



INTERNATIONALLY
RECOGNISED TRAINING



NATIONALLY RECOGNISED
TRAINING

Australasian College of Kinesiology Mastery

Certificate IV in Kinesiology

National Training Code: HLT42807

Commencing February 2011

Certificate IV of Kinesiology - Course Content

As the Sydney Campus of the **International College of Professional Kinesiology Practice (Australia) Pty Ltd** trading as **ICPKP Australasia**, a nationally registered training organization No:90826, **Australasian College of Kinesiology Mastery (ACKM)** is proud to offer this nationally accredited **Certificate IV in Kinesiology (HLT42807)**. The Certificate IV is grounded in the fundamentals of **Applied Kinesiology**, which was developed by Dr George Goodheart DC in 1965 and now recognised worldwide with millions of people having experience its benefits, and expands on this knowledge and introduces the **Basic Kinesiology Program (BKP)** written by Dr Bruce and Joan Dewe of the **International College of Professional Kinesiology Practice (ICPKP)**.



The Basic Kinesiology Program (BKP) serves as comprehensive foundation to this professional practitioner training in Kinesiology and is also taught in more than 16 countries, in 40 affiliated colleges around the world, and has been translated into more than 8 languages. **This essentially makes ICPKP Australasia's Certificate IV in Kinesiology one of the most diverse and flexible programs available today.** By highlighting its international recognition, students are ensured of a qualification which is held in high regard in the field and is portable being able to use your training globally.

Being a synthesis of techniques and skills researched from ancient Chinese acupuncture, modern chiropractic, osteopathy, nutrition and naturopathy, Kinesiology is the most holistic of all the natural therapies and, like many traditional healing philosophies, recognises the importance of **body, mind and spirit** in health and healing. A **non-invasive method**, Kinesiology is a unique form of holistic therapy and is grounded in the understanding of vibrational, energetic medicine in the East with the understanding of anatomy and physiology in the West.

A fundamental premise of kinesiology is that the body has innate healing energy and is always doing its best to care for itself, but sometimes needs to be helped into a better position to achieve this care. Using muscles as monitors, Kinesiology identifies the factors which may be blocking the body's natural healing processes such as stress, sensitivities, nutritional deficiencies and specific emotional issues to name a few. Acupressure massage, light touch and other simple correction skills are used to restore muscle balance, which has a flow-on effect into total body energy. It can relieve pain, muscular and nervous disorders and can assist in learning difficulties at all levels. Kinesiology looks beyond symptoms and does not treat named diseases nor does it diagnose them. Kinesiology is concerned with imbalances in the body's energy and therefore taps into energies that the more conventional modalities overlook.

Kinesiology is not limited to dealing with ailments. **Energy balancing brings a person closer to achieving any goal of their choice** - in sport, relationships, learning or coping with life generally. In essence Kinesiology assists and supports the body helping people move towards **physical, mental, emotional and spiritual health**.

Kinesiology students will not only learn how fascinating the body and mind is, they will also move through a profound time of personal growth and transformation on all levels. **"Life will never be the same.... It will be better!"**

At the completion of the **Certificate IV in Kinesiology with the ICPKP Australia - Sydney Campus**, being ACKM, students will receive 5 qualifications:

1. **Certificate IV in Kinesiology (HLT42807)** from ICPKP Australasia
2. **International Certificate in Professional Kinesiology Practice (PKP)** from the International College of Professional Kinesiology Practice – ICPKP
3. **International Certificate in Basic Kinesiology Principles (BKP)** from ICPKP
4. **International Certificate in Kinesiology 4 Wellness** from ICPKP
5. **International Certificate in Self Care** from ICPKP

Students will also be eligible to apply for membership as a **Ordinary Member** and/or **Registered Kinesiology Practitioner** with the **Australian Institute of Kinesiologists** and/or the **Australian Kinesiology Association**, as well as qualifying to register with the **ATMS (Australian Traditional Medicine Society)** in Kinesiology.

Certificate IV in Kinesiology - Outline

Certificate IV in Kinesiology (HLT42807) is based on the Essential Skills & Knowledge gained from the following Industry Approved Kinesiology & Health Modules:

	Delivery
International Certificate in Self Care (ICPKP)	
Incorporating:	
BKP 101 - Energisers and Self Care	Tutorials
International Certificate in Kinesiology 4 Wellness (ICPKP)	
Incorporating:	
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
(Note: Students who have completed TFH1-4 plus Proficiency with an accredited IKC instructor anywhere in the world <u>may</u> * receive and RPL, recognition of prior learning, for BKP 101-104 and start at BKP 105)	
International Certificate in Basic Kinesiology Principles (ICPKP)	
Incorporating:	
BKP 106 - Professional Skills, Balancing Protocol with ICPKP Database.	Tutorials
BKP 107 - Pain Reduction	Tutorials
BKP 108 - Balancing with Food	Tutorials
BKP 109 - Adv. Muscle Techniques, Reactivity & Posture	Tutorials
BKP 110 - Using Client Health Records	Tutorials
BKPTest - BKP End of Series Assessment	Conducted with an ACKM/ICPKP approved clinic & assessor
International Certificate in Professional Kinesiology Practice (ICPKP)	
Incorporating:	
RBT 201 - Clinical Body Contact & Palpation	Tutorials
EMS 201 - Mastery of Emotional Stress Release	Tutorials
Plus the following required units:	
A&P1 - <i>Anatomy & Physiology 1</i>	HS & Tutorials
CPM - <i>Clinical Practice Management</i>	HS
CSP - <i>Clinical Safe Practices</i>	HS
CCS - <i>Clinical Communication Skills</i>	HS (Tutorials covered in TFH/BKP modules)
PHP - <i>Professional Health Practices</i>	HS (Tutorials covered in TFH/BKP modules)
PKPA1 - <i>Professional Kinesiology Practice & Assessment 1</i>	HS (Tutorials covered in TFH/BKP modules)
SFA - <i>Senior First Aid</i>	OC
SSC1 - <i>Supervised Student Clinic</i>	With an ACKM approved clinic
PKS1 - <i>9 Professional Personal Kinesiology Sessions</i>	External with an ACKM approved kinesiologist.
(Note: these sessions will be at student rates and an additional cost to the Cert IV fees)	
HS - Home Study, OC - Off Campus, AO - Assessment Only	
	*Conditions Apply

Course Fees

The ACKM fees for the Certificate IV in Kinesiology (HLT42807) in 2010 are as follows:

Option 1: Express Payment - \$7380.00 (SAVE \$600)

One initial full payment of \$7380 at time of enrolment or an initial deposit of \$895.00 followed by one up-front payment for the complete outstanding balance paid within 7 days before the commencement of the college semester you enrolled in. If enrolling within this time, the full fee is due at enrolment.

Option 2: Monthly Payments amounting to a total of \$7990.00

An initial deposit of \$895.00 followed by 11 equal monthly installments of \$645.00 due on the first of every month until outstanding balance is finalised. You may personalise these payments by increasing your initial deposit and/or adjusting the amount of installments required over the 12 month period of study.

Additional Fees: Senior First Aid, supervised student clinic & the 9 professional kinesiology sessions required to complete the course are an additional cost to the above course fees.

NOTE: It is important to understand that our classes are limited in size and enrolments are accepted on a first-come first-serve basis. You are requested to lodge your enrolment and deposit with us as early as possible to ensure you have a seat reserved in our upcoming intake. On enrolment, a deposit of \$895.00 is required to secure class placement. Payments may be made by cheque, credit card, money order, direct debit. All credit card transactions incur an additional 2.5% processing fee. Only a 11 month period is available for the monthly payment option.

Assessments & Teaching Methods

All courses are assessed through a variety of assessments e.g. practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods will be given out in your first week of class. All ACKM assessors are industry recognised and registered. For more detailed information please contact the ACKM registrar on 02 9438 3833 or email at: info@ackm.edu.au. 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

The Certificate IV in Kinesiology (HLT42807) is a fully nationally accredited course, code HLT42807. The course is also recognised by the **International Kinesiology College – IKC** and the **International College of Professional Kinesiology Practice – ICPKP**. At the completion of this course, students will also be eligible to apply for membership as a **Registered Kinesiology Practitioner** with the **Australian Kinesiology Association (AKA)** and/or a **member** with the **Australian Institute of Kinesiologists (AIK)**. Subsequently students qualify to register with the **ATMS (Australian Traditional Medicine Society)** in the Kinesiology & Touch for Health modality. Once membership with the AKA or AIK has been granted, students are able to promote themselves as Kinesiologists.



Student Clinic

Supervised Student Clinic is conducted through Mindbody Potential and other ACKM approved professional clinics. Contact ACKM for details. Note: All Kinesiology Modules of the Certificate IV in Kinesiology need to be completed before Clinic commences. **Total: 50 hours.**

Have you already completed some kinesiology training?

ACKM and ICPKP Australia base its Certificate IV in Kinesiology training on the Touch for Health Synthesis recognised by the International Kinesiology College and the Basic Kinesiology Practice recognised by ICPKP. If you have completed this training and any other peak body recognised kinesiology training, (e.g. from the Australian Institute of Kinesiologists & the Australian Kinesiology Association), ACKM will recognise this prior learning and formally RPL your certificates of proficiency or competency into a nationally recognised qualification. As the training must comply with industry standards, some conditions apply. Contact ACKM for details.

Recognised Competencies covered in the Certificate IV in Kinesiology (HLT42807)

Recognised Competencies

BSBCMN204A	Work effectively with others
HLTCOM404B	Communicate effectively with clients
HLTCOM405B	Administer a practice
HLTCOM406B	Make referrals to other health care professionals
HLTCOM408B	Use specific health terminology
HLTHIR301A	Communicate and work effectively in health
HLTOHS300A	Contribute to OHS processes
HLTIN301A	Comply with infection control policies
HLTAP401A	Confirm physical health status
HLTFA301B	Apply first aid

Delivery

Within Kin. Modules & CCS
Within Kin. Modules & CCS
Within Kin Modules & CPM
Within Kin Modules & PHP
Within Kin. Modules & A&P1
Within Kin Modules & PHP
Within Kin Modules & CSP
Within Kin Modules & CSP
Within Kin. Modules & A&P1
O/C

Specialisation Units

HLTKIN401A	Work within a kinesiology framework	Within Kin. Modules, PKPA1 & SSC1
HLTKIN402A	Plan the kinesiology session	Within Kin. Modules, PKPA1 & SSC1
HLTKIN403A	Apply the kinesiology assessment framework	Within Kin. Modules, PKPA1 & SSC1
HLTKIN404A	Perform the kinesiology health assessment	Within Kin. Modules, PKPA1 & SSC1
HLTKIN405A	Provide kinesiology balances	Within Kin. Modules, PKPA1 & SSC1

HS - Home Study
OC - Off Campus

Kinesiology Module Descriptions

International Certificate in Self Care - ICPKP

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.

International Certificate in Kinesiology 4 Wellness - ICPKP

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 dis-organisation (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.

International Certificate in Basic Kinesiology Principles - ICPKP

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, biocidic 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.

International Certificate in Professional Kinesiology Practice - ICPKP

RBT 201: Clinical Body Contact & Palpation

The purpose of this unit is to develop professionalism, skill and understanding in using Kinesiology techniques related to body contact. Those completing this unit standard are able to: prepare for and establish clinical body contact; maintain clinical body contact; and cease body contact in a kinesiology setting; describe and demonstrate palpatory sense; use palpation to assess the client muscle state; and integrate palpatory findings into the management of the client in a kinesiology clinical practice setting.

EMS 201: Mastery of Emotional Stress Release

The purpose of this unit is to develop skill and understanding in the use of the frontal/occipital stress release technique including the application of active listening and role play. Those who have completed this unit will be able to use basic frontal/occipital holding, assist the client: to find new resources, apply the video-rewrite method, brainstorm, make up new possibilities, use their senses and intuition, state what they are feeling, want and are willing to do to achieve this, with or without the use of imagery including but not limited to jewels, balloons, grounding rods, picture frames and symbolic encapsulation and the hypothesis of an older, wiser self, to enable the client to defuse stress related to but not limited to challenges to their authority and terminating a relationship within or without the context of active listening or role play.

Anatomy & Physiology 201

This module contains the following two Australian national qualification standards:

HLTAP401A	Confirm physical health status
HLTCOM408B	Use specific health terminology

The purpose of this unit is to provide a simple, basic introduction to Anatomy and Physiology at a Cert. IV level in Australia. Those completing this unit will be able to describe in simple anatomical terms the respiratory, integumentary, urinary, cardiovascular, digestive, reproductive, and nervous systems with special reference to the brain and special senses; describe the human skeleton and types of joints, explain muscle structure, and describe the origin, insertion and action of major muscles of the body on a regional basis.

Note: This is a Home Study unit and may involve addition tutorials provided by an ICPKP Aust. Campus.

Clinical Practice Management

This module contains the following two Australian national qualification standards:

UNIT HLTCOM405B	Administer a practice
UNIT HLTCOM503B	Manage a practice

The area many Kinesiologists and people entering small business lack is the knowledge required to administer and manage a business. This unit teaches students the basic requirements and introduces the paperwork needed to prepare and run their Kinesiology practice. It includes activities and roles required to administer as well as manage a practice.

Note: This is a Home Study unit and may involve addition tutorials provided by an ICPKP Aust. Campus.

Clinical Safe Practices

This module contains the following two Australian national qualification standards:

Unit HLTIN301A	Comply with Infection Control policies and procedures
Unit HLTOHS300A	Contribute to OHS processes

This unit describes the skills and knowledge required of workers to understand and comply with infection control guidelines and Occupational Health & Safety (OHS) processes. Policies and procedures may be organisational, industry - based and/or legislated. In addition to Kinesiologists, this unit applies to a wide range of workers in health industry settings reflecting the importance of controlling infection risks and self-protection.

Note: This is a Home Study unit and may involve addition tutorials provided by an ICPKP Aust. Campus.

Clinical Communication Skills

This module contains the following two Australian national qualification standards:

BSBCMN204A	Work effectively with others
HLTCOM404B	Communicate effectively with clients

This unit covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided. It also covers the skills and knowledge required to work in a group environment such as promoting team commitment and cooperation and supporting team members.

Note: This is a Home Study unit and may involve addition tutorials provided by an ICPKP Aust. Campus.

Certificate IV in Kinesiology - Outline

Professional Health Practices

This module contains the following two Australian national qualification standards:

HLTCOM406B	Make Referrals to Other Health Care Professionals
HLTHIR301A	Work Effectively in the Health Industry

This unit covers the introductory skills and knowledge required to work effectively in a healthcare setting with patients, clients, staff, visitors, suppliers and others to meet established work requirements. Work will be within a prescribed range of functions involving known routines and procedures with some accountability for the quality of outcomes. In addition this unit describes the skills required to arrange referrals to other health care professionals when required.

Note: This is a Home Study unit and may involve addition tutorials provided by an ICPKP Aust. Campus.

Professional Kinesiology Practice & Assessment 1

This module contains the following five Australian national qualification standards:

HLTKIN401A	Work within a kinesiology framework
HLTKIN402A	Plan the kinesiology session
HLTKIN403A	Apply kinesiology assessment framework
HLTKIN404A	Perform the kinesiology health assessment
HLTKIN405A	Provide Kinesiology balances

This unit describes the skills and knowledge required to work efficiently within a kinesiology framework. It details what is required to prepare for a basic kinesiology session with clients and to negotiate a health management plan. Observing, gathering and interpreting information are highlighted as the necessary functions for working within a clinic as a kinesiology practitioner.

Note: This module provides the assessment for the skills and knowledge delivered in the ICPKP modules of the Certificate IV in Kinesiology (HLT42807).

The College reserves the right to change the course curriculum at any time without prior notice to reflect the changing needs of the profession and to retain leadership in academic standards.