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Diploma in Reflexology

Qualification Specifications

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QUALIFICATION DETAILS:

QUALIFICATION	VTCT Skills (ITEC) Level 3 Diploma in Reflexology Treatments
AWARDING BODY	VTCT Skills (iTEC)
QUALIFICATION NUMBER	603/4093/9
AGE RANGE	16+
ECTS CREDITS	43
ASSESSMENT	• External practical examination • External theory examination • Portfolio of evidence containing - Case studies
GRADING	Pass/Merit/Distinction

AIMS & OBJECTIVES

The main aim of the VTCT Skills (ITEC) Level 3 Diploma in Reflexology Treatments is to enable learners to gain the necessary practical and theoretical skills in order to provide reflexology treatments to the general public and to gain employment in the beauty/complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

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CONTENT

This qualification is for learners who want to work within the beauty/complementary therapy industry. The qualification consists of 3 mandatory units with a total of 225 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

• Reflexology – to include carrying out a visual analysis of the feet, relaxation techniques, supporting the feet correctly, a variety of reflexology techniques such as thumb walking, finger walking, pivot, hook and rocking, adapting the techniques to suit the client's specific needs, maintaining professional posture and locating zones, transfer lines and cross reflexes on the hands and feet

The learner will also learn about related health and safety and client care and communication which is essential in order to work and be successful in the industry.

This qualification also provides:

• The related knowledge and understanding required to perform the reflexology skills listed above effectively in particular the anatomy and physiology of the skin, nails, feet and common diseases and disorders that may affect when a client should or should not receive treatment

• Opportunities for learners to focus on the development of their wider skills in a reflexology setting, such as communicating with clients, working with others and problem solving

• Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a reflexologist

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OPPORTUNITIES FOR PROGRESSION

Once learners have achieved the VTCT Skills (ITEC) Level 3 Diploma in Reflexology Treatments they may progress on to VTCT Skills (ITEC) or equivalent qualifications at level 3 and 4, for example:

- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Indian Head Massage
- Level 3 Diploma in Holistic Massage
- Level 4 Diploma in Spa and Salon Management

OPPORTUNITIES FOR EMPLOYMENT

There are opportunities for a reflexologist to find employment in a variety of areas:

- Beauty salons
- Hotels
- Health clubs
- Spas
- Own business
- Cruise liners

ASSESSMENT

All treatment evidence, internal assessments, and underpinning knowledge must be completed prior to the final practical examination. The final external practical examination will be carried out by the external examiner at the end of the period of learning. The external examiner will also verify a sample of the treatment evidence and internal assessment.

Unit specifications and additional supporting assessment material for this qualification can be found on the iTEC website - .www.itecworld.co.uk

Unit Code	Mandatory units	Assessment	Grading	Unit weighting for the overall qualification
iUBT434	Reflexology	MCQ Practical examination Portfolio of evidence – Case studies 10 clients x 4 treatments (40 treatments)	Pass 60%-74% Merit 75%-89% Distinction 90%-100% Pass 60%-74% Merit 75%-89% Distinction 90%-100% Pass or Refer	50%
iUBT434	Professional conduct and business awareness	MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%	20%
iUBT435	Anatomy and physiology	MCQ	Pass 50%-74% Merit 75%-89% Distinction 90%-100%	30%

GRADING OF THE QUALIFICATION

Learners must achieve a Pass grade or higher in the requisite number of units as specified in the rules of combination, see table 1 above. Only mandatory units which are graded Pass/Merit/Distinction will contribute to the overall grade.

Practical examinations and theory examinations will be graded Pass/Merit/Distinction.

Portfolio of evidence containing the following will be graded Pass/Fail:

- Treatment evidence

The overall qualification is graded Pass/Merit/Distinction.

Grade boundaries for units and the overall calculation for the qualification grade are open to annual review. Following this review, these boundaries and overall calculations can be adjusted by VTCT Skills (ITEC). This review and possible change within a qualification are to ensure the standard of the qualification grade is upheld throughout the qualification's lifecycle.

THEORY EXAMINATION

All theory tests must be conducted in a controlled environment and follow the procedures defined by VTCT Skills (ITEC). The theory tests will be set and marked by VTCT Skills (ITEC).

PRACTICAL EXAMINATION

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by the internal assessor/lecturer using the internal assessment forms. These will be handed to the external examiner on the day of the final external practical examination. All practical assessments must be conducted in a controlled environment defined by VTCT Skills (ITEC). The practical examination will be conducted by an external examiner.

PORTFOLIO OF EVIDENCE

Learners are required to provide a portfolio of evidence containing treatments and/or case studies that they have performed on clients during their training under the supervision of the lecturer who will monitor the quality of the treatments in order to ensure that they meet the criteria.

• The criteria are detailed on the treatment evidence guidance forms

• The learner will need to complete a client consultation form as evidence that they performed the required number of treatments during their training time as they form part of the internal assessment for the qualification. They can be stored in the learner's portfolio.

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THEORY EXAM SPECIFICATIONS

All theory exams are held at the education centre. A laptop is required for learners to conduct all of their external theory exams.

For each unit's specifications follow the tables below:

- Table 1: Professional Conduct and Business Awareness
- Table 2: Anatomy & Physiology
- Table 3: Reflexology

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TABLE 1 – THEORY EXAM SPECIFICATION

iUBT434 Professional Conduct and Business Awareness

Internal & External Assessment method:	Multiple Choice Question (MCQ)
Duration of Internal & External assessments:	55 minutes
Pass Mark:	60%
Grading:	Pass/Merit/Distinction
Learning outcomes to be assessed:	All learning outcomes will be assessed
Format of questions:	Stem, 1 key and 3 distractors
Number of questions:	50 Questions
Distribution of questions: **Each Question will be allocated 1 Mark**	- Finance & Costing [5] - Retail [5] - Sales & Marketing [10] - Health, Safety & Hygiene [20] - Ethics [5] - Communication [5]
The topics listed can be found in the assessment criteria in the unit specification for iUBT434 as follows:	- Finance & Costing - Retail - Sales & Marketing - Health, Safety & Hygiene - Ethics - Communication

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TABLE 2 – THEORY EXAM SPECIFICATION

iUBT435 Anatomy & Physiology

Internal & External Assessment method:	Multiple Choice Question (MCQ)
Duration of Internal & External assessments:	55 minutes
Pass Mark:	50%
Grading:	Pass/Merit/Distinction
Learning outcomes to be assessed:	All learning outcomes
Format of questions:	Stem, 1 key and 3 distractors
Number of questions:	50 Questions
Distribution of questions: **Each Question will be allocated 1 Mark**	- Cells & Tissues [5] - The Skin [5] - The Skeletal System [5] - The Muscular System [5] - The Circulatory System [5] - The Nervous System [5] - The Lymphatic System [5] - The Digestive System [3] - The Endocrine System [5] - The Urinary System [2] - The Respiratory System [3] - The Reproductive System [2]
The topics can be found in the learning outcomes of iUBT434 Professional Conduct & Business Awareness	- Cells & Tissues - The Skin - The Skeletal System - The Muscular System - The Circulatory System - The Nervous System - The Lymphatic System - The Digestive System - The Endocrine System - The Urinary System - The Respiratory System - The Reproductive System

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TABLE 3 – THEORY EXAM SPECIFICATION

iUBT334 Reflexology

Internal & External Assessment method:	Multiple Choice Question (MCQ)
Duration of Internal & External assessments:	55 minutes
Pass Mark:	60%
Grading:	Pass/Merit/Distinction
Learning outcomes to be assessed:	All learning outcomes will be assessed
Format of questions:	Stem, 1 key and 3 distractors
Number of questions:	50 Questions
Distribution of questions: **Each Question will be allocated 1 Mark**	- Contra-indications - Reflex areas - Reading of feet - Other therapies - Aftercare - Concept and history - Treatments
The topics listed can be found in the assessment criteria in the unit specification for iUBT334 as follows:	- Contra-indications - Reflex areas - Reading of feet - Other therapies - Aftercare - Concept and history - Treatments

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CONCLUSION & PROGRESSION

The iTEC Level 3 Diploma in Reflexology Treatments qualification has been carefully designed to equip learners with the essential knowledge, technical expertise, and professional standards required to succeed within the wider wellness, beauty, and holistic therapies industry. Throughout the course, learners will develop confidence, competence, and creativity while meeting the expectations of both industry professionals and international awarding bodies.

Successful completion of this qualification enables learners to:

• Enter employment in beauty, aesthetics, massage, holistic therapy, or complementary health practices.

• Establish themselves as independent practitioners offering professional services.

• Continue their professional development through advanced diplomas, specialist training, or higher-level qualifications.

• Build a versatile and sustainable career across multiple sectors of the wellness and therapy industry.