



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|---|------------|---|---|----------------------------------|---|------------|---|
| Course Title | | Reflexology | | | | | | | |
| Course Code | | SGH218 | | Course Level | | Short Cycle (Associate's Degree) | | | |
| ECTS Credit | 4 | Workload | 50 (Hours) | Theory | 2 | Practice | 1 | Laboratory | 0 |
| Objectives of the Course | | In this lesson; aimed to gain to students fundamental knowledge and application skills regarding reflexology that an alternative method of body care that in field of hair care and beauty services | | | | | | | |
| Course Content | | Concept of reflexology, body systems, foot anatomy, reflexology applications | | | | | | | |
| Work Placement | | Students must have to complete their internship within the required time and properties. The required rules are describes at the Adnan Menderes University, Sultanhisar Vocational School, Student Internship Instructions. | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Demonstration, Case Study, Individual Study | | | | | |
| Name of Lecturer(s) | | | | | | | | | |

Assessment Methods and Criteria

| Method | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1 | 40 |
| Final Examination | 1 | 70 |

Recommended or Required Reading

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| 1 | Instructor's lecture notes |
| 2 | Refleksoloji, Zeynep AKSEL WILHELM, Dharma Yayınları, 2007, İSTANBUL |
| 3 | Photos, videos, etc. and all resources about this topic. |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|--|
| 1 | Theoretical | Definition of reflexology |
| | Preparation Work | Course materials |
| 2 | Theoretical | History of reflexology, overview of the alternative therapy history |
| | Preparation Work | Course materials |
| 3 | Theoretical | Body systems (Muscle, skeletal, digestive, excretion, nervous, circulation, respiratory) |
| | Preparation Work | Course materials |
| 4 | Theoretical | Foot anatomy |
| | Preparation Work | Course materials |
| 5 | Theoretical | Massage techniques of reflexology applications |
| | Preparation Work | Course materials |
| 6 | Theoretical | Situations to be aware of in applications |
| | Preparation Work | Course materials |
| 7 | Theoretical | Applications should not be done in this situations |
| 8 | Preparation Work | Course materials |
| | Intermediate Exam | Midterm |
| 9 | Theoretical | Reflexive pressure points on feet (Head and nape) |
| | Preparation Work | Course materials |
| 10 | Theoretical | Reflexive pressure points on feet (Breast) |
| | Preparation Work | Course materials |
| 11 | Theoretical | Reflexive pressure points on feet (Stomache) |
| | Preparation Work | Course materials |
| 12 | Theoretical | Reflexive pressure points on feet (Haunch) |
| | Preparation Work | Course materials |
| 13 | Theoretical | Reflexive pressure points on feet (Sacrum and vertebra) |
| | Preparation Work | Course materials |
| 14 | Theoretical | Reflexive pressure points on feet (Shoulder, bend, knee) |
| | Preparation Work | Course materials |



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|----|------------------|--|
| 15 | Theoretical | Reflexive pressure points on feet (Other organs and systems) |
| | Preparation Work | Course materials |
| 16 | Final Exam | Final exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|--|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 0 | 2 | 28 |
| Lecture - Practice | 14 | 0 | 1 | 14 |
| Studio Work | 2 | 0 | 2 | 4 |
| Midterm Examination | 1 | 1 | 1 | 2 |
| Final Examination | 1 | 1 | 1 | 2 |
| Total Workload (Hours) | | | | 50 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 2 |

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

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|---|--|
| 1 | To have information regarding the definition and application areas of Reflexology |
| 2 | To have information regarding body systems |
| 3 | To have information regarding foot anatomy |
| 4 | To have information regarding problems that may occur during practices Reflexology |
| 5 | Able to do practices Reflexology to a canonical form |

Programme Outcomes (Hair Care and Beauty Services)

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|----|--|
| 1 | Ability to evaluate, to apply, to access to scientific knowledge by using theoretical and practical knowledge in basic level knowledge gained in the field of hair care and beauty services |
| 2 | Having knowledge of using effectively all kinds of tool and equipment using in the field of hair care and beauty services |
| 3 | Ability to study in a basic level project, to take responsibility for individual or team, to solve problems facing relation with the field of hair care and beauty services |
| 4 | Ability to develop oneself as the personal and professional, updating them with the awareness of lifelong learning, knowledge skills and competencies regarding in the field of hair care and beauty services. |
| 5 | Ability to communicate at least one foreign language at a basic level |
| 6 | Ability to use effectively information and communications technologies |
| 7 | Ability to communicate and to be social effectively |
| 8 | Ability to evaluate and to interpret data relation with them, to solve and to identify potential problems regarding in the field of hair care and beauty services |
| 9 | Having knowledge of legal regulations and professional standards and regarding in the field of hair care and beauty services |
| 10 | Ability to behave suitable and to attend for quality management and processes |
| 11 | Ability to be an example to the community by external appearance, personal care, manner, attitude and behavior |
| 12 | Ability to develop and to evaluate and to satisfy towards demand and needs of consumer of service processes regarding in the field of hair care and beauty services |
| 13 | Ability to consider human health, social and natural environment towards ethical principles of professional, while carrying out things regarding in the field of hair care and beauty services |
| 14 | Ability to evaluate health, safety and risk as regular regarding in the field of hair care and beauty services |
| 15 | Ability to transfer the acquired knowledge and skills, if necessary, using to appropriate learning environments |

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

| | L1 | L2 | L3 | L4 | L5 |
|-----|----|----|----|----|----|
| P1 | 4 | 4 | 4 | 4 | 4 |
| P2 | | | | | 4 |
| P3 | | | | 5 | 4 |
| P4 | 4 | 4 | 4 | 4 | 4 |
| P5 | 2 | 2 | 2 | 2 | 2 |
| P7 | | | | | 4 |
| P8 | | | | 4 | 4 |
| P9 | | | | | 4 |
| P10 | | | | 4 | 4 |



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|-----|---|---|---|---|---|
| P11 | | | | | 4 |
| P12 | | | | 4 | 4 |
| P13 | | | | 4 | 4 |
| P14 | | | | 4 | 4 |
| P15 | 4 | 4 | 4 | 4 | 4 |

