COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 104, HAND AND FOOT REFLEXES

COURSE TITLE: Hand and Foot Reflexes
COURSE NUMBER: TMAS 104
PREREQUISITES: APHY 101 Anatomy and Physiology
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 2
CONTACT HOURS: Lecture: 1  Lab: 2
DATE OF LAST REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: Teaches the reflex areas on the foot and hand relating to other areas of the body. Can be integrated into massage practice or can be an independent approach. An introduction to the musculoskeletal, cardiovascular, and nervous systems and their relationship to the zones on the feet are included. System disorders, including the sensory and endocrine are also identified and discussed. The relationship of the five zones of the foot is identified as are the areas of the spine with spinal nerve innovation and intervention.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. Demonstrate and discuss the theory of relationship of parts of the body to the foot and hand.
2. Demonstrate the relationship of parts of the body to the foot and hand.
3. Demonstrate the techniques of reflexology.
4. Identify the five zones on the feet.
5. Explain the relationship of the five zones to the musculoskeletal, cardiovascular, nervous, sensory, and endocrine systems.
6. Identify the areas of the spine and spinal nerve innervation and intervention.
7. Demonstrate the ability to "walk the spine" on the foot.
8. Identify suggested procedures of reflexology.
9. Understand the anatomy of the foot and hand.

COURSE CONTENT: Topical areas of study will include –

Ten zones of the body
Foot relaxation techniques
Reflex areas of the arm and leg
Walking the spine
Reflex areas of body systems on hand and foot
Reflex helper areas
Reflexology treatment
HOW TO ACCESS THE IVY TECH COMMUNITY COLLEGE LIBRARY:

The Ivy Tech Library is available to students’ on- and off-campus, offering full text journals and books and other resources essential for course assignments. Go to http://www.ivytech.edu/library/ and choose the link for your campus.

ACADEMIC HONESTY STATEMENT:

The College is committed to academic integrity in all its practices. The faculty value intellectual integrity and a high standard of academic conduct. Activities that violate academic integrity undermine the quality and diminish the value of educational achievement.

Cheating on papers, tests or other academic works is a violation of College rules. No student shall engage in behavior that, in the judgment of the instructor of the class, may be construed as cheating. This may include, but is not limited to, plagiarism or other forms of academic dishonesty such as the acquisition without permission of tests or other academic materials and/or distribution of these materials and other academic work. This includes students who aid and abet as well as those who attempt such behavior.

COPYRIGHT STATEMENT:

Students shall adhere to the laws governing the use of copyrighted materials. They must insure that their activities comply with fair use and in no way infringe on the copyright or other proprietary rights of others and that the materials used and developed at Ivy Tech Community College contain nothing unlawful, unethical, or libelous and do not constitute any violation of any right of privacy.

ADA STATEMENT:

Ivy Tech Community College seeks to provide reasonable accommodations for qualified individuals with documented disabilities. If you need an accommodation because of a documented disability, please contact the Office of Disability Support Services.

If you will require assistance during an emergency evacuation, notify your instructor immediately. Look for evacuation procedures posted in your classroom.