



## Home Study Course TR-SC18 Nervous System

Successful completion of this course earns 6 CEs (continuing education contact hours). The following items are required to obtain the contact hours associated with this course: (1) completed Home Study Course (this page), (2) Course Evaluation, and (3) a 70% passing score. While there is no specific deadline for submission, TSI recommends submitting the items within TWO (2) years from the date of purchase.

### Materials:

- *Therapeutic Reflexology*, chapter 18

### Objectives:

- (1) Know the key terms and definitions in this chapter.
- (2) List the three functions of the nervous system.
- (3) Identify the location and function in the body of the nervous system, central nervous system, and peripheral nervous system.
- (4) Describe the functions of the somatic and autonomic nervous systems.
- (5) Differentiate between the roles of the sympathetic and parasympathetic nervous systems.
- (6) Identify the location of the nervous system reflexes on the feet.
- (7) Describe five health challenges of the nervous system.
- (8) Name the direct and helper reflexes of the nervous system.
- (9) Read and understand the basic nervous system protocol on the feet (see Table 18.5).
- (10) Locate the following reflexes and demonstrate techniques to work them: central nervous system (brain and spine), head, and neck.
- (11) Read and understand the following techniques: tips of toes, base of toes, toe shafts and padding, occipital ridge reflex, toe rotations, sciatic nerve.
- (12) Read and understand the following protocols: nervous system (see Table 18.5), head and neck (see Table 18.6), headache (see Table 18.7), tremors (see Table 18.8).

**Directions:** Write your initials as you complete the steps in the following instructions.

Initial Below	Step	Instruction
	1	Read the Chapter Highlights, Learning Objectives, and Key Terms.
	2	Read the chapter, and watch the DVD.
	3	Read the Summary and verify that you understand the information presented.
	4	Complete all quizzes in "How Much Did You Learn?"
	5	Complete the course evaluation form. Include the number of hours required to complete the course. Sign to authenticate your work.
	6	Mail, email, or fax the "How Much Did You Learn?" and course evaluation form. Both are required for successful completion of the course.



## Course Evaluation TR-SC18 Nervous System

Your Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ Apartment, Unit: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_  
 Country: \_\_\_\_\_ Website: \_\_\_\_\_

Your profession(s) or education is/are PhD/Dr  NP  RN  PT  OT  MT  Reflexologist   
 Other  (please explain) \_\_\_\_\_

I am taking this course for (check all that apply): continuing education  improve my knowledge of the subject   
 improve my skills  re-credentialing  improve job performance  self-improvement

Circle the number that best identifies your agreement or disagreement with the following statements. The assessment system is Strongly Agree (6) to Strongly Disagree (1).	Strongly Agree					Strongly Disagree
<b>1. The course met the following objectives:</b>						
1.1. Know the key terms and definitions in this chapter.	6	5	4	3	2	1
1.2. List the three functions of the nervous system.	6	5	4	3	2	1
1.3. Identify the location and function in the body of the nervous system, central nervous system, and peripheral nervous system.	6	5	4	3	2	1
1.4. Describe the functions of the somatic and autonomic nervous systems.	6	5	4	3	2	1
1.5. Differentiate between the roles of the sympathetic and parasympathetic nervous systems.	6	5	4	3	2	1
1.6. Identify the location of the nervous system reflexes on the feet.	6	5	4	3	2	1
1.7. Describe five health challenges of the nervous system.	6	5	4	3	2	1
1.8. Name the direct and helper reflexes of the nervous system.	6	5	4	3	2	1
1.9. Perform the basic nervous system protocol on the feet (see Table 18.5).	6	5	4	3	2	1
1.10. Locate the following reflexes and demonstrate techniques to work them: central nervous system (brain and spine), head, and neck.	6	5	4	3	2	1
1.11 Read and understand the following techniques: tips of toes, base of toes, toe shafts and padding, occipital ridge reflex, toe rotations, sciatic nerve.	6	5	4	3	2	1
1.12. Read and understand the following protocols: nervous system (see Table 18.5), head and neck (see Table 18.6), headache (see Table 18.7), tremors (see Table 18.8).	6	5	4	3	2	1
<b>2. Course content:</b>						
2.1. The course was interesting.	6	5	4	3	2	1
2.2. Written course instructions were easy to understand.	6	5	4	3	2	1
2.3. Textbook is easy to understand and effective for this subject.	6	5	4	3	2	1
2.4. I would recommend this course to others..	6	5	4	3	2	1
<b>3. Course delivery:</b>						
3.1. Home study is conducive to learning the subject.	6	5	4	3	2	1
3.2. I would take another home study course on Therapeutic Reflexology.	6	5	4	3	2	1

What is the most important information you learned as a result of this course? \_\_\_\_\_

Comments: \_\_\_\_\_

It took me \_\_\_\_\_ hours to complete this course. Date course completed: \_\_\_\_\_

My signature attests that I completed the course. (Sign your name here) \_\_\_\_\_

May we use your comments about the course in our materials? Yes  No