studies and scenarios

## **Assessment tools and instruments:**

Assessment Record Templates are provided for the assessor to record the outcomes of each task set by iTEC.

## Course Costs

### Included in fees:

Required textbooks and soft copies of forms and handouts.

Small face to face class sizes and supervised student clinic.

iTEC examination fees.

Course fees allow for 1 attempt at assessment per unit for external assessment tasks.

Course fees include the issuing of one copy of the course certificate and a record of results.

<b>Course fee</b>	\$9,960	\$1,200 enrolment fee due on enrolment. Students then pay 18 monthly instalments* of \$487 (18month course) Or 11 monthly instalments of \$796 (12-month course)
<b>Intro to reflexology credit</b>	\$400	If you have completed an ASRR introduction to reflexology workshop, then the fee paid will be deducted from your final payment.

### Additional costs (approximate pricing)

<b>Set up for ongoing business startup: approximate pricing</b>	
<ul style="list-style-type: none"> <li>• Printing</li> <li>• Folders</li> <li>• Pens pencils highlighters</li> <li>• Clinic uniform</li> <li>• Reflexology Kit</li> <li>• Reflexology Chair</li> <li>• Gas lift stool</li> <li>• Senior First Aid HLTAID003 Provide first aid (for those applying for professional membership with RAOA).</li> </ul>	<ul style="list-style-type: none"> <li>• Varies</li> <li>• Varies</li> <li>• Varies</li> <li>• \$45</li> <li>• \$60</li> <li>• \$190</li> <li>• \$120</li> <li>• \$160</li> </ul>



# Enrolment

To commence your enrolment process:

## Step 1: Complete expression of interest form

Complete the 'expression of interest' form on the website under the desired Diploma in Reflexology for the Complementary Therapist Course.

## Step 2: Interview

You will be required to attend an interview to ensure suitability for studying at ASRR. This may be conducted in person, or over the phone. The interview is to gauge that our course is appropriate for you and that we believe you would have the ability for successful completion.

## Step 3: Letter of Offer

If successful, a Letter of Offer will be emailed, which summarises our code of conduct, policies and procedures, financial agreement, refund policy etc.

## Step 4: Acceptance of Letter of Offer & Enrolment Confirmation Letter

Once the Letter of Offer is signed by the student, and the enrolment fee (non-refundable) of \$1200 are received by ASRR, you will receive the Confirmation of Enrolment Letter (this letter will contain information pertaining to the textbooks, materials, and tools used in the course), and a receipt of the enrolment payment.

## Step 5: And so, the journey begins!

See you in class! 😊

## Contact us

The Australian School of Reflexology and Relaxation

Administration office:

**Tel:** +61 412 353 385

**Email:** [Info@asrr.com.au](mailto:Info@asrr.com.au)

**Admin Office:** 13 Carlsson Court, Brooklyn, Vic, Australia 3012

**Web:** [www.asrr.com.au](http://www.asrr.com.au)

This qualification is an Internationally recognised qualification accredited, registered and issued by The International Therapists Examination Council (ITEC).

This qualification is recognised by the Reflexology Association of Australia.

