



Australasian College of Kinesiology Mastery

Certificate in Basic Kinesiology Practice

(Note: This qualification is included in the Certificate IV in Kinesiology – HLT 42807)

Commencing Year 2010

Certificate in Basic Kinesiology Practice - BKP (ICPKP) - Course Content

Australasian College of Kinesiology Mastery (ACKM) is proud to offer this internationally accredited **Certificate in Basic Kinesiology Practice - BKP**. As an accredited college of **International College of Professional Kinesiology Practice -ICPKP**, ACKM is licensed to provide the **Professional Kinesiology Programme Certification Program (PKP)**, developed by **Dr Bruce and Joan Dewe**. This program first originated in the late 1970s and has grown to be one of the most respected Kinesiology modalities available in the world today. The PKP course is an integrated course of study in Professional Kinesiology Practice leading to registration as a Kinesiology practitioner of the highest standard. This program is taught in over 40 colleges in 20 different countries worldwide providing the student with an international qualification and accreditation.

The purpose of the Professional Kinesiology Programme (PKP) is to enhance the quality of your life and the life of others by restoring the ability to maintain physical, bio-chemical and emotional wellbeing. **This is created through developing practical skills and knowledge that enable you to enhance the mind, body and spirit to allow the balanced whole person achieve wellness and their full potential.**

This training is designed to provide advanced techniques in a sequential, integrated manner. Education begins with foundation material, **Certificate in Basic Kinesiology Practice – BKP**, progressing to advanced skills in the **Diploma in Kinesiology** and then the **Advanced Diploma in Professional Kinesiology Practice – PKP**. Basically, the Certificate in BKP and Advanced Diploma in PKP take Kinesiology into the 21st century with this new and improved format for learning and professionalism. After years of successful research this new format was developed to provide students with an effective progressive program, which ensures full theoretical comprehension as well as the practical experience needed to be successful.

At the completion of the Certificate in Basic Kinesiology Practice, students will receive a Certificate of Proficiency in BKP from the ICPKP which is recognised by the **Australian Kinesiology Association (AKA)** and the **Australian Institute of Kinesiologists (AIK)**. Students may then use their completed hours towards becoming an accredited and registered Kinesiologist with these associations. The Certificate in BKP forms the basis of the nationally accredited **Certificate IV in Kinesiology (HLT42807) with ACKM**. Students having completed the Certificate in BKP can upgrade into the Certificate IV in Kinesiology and receive full recognition for their prior learning in BKP.

Certificate in Basic Kinesiology Practice (BKP) is based on the following

Kinesiology Modules:

	Delivery
<i>Certificate in Basic Kinesiology Practice (ICPKP)</i>	
Incorporating	
BKP 101 - Energisers and Self Care	Tutorials
BKP 102 - Proficient Muscle Testing	Tutorials
BKP 103 - Introduction to Law of 5 Elements	Tutorials
BKP 104 - The Body's Superficial Energy Connections	Tutorials
BKP 105 - The Law of Elements in Depth	Tutorials
BKP 106 - Professional Skills, Balancing Protocol with ICPKP Database.	Tutorials
BKP 107 - Pain Reduction	Tutorials
BKP 108 - History / Balancing with Food	Tutorials
BKP 109 - Advanced Muscle Techniques, Reactivity & Posture	Tutorials
BKP 110 - Using Client Health Records	Tutorials
BKPTest - BKP End of Series Assessment	Tutorials & On Site at ACKM approved clinic and assessors

Certificate in BKP Outline

Module Descriptions

BKP 101: Basic Self-care Kinesiology skills

Introduction to three different kinds of easy to learn self-energiser trigger points and the powerful meridian energiser trace. As well, you will use walking gait reflexes, cross-crawl self integration, vision and hearing energy techniques. Students will learn a simple emotional stress release technique and emotional trigger words as well as enjoy the energising power of a specific goal, and be able to perform a 'time of day' kinesiology energy balance for self care using whole body testing.

BKP 102: Proficient manual muscle testing

Students completing this unit will be able to use muscle testing accurately, and perform a Kinesiology energy balance on others. They will be able to identify dehydration, ionisation, neurological disorganisation (switching), central vessel integrity and thymus energy imbalance.

BKP 103: Introduction to the Law of 5-Elements

This unit develops an elementary understanding of and skill in using basic 5-Element principles for energy balancing. Students completing this unit will be able to demonstrate skill; apply sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating and challenge; the 5-Element principle to perform an 8- muscle energy balance and select priority balancing procedure.

BKP 104: The body's superficial energy connections

This unit introduces an understanding of the philosophy, principles and history of Kinesiology; to extend the understanding of meridians and their related organ systems and to develop proficiency in a 14 muscle wheel energy balance. Students will be able to perform a 14 muscle goal balance and utilise the More and Priority modes.

BKP 105: The Law of 5-Elements in depth

This unit extends the understanding of, and skill in using, the 5-Element principles and emotions for energy balancing. It develops understanding and facility in using alarm points, Luo points, acupressure holding points; to extend the range of meridian energy indicator muscle tests; demonstrate their surface anatomy and recognise the muscles action in sport and exercise.

BKP 106: The PKP Database. The PKP finger mode protocol

Students who have completed this unit will be able to use effective listening skills to establish client rapport, understand the history and be able to use finger modes; Professional Kinesiology Practitioners' database concept, simplified PKP protocol, and age recession.

BKP 107: Using Kinesiology to reduce pain

Students completing this unit will be able to pre- and post-evaluate pain levels on a standard scale and use emotional and postural stress release, meridian flow adjustment, muscle energy techniques, cross crawl exercise, figure-8, marine spiral energy and supplements to reduce pain.

BKP 108: Food and body energy balancing

This unit develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, bio-cidic substances; students will be able to construct a diet using 5-Element, food family and food rotation principles and develop skill in using C1 and ear accupoint tests.

BKP 109: Advanced muscle techniques. Posture and muscle reactivity

This unit develops skill and understanding in correcting reactivity in muscles and meridians. In addition it focuses on developing skill in observing postural imbalance; to extend techniques in balancing energy in muscles using finger modes. Hidden muscle failure, Sustained muscle use and muscle Stretch response will also be covered.

BKP 110: Using client health records

The purpose of this unit is to establish, utilise and update a client health record; communicate in a professional manner and set clear boundaries in a kinesiology practice; establish personal ethical behaviour and respect client's rights in a health care context.

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations role plays and presentations

Course Recognition

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