

Required course components

The current minimum education requirements for a professional reflexology qualification accepted by the RAoA and the Australian industry are as follows:

- 72 hours practical/applied reflexology training
- 100 hours Case Studies
- 40 hours Supervised Clinic with evaluations by people attending the clinics
- 15 hours Clinical Management
- 15 hours Reflexology Theory
- 30 hours Communication
- 12 hours Infection Control
- 12 hours Health and Safety
- 12 hours Ethics, Code of Conduct/Practice and Legislation
- 12 hours Wellness and Self Care
- 50 hours Anatomy and Physiology from a Government accredited Registered Training Organisation (RTO)
- 12 hours Senior First Aid Certificate from an RTO (HLTAID003)

The RAoA does not endorse nor accept graduates that have acquired a reflexology qualification that has been completed solely online.

While some theory subjects can be completed online, it is necessary for students to complete many clinical hours under the guidance of a qualified reflexology lecturer who can assist with the precise location of reflex points and with interpreting what is seen and felt when giving a treatment.