



## Home Study Course TR-SCP15 Integumentary System with Practical

Successful completion of this course earns 6 CE's (continuing education contact hours). This course includes the Practical. 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 15
- *Therapeutic Reflexology*, DVD (included in textbook)

### Objectives:

- (1) Know the key terms and definitions in this chapter.
- (2) Describe the structure of the skin.
- (3) List the functions of the skin.
- (4) Identify conditions of the skin.
- (5) Describe three health challenges of the skin.
- (6) Name and locate helper reflexes of the integumentary system.
- (7) Demonstrate the following techniques: single-handed thumbwalking the chest, abdominal, pelvic cavities; two-handed thumbwalking the chest, abdominal, pelvic cavities; multidirectional fingerwork; thumb roll / finger roll; pivot point, press-and-flex, diaphragm relaxation
- (8) Perform integumentary system protocol on the feet (see Table 15.1).

**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	Demonstrate the following techniques: single-handed thumbwalking the chest, abdominal, pelvic cavities; two-handed thumbwalking the chest, abdominal, pelvic cavities; multidirectional fingerwork; thumb roll / finger roll; pivot point, press-and-flex, diaphragm relaxation
	5	Complete all quizzes, including the Practical, in "How Much Did You Learn?"
	6	Complete the course evaluation form. Include the number of hours required to complete the course. Sign to authenticate your work.
	7	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-SCP15 Integumentary System with Practical

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 6	5	4	3	2	Strongly Disagree 1
<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. Describe the structure of the skin.	6	5	4	3	2	1
1.3. List the functions of the skin.	6	5	4	3	2	1
1.4. Identify conditions of the skin.	6	5	4	3	2	1
1.5. Describe three health challenges of the skin.	6	5	4	3	2	1
1.6. Name and locate helper reflexes of the integumentary system.	6	5	4	3	2	1
1.7. Perform integumentary system protocol on the feet (see Table 15.1).	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. DVD is easy to understand and effective for this subject.	6	5	4	3	2	1
2.5. 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