



Course Overview for Hand and Foot Reflexology

Course Aim: This course aims to equip learners with the knowledge and application skills in providing Hand and Foot Reflexology of the WSQ system and be able to apply them at the workplace.

Training Methodologies:

- Lecture
- Demonstration
- Formative Assessments via class activities
- Peer practices
- Question and Answer (Q&A)
- End of Course Competency Assessment

Duration: Half day or full day totalling 60 hours (theory and practical)

Class Size : 8 to 14 per training class

Target Group:

- Matured workers from all races seeking secondary source of income or making career switch
- Retrenched or unemployed requiring training in new employability skills
- Bodywork practitioners requiring certification or interested in upgrading or acquiring new skill set
- Spa outlet customer service staff , supervisor, managers or owners keen to expand and improve service range to clients

Pre-requisites:

- Have basic literacy skills in English or Mandarin
- Minimum 18 years and above and to be medically fit

Course Fees: S\$ 760.00 inclusive of participant's guide and notes

Trainers: Our trainers are highly experienced and qualified instructors who are well-respected practitioners in the industry. Our trainers can deliver the programme in a captivating and motivating manner ensuring a good balance of both theoretical and practical aspects.

Specific Learning Objectives: Upon completion of this course, the participant must be competent in

- 1) **Knowledge Requirements** – acquire the underpinning knowledge requirements for performing Hand and Foot Reflexology
- 2) **Performance Requirements** – demonstrate pre-massage activities, client care before, during and after massage, perform Hand and Foot Reflexology sequence according to organisation's approved standards and carry out post treatment activities
- 3) **Tools ,Equipment and Materials** – identify required tools, equipment and materials to perform Hand and Foot Reflexology
- 4) **Regulations** – know the Code of Ethics of a professional therapist
- 5) **Interactions** – identify various profiles of clients for effective application of skill sets acquired
- 6) **Frequency** – perform massage daily at least once per practical session as a therapist and as a model
- 7) **Criticality** – demonstrate successful performance outcomes during formative and final assessments
- 8) **Exceptions** – learners with special needs will be taken into consideration with the necessary adjustments made

Items to Bring: Full set of towels; Participant's Guide; Writing instruments, pen & pencil

Assessment Methodology:

- Formative assessment via activity worksheets
- Final assessment (practical and oral questioning)