

Rationale for ITEC Level 3 Diploma in Reflexology

Aims and objectives

The ITEC Level 3 Diploma in Reflexology comprises of ITEC units:

- 30-40 Anatomy & Physiology
- 4 Reflexology
- 22.1 & 22.2 Professional Conduct and Business Awareness

All the units are mandatory. Unit 4 has 3 elements– theory, practical and case studies. Unit 22 and Units 30-40 are theory only.

The main aim of the ITEC Level 3 Diploma in Reflexology is to enable candidates to provide treatments for the purpose of relaxation and stress release by treating the Reflex areas.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Complementary Therapy/Care industry
- to provide opportunities for staff in the Complementary Therapy/ Care industry to gain a Level 3 qualification
- to qualify candidates as Reflexologists at Level 3 in the Complementary /Care industry
- to sustain the interest of candidates wanting to work in the Complementary Therapy industry
- to encourage knowledge and understanding for the Complementary Therapy/Care industry at Level 3
- to provide opportunities for candidates to focus on the development of the major Key skills and the wider Key skills in a Therapy context such as communicating with clients, working with others and problem solving
- to provide opportunities for candidates to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as Reflexologists.

The candidate will study the theory of all treatments, having already covered the Anatomy & Physiology of the whole body within the Anatomy & Physiology unit. Also a vital part of their training is the underpinning knowledge and skills required to successfully perform a Reflexology treatment.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Guidance sheet. The case studies are then verified by an ITEC Examiner at the end of the course during the visit for invigilating the practical examination. The case studies ensure that a variety of clients must be consulted and treated in all the above areas and the outcomes of the treatments must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the type of Reflexology treatment and outcomes must be shown, as well as after care.

All units are mandatory and should be taught concurrently and examined concurrently. The examinations are as follows:

- Units 30-40 Anatomy & Physiology have a 50 multiple choice question paper of 1 hour duration
- Unit 4 Reflexology has a 50 multiple choice question paper of 1 hour duration
- Units 22.1 and 22.2, Professional Conduct and Business Awareness, have a combined paper of 1 hour duration of 25 questions each, with a total of 50 questions
- A Practical exam conducted by an ITEC Practical Examiner for unit 4.
- Internal Assessment of ALL case studies by the College Lecturer and External Verification by the ITEC Practical Examiner.

As indicated above all aspects of the award are examined externally by ITEC Practical Examiners.

Recommended prior learning

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A*-C (preferably to include English Language, a science subject and/or GCSE in Physical Education) prior to commencing the ITEC Level 3 Diploma in Reflexology. However, exemptions may be made for adult returners with experience of the work place.

Opportunities for progression

Once candidates have achieved the ITEC Level 3 Diploma in Reflexology they may progress on to other ITEC or equivalent awards at level 3, for example:

- Indian Head Massage
- Holistic Massage

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in Salons, Health Club, Health Farms, Spas and Liners, NHS Trust and various aspects of the Care Industry.

Professional indemnity and public liability insurance can be obtained via ITEC Professionals and other Industry Associations who recognise the ITEC Diploma.

Relationship to National Occupational Standards

The ITEC Level 3 Diploma in Reflexology complies with the National Occupational Standards for Reflexology at Level 3 (see mapping at the end of the units).

ITEC has ensured that best practice in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the Therapist.