

## Reflexology Certificate

**HHP 161**                      **1 credit**                      **Meditation for Health**

Incorporates the practice of fundamental techniques for training your mind to be quiet and peaceful; to focus your thoughts on what you choose; to stimulate the Mind-Body conversation to enhance your own health.

**HHP 166**                      **1 credit**                      **Introduction to Reflexology**

Teaches the student foot anatomy, basic hand stroke and foot reflex points.

**HHP 164**                      **1 credit**                      **Introduction to Hand Reflexology**

Teaches hand anatomy, basic stroke techniques and hand reflex points. Reflexology is a gentle art that holistically facilitates opening the channels for healing energy to circulate to all parts of the body. The benefits of reflexology include stress reduction and deep relaxation, improved circulation, cleansing of body toxins and impurities, energy revitalization and preventative health care.

**HHP 163**                      **1 credit**                      **anatomy for Hand & Foot Reflexology**

Emphasizes advanced anatomical study of the lower leg and foot, and the forearm and hand.

**HHP 145**                      **1 credit**                      **Digestive Wellness**

Provides the student with information on nutritional and herbal self-care treatments.

**HHP 270**                      **3 credits**                      **Clinical Practice**

Continues to build upon the principles that are expected to be understood by students in the holistic health discipline.

**HHP 260**                      **1 credit**                      **Advanced Reflexology**

Demonstrate and perform advanced reflexology techniques. Acquire advanced conceptual content on new information and skill sets about reflexology for hands and feet and introduce anatomy and reflexology of the ear in order to learn the process of describing and applying reflexology protocols for specific issues. Students will assimilate information from previous coursework in order to complete the outline for the final research paper, discuss ethics & business plans and prepare for the reflexology practicum.

**MST 204**                      **2 credits**                      **Business Practice**

Assists the practitioner of massage therapy to envision, market, establish and maintain a professional massage therapy practice.

**MST 105**                      **2 credits**                      **Lifestyle Wellness**

Provides opportunity to learn and apply specific wellness principles to your individual lifestyle. Student completes self-analysis of health behaviors and how lifestyle affects health status.

**HHP 288**                      **3**                      **Practicum**

Provides students with the opportunity to supplement coursework with practical work experience related to their educational program. Students work under the immediate supervision of experienced personnel at the business location and with the direct guidance of the instructor.