

## **Goals and Objectives for Instructor Training (Student/Applicant copy)**

### **Goals:**

Provide an opportunity to explore and/or review new concepts such as learning styles, teaching styles and principles of adult learning.

Promote excellence in RAC education through clearly defined methodologies and concepts thereby providing a strong educational basis for instruction and uniformity across Canada.

### **Objectives:**

Having completed the Instructor Training Course, the candidate will:

1. Recognize the different learning styles and develop the teaching styles to assist each student in fully realizing their potential within the learning environment.
2. Learn how to develop and implement lesson plans, acquire resource tools and teaching aids to incorporate in own class teaching.
3. a) Develop a clear understanding of the theoretical component of reflexology as outlined in the student manual.
4. b) Attain a clear understanding and working knowledge of the definitive RAC reflexology methodology as set out in the student manual.
5. Develop a full understanding of the Instructor responsibilities and student responsibilities.
6. Present the information and skills attained in a professional manner.

### **Benefits to Teacher Certification:**

Many reflexologists spend much of their practice gaining experience and building their business within their communities. Once they have reached a certain plateau, many wonder what the next step is. Teaching is a natural progression and choice for many today. Not only does teaching offer personal satisfaction, but it also strengthens one's own professional career. By educating and developing skilled and qualified practitioners, a teacher supports the growth of a strong and vibrant profession while supporting the association by encouraging new membership. This ensures the ongoing recognition and credibility of reflexology both regionally and on a national and international scale. The reflexology teaching profession is an open market for qualified and enthusiastic individuals. Following completion of the RAC Teacher Training Certification Program, a RAC teacher is qualified to guide students through the RAC programs in a range of settings – including colleges, trade schools, and Continuing Education Programs as either separate programs or electives. Completing RAC Certification qualifies a reflexologist for licensing in Ontario and for provincial registration in other provincial bodies.

Course Content  
For  
RAC Ear, Hand and Foot Instructor Training Courses

**Part I**

1. Face-to-face instruction for Foot Instructor Certification for thirty-two (32) hours – and Ear/Hand Teacher Certification a minimum of sixteen (16) hours. The hours may be formatted in a schedule as needed.

Training will include instruction through review of prescribed texts, lecture, practical exercises, assignments, quizzes, assessments of lesson plans and mini presentations in the following:

a. **Course Title: Foot Instructor Certification**

Prescribed Texts: RAC Instructor Training Manual – Foundation Text for all Teacher Training Courses (supplied by Trainer) and *most current* RAC Foot Student Manual & Workbook (purchased through RAC Head Office). Instruction will include:

- Instructor contract, current responsibilities, teacher protocols and administration duties (including any recent revisions) including how to administer the Practical and Written Exams
- Professionalism
- Teaching and learning resources
- Teaching the Adult Learner
- Teaching methods
- Drafting a complete set of teaching plans
- The treatment component
- Advertising, educating the public and Media presentations
- Class schedules

b. **Course Title: Ear and Hand Instructor Certification**

Prescribed Texts: RAC Instructor Foot Training Manual (for review purposes). RAC Ear or Hand Instructor Training Manual and *most current* RAC Ear or Hand Student Manual. Trainer Instruction must include:

- Instructor Contract, All current responsibilities, Instructor protocols and administration duties (including any recent revisions) including how to administer the Practical and Written Exams
- Teaching and learning resources
- Drafting a complete set of teaching plans

- The treatment component
- Class schedules
- Review: professionalism, teaching the adult learner and learning methods using the Instructor Training Manual as a teaching tool.

**Home Study Assignments for Class Presentation Assignments for All Training Sessions:**

- Home study preparation for in-class presentation of lesson plans (the Trainer will select which will be presented) for the theoretical component taken from a complete set of lesson plans prepared for teaching the full Reflexology course as outlined on the assignment list below.
  - Home study preparation of lesson plan from the assignment list below for in-class practical presentation of the full RAC Methodology.
2. Complete an” **Open Book Review**”.

**Continuing Professional Development  
Part I Home-Study Assignments and Part II Apprenticeship  
For  
Foot, Ear and Hand Instructor Training Program**

**Part I** - The trainee **before the completion of their 32-hour in-class training program** in Part I and before the Apprenticeship portion of the program in Part II completes the following.

1. Create and develop lesson plans for all subjects taught. In the lesson plans outline in detail teaching methods, activities, resources, teaching aids and appropriate tools for each learning style and how they would utilize them along with how they would evaluate the results. Also incorporate the principles of Adult Learning into each plan by incorporating all three learning styles into each one. This means they must make parts of the lesson plan applicable for Mental Learners, Emotional Relational Learners and Physical Learners.
2. Prepare a practical lesson plan for teaching the applicable methodology and include relaxation techniques and ‘before and after’ a session into the plan.

**Part II – Apprenticeship Training (completed after the 32 hours of in-class training)**

Assist a Trainer through preparation and delivery of a full Foot Reflexology Certification Course within 6 months of the program if approved to do so. This approval is based on the Trainers/Education Directors recommendations from evaluations throughout the program and Trainee's level of participation. The Trainee will teach all subjects using prepared lesson plans under the supervision of the Trainer. The Trainer will submit an evaluation to RAC of the Trainee's presentation and delivery with recommendations. If approved a one year Teacher Probationary Contract will be issued.

Note: For Trainee's who are traveling to complete the course, the 4-day class schedule for presentation of the course may be considered.