

Australasian College of Kinesiology Mastery



Certificate in Touch for Health Kinesiology

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

Commencing Year 2010

SYDNEY & CANBERRA CLASSES

Certificate in Touch for Health Kinesiology - Course Content

Australasian College of Kinesiology Mastery (ACKM) is proud to offer this internationally accredited **Certificate in Touch For Health - Kinesiology**. The certificate is accredited with the **International Kinesiology College (IKC)**, is endorsed in over 60 countries world-wide and may take 1 month – 1 year to complete. With over 1 million people having learnt a form of Touch for Health it is the most widely recognised of all kinesiology modalities and serves as foundation and grass roots training to professional and practitioner training in kinesiology.

Touch For Health Kinesiology is a system of natural health care which combines muscle monitoring with the principles of Chinese medicine to assess energy and body function, applying a range of gentle, yet powerful healing techniques to improve health, wellbeing and vitality. TFH Kinesiology addresses the structural, nutritional and emotional stresses common in our everyday life. The synthesis of Touch for Health techniques involves skills researched from modern chiropractic, naturopathy, osteopathy and ancient Chinese acupuncture.



Touch For Health uses the muscles as a bio-feedback mechanism. This becomes a greater tool that works at the connection between mind and body, using the electromagnetic energy system called meridians, which are the interface between the physical and subtle energy bodies. Raising energy then through the acupuncture meridian system allows the person to feel positive health benefits, encouraging the natural processes of the body to enhance health and vitality.

At the completion of the Certificate in Touch For Health (TFH) Kinesiology, students will receive a Certificate of Proficiency from the IKC and be recognised by the **Australian Kinesiology Association (AKA)** and the **Australian Institute of Kinesiologists (AIK)** and may use their completed hours towards becoming an accredited member. In addition, students may qualify to be eligible to register with the Australian Traditional Medicine Society (ATMS) in the Touch for Health modality.

The Certificate in Touch for Health forms the basis of the nationally accredited Certificate IV in Kinesiology (HLT42807) with ACKM. Students having completed the Certificate in Touch for Health can upgrade into the Certificate IV in Kinesiology and receive full recognition for their prior learning in Touch for Health.

Certificate in Touch for Health Kinesiology is based on the following Kinesiology Modules:

	Delivery
Touch For Health 1	Tutorials
Touch For Health 2	Tutorials
Touch For Health 3	Tutorials
Touch For Health 4	Tutorials
Touch For Health Proficiency	Tutorials
Touch For Health - Practical Exercises Workbook	DE and within tutorials
DE – Distance Education (Home Study)	

Note: Students are able to enroll on the above TFH modules individually or as required. Contact ACKM for details.

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

The Certificate in Touch for Health is recognised by the **International Kinesiology College – IKC**, the **Australian Kinesiology Association (AKA)** and the **Australian Institute of Kinesiologists (AIK)**. Students may use their completed hours towards becoming a Registered Kinesiologist. Subsequently students who are existing members of the **ATMS (Australian Traditional Medicine Society)** may be eligible to register with the Touch for Health modality as well. TFH1-4 can be used as accredited CPE points for ATMS members.

Certificate in TFH outline

Module Descriptions

Touch For Health 1

This introductory course developed by American chiropractor Dr John Thie in the 1970's, introduces you to the 'grass roots' of kinesiology. Touch for Health has been taught to over 10 million people worldwide, in over 100 countries and translated in some 26 languages. Level 1 introduces the basics of Touch for Health (TFH) for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 energy meridians based on Chinese Medicine and be able to perform the standard 'fix-as-you-go' techniques for balancing the body's energies. The theory of TFH and the acupuncture meridians are introduced with the western reflex techniques that are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance. *Prerequisites: None*

Touch For Health 2

This course follows on from TFH 1 as you will be introduced to additional muscle tests and more detailed kinesiology balancing techniques and theory. The concepts presented in TFH 2 are: Circuit Locating which helps identify the body's priority balancing process; Alarm Points for over-energy detection; the Meridian Wheel and the Chinese Law of Five Elements; Brain Integration with Cross Crawl; testing for possible food sensitivities and for foods or supplements that raise your body's energy. A fascinating course that will definitely lay the foundation for all future Kinesiology training. *Prerequisites: Touch For Health Level 1*

Touch For Health 3

This is the third level of the Touch for Health Synthesis. You will learn another 14 muscle tests, enhancing your knowledge of the human body, along with additional techniques for balancing the body's energy such as the Colour Balance. Techniques for dealing past trauma are introduced along with a deeper understanding of the Five Elements theory. You will be exposed to pulse assessment and testing with pain tapping for chronic pain. The facilitation and inhibition of muscles is studied further and the topic of Reactivity within muscles is presented coupled with the Circuit Retaining Mode technique. *Prerequisites: Touch For Health Level 2*

Touch For Health 4

This level completes your training in the Touch for Health Synthesis. You will learn to balance all 42 TFH muscles in a standing or prone position and apply the Five Elements to release emotional issues in order to experience a more wholistic approach to healing. You will be introduced to sound balancing, Luo Points, Postural Stress Release and Tibetan Figure Eight Energies. Acupressure Holding Point theory and reactive muscles techniques are reviewed as you learn how to 'put it all together' in this course and become aware of the enormous potential of Kinesiology. *Prerequisites: Touch For Health Level 3*

TFH Proficiency

TFH Proficiency provides the student with the opportunity to get clear on all the material that has been taught in Kinesiology Fundamentals or TFH 1-4. At the end of this review you will be assessed orally, practically and by multiple choice exam. Once you complete this module successfully you can use all the TFH Kinesiology hours towards Practitioner registration with the Australian Institute of Kinesiologists and the Australian Kinesiology Association. TFH proficiency is also the prerequisite to attend the Touch for Health Instructor training workshop to get certified as an instructor and be able to teach TFH 1-4 modules internationally. *Prerequisites: Touch For Health Levels 1-4*

Course Dates

Fast Track - 10 day Intensive: Includes TFH1-4 plus TFH Proficiency

(Sydney Classes Only)

9.00am to 6.00pm January 17 - 24 plus January 27 - 28 **or** July 2 - July 11

Individual Weekend Workshops

9.00am to 6.00pm

(Sydney & Canberra Classes)

TFH 1	March 6 - 7	or	July 24 - 25
TFH 2	April 10 - 11	or	August 14 - 15
TFH 3	May 1 - 2	or	September 18 - 19
TFH 4	May 29 - 30	or	October 9 - 10
TFH Proficiency	June 12 - 13	or	November 30 - December 1

Course Fees

The ACKM fees for the complete Certificate in Touch for Health or the individual TFH levels in 2010 are as follows:

Certificate in Touch for Health (TFH1-4 plus TFH Proficiency & TFH Practical Exercises Book): Payment - \$2265.00

One initial full payment of \$2265 at time of enrolment or an initial deposit of \$595.00 followed by one up-front payment for the complete outstanding balance paid within 7 days before the commencement of the course.

Individual Touch for Health modules: Payment - \$395.00 per level

One initial full payment of \$395 at time of enrolment or an initial deposit of \$100.00 followed by one up-front payment for the complete outstanding balance paid within 7 days before the commencement of the course.

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. The complete Certificate in TFH course fee includes a \$95 ACKM enrolment fee. If you are an existing ACKM student and have paid this fee before then this \$95 is waived. Payments may be made by cheque, credit card, money order, direct debit. All credit card transactions incur an additional 2.5% processing fee. The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.

