



Guidance Notes for Tutors for the Level 3 Diploma in Reflexology

General Advice

1. Requirements for undertaking this qualification.

It is recommended that Candidates must hold at least 5 GCSEs at grades A* to C or equivalent, but this is not essential. This is at the discretion of the college and adult returner's experience will be considered.

A scheme of work must be approved by ITEC prior to the commencement of the course for both Unit 4.1 Theory and Unit 4.2 Practical.

2. Guided Learning Hours.

Unit 1 Anatomy & Physiology – 50 hours

Unit 4 Reflexology – 75 hours (plus approx 200 hours for case studies)

Unit 22 Professional Conduct & Business Awareness – 50 hours

Guided learning hours are 'a notional measure of the substance of a qualification. It includes an estimate of the time that might be allocated to direct teaching or instruction together with other structured learning time such as directed assignments, assessments on the job or supported individual study and practice. It excludes learner – initiate private study.'

3. Structure of the qualification.

Unit 1 Anatomy & Physiology

Unit 4.1 Reflexology Theory

Unit 4.2 Reflexology Practical

Unit 22 Professional Conduct & Business Awareness

4. Delivery of the qualification.

Tutors should aim to deliver the two units of the qualification (Unit 4.1 Theory and Unit 4.2 Practical) and the case studies (internal assessment of Unit 4.2 Practical) simultaneously, i.e. both units should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that candidates understand the structures they are working towards as a result of combining delivery with the practical application of treatments.

5. Case Studies.

Case studies are used as the internal assessment of Unit 4.2 Practical. Case studies must be completed under the supervision of a tutor (or in the candidate's own time) and the tutor must assess each case study and allocate a grade throughout the delivery of the unit. The External ITEC Examiner will verify the results of the Case studies. ITEC recommend that organisations delivering the qualification allocate 3 hours of the tutorial time for the case studies.

6. Registration.

Enrolments for all the units should be sent to ITEC together on the ITEC Enrolment Form.

Theory Tuition – Unit 4.1 Theory

1. Guided Learning Hours.

- a. The delivery of Unit 4.1 Theory must be completed with a minimum of 37.5 guided learning hours.
- b. Delivery of the qualification will encompass all the learning outcomes and underpinning knowledge identified by ITEC in the design of the qualification.

ITEC recommend that tutors advise candidates that there will be a requirement of a maximum of 5 hours per week (totalling 180 hours, assuming the course is delivered over 36 weeks) of additional home study and revision.

2. Assessment.

Once all aspects Unit 4.1 Theory have been completed, candidates will be expected to complete a theory paper containing 50 multiple choice questions on Reflexology and related areas. This examination is 1 hour. Each question will be given four alternative answers A, B, C and D. The candidate must indicate the correct answer by marking an 'X' over the appropriate letter in the box on the answer sheet.

This unit is externally assessed.

3. Grading of the qualification.

- a. Unit 4.1 Theory has three grades that a candidate may achieve:
Pass grade - 60 – 74% (Unit 1 A&P 50 – 74%)
Credit grade - 75 – 89%
Distinction grade - 90 – 100%
- b. Unit 4.1 Theory grade will be combined with the Unit 4.2 Practical grade to achieve an overall grade as follows:
Pass grade - 120 – 149
Credit grade - 150 – 179
Distinction grade - 180 – 200
- c. Case studies must also achieve a pass.
- d. If a candidate is unsuccessful in any area, they will be expected to re-sit only the unit where they have not achieved a pass grade, to which they will be referred. Referrals should be completed within one year of the original examination provided that re-sits are attempted at least once every three months. Extensions to this time-frame must be applied for in writing with the relevant supporting evidence supplied. The remainder of the results will stay in the ITEC system until such time as Unit 4.1 Theory, Unit 4.2 Practical and the case studies have all achieved a pass grade.
- e. For guidance on marking see Pre-assessment form for ITEC Level 3 Diploma in Reflexology and Marking Criteria for ITEC Level 3 Diploma in Reflexology.

Practical Tuition - Unit 4.2 Practical

1. Guided Learning Hours.

- a. The delivery of Unit 4.2 Practical must be completed with a minimum of 37.5 guided learning hours.
- b. It is recommended that an additional 3 hours should be apportioned to case studies.
- c. Delivery of the qualification will encompass all the learning outcomes and underpinning knowledge identified by ITEC in the design of the qualification.

2. Resources.

The organisation delivering the qualification must provide couches (or Reflexology chairs) and trolleys in the ratio of 1 shared between 2 candidates. This assumes that half the group will work whilst the remaining half of the group model during training sessions. Candidates need to be made aware of the amount of consumables / towels they will be required to provide.

3. Assessment.

- a. This unit is internally and externally assessed. Once all aspects Unit 4.2 Practical have been completed, candidates will be expected to complete the practical examination. This will be undertaken in the candidate's college environment in the presence of an ITEC External Examiner. Candidates will perform a 15 minute consultation to include reading of the feet, followed by a 45 minute treatment covering all areas of the feet. Candidates may reduce the number of repetitions of movements as the examination is a demonstration of their professionalism and technique.
- b. A consultation form must be completed by each candidate and made available for the Examiner to take away. This should be completed at the end of the treatment and contain the completed medical history and lifestyle details of the client being treated. It should include the treatment details, a foot chart completed during the examination, treatment plan and home care advice given to the client at the end of the treatment.
- c. Candidates will be expected to demonstrate excellent hygiene and client care, including helping the client on and off the couch/chair in an appropriate way and to demonstrate competence in their skills.
- d. This unit is internally and externally assessed.
- e. Examination sequence – approximately 1 hour
 - 15 minute consultation
 - 45 minutes treatment covering all areas of the feet and reducing the number of repetitions of movements (a foot chart should be completed during the examination)
 - Clients should be helped off the couch/treatment chair
 - Add outcome and summary of treatment to the consultation form and hand to the examiner at the end of the exam
 - Oral questions will be asked at any time during the exam
- f. Case studies.
 - i. Case studies must be completed under the supervision of a tutor, or in the candidate's own time, and the tutor must monitor the quality of the written case study work throughout the candidate's training to ensure that the content of the written documents meets ITEC criteria. The criteria are detailed on the case study guidance form.
 - ii. It is recommended that tutors advise candidates to expect to spend between 3 – 5 hours on each case study treatment which will total between 120 – 200 hours to complete the full portfolio.
 - iii. The case study guidance form should be completed and placed with the case studies for verification by the ITEC Examiner.
 - iv. If a case study does not meet the ITEC criteria, the ITEC Examiner will complete a candidate referral form to help the candidate strengthen the case studies to gain a pass grade. Referred case studies must be submitted with candidate referral form to ITEC for re-assessment within 3 months of the referral. Extensions to this time-frame must be applied for in writing with the relevant supporting evidence supplied. Please send photocopies ONLY as the case studies will not be returned.

4. Grading of the qualification.

- a. Unit 4.2 Practical has three grades that candidates may achieve:
Pass grade - 60 – 74%
Credit grade - 75 – 89%
Distinction grade - 90 – 100%
- b. Unit 4.2 Practical grade will be combined with Unit 4.1 Theory grade to achieve an overall grade as follows:
Pass grade - 120 – 149
Credit grade - 150 – 179
Distinction grade - 180 – 200
- c. Case studies must also achieve a pass.
- d. If a candidate is unsuccessful in any area, they will be expected to re-sit only the unit where they have not achieved a pass grade, to which they will be referred. Referrals should be completed within one year of the original examination provided that re-sits are attempted at least once every three months. Extensions to this time-frame must be applied for in writing with the relevant supporting evidence supplied. The remainder of the results will stay in the ITEC system until such time as Unit 4.1 Theory, Unit 4.2 Practical and the Case Studies have all achieved a pass grade.
- e. For guidance on marking see Pre-assessment form for ITEC Level 3 Diploma in Reflexology and Marking Criteria for ITEC Level 3 Diploma in Reflexology.
- f. Tutors when marking both the internal and external assessment components of this unit must ensure that candidates secure a pass level in each element within all of the areas of treatment being assessed, as outlined in the Marking Criteria.