

# Australasian College of Kinesiology Mastery



## Certificate in Touch for Health Kinesiology

Commencing Year 2012

SYDNEY 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 who are existing members of the Australian Traditional Medicine Society (ATMS) may qualify to be eligible to register with the Touch for Health modality as well.

*Note: The Certificate in Touch for Health may form the basis of a nationally accredited Certificate IV in Kinesiology (HLT42807) with various colleges in Australia. At ACKM students having completed the Certificate in Touch for Health, with the help of an additional bridging course, can upgrade into the Certificate IV in Kinesiology and receive 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 utilising 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

