



Australasian College of Kinesiology Mastery

Touch for Health Trainers Workshop - International Kinesiology Instructor Certification

Commencing Year 2012

Touch for Health Kinesiology Instructor Trainers Workshop - Course Content

Australasian College of Kinesiology Mastery (ACKM) is proud to offer this internationally accredited **Touch For Health (TFH) Trainers Workshop**. ACKM, through its principal Arthur Bablis, is **the only college to provide this training in Sydney Australia**. This International Kinesiology Instructor Certification Program is accredited with the **International Kinesiology College (IKC)**, is endorsed world-wide and takes 8 days to complete. With over 1 million people having learnt a form of Touch for Health, here is the opportunity for anyone to be licensed to teach and share the most widely recognised of all kinesiology modalities which serves as a 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 TFH 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. Though TFH was written by Dr John Thie for the non-professional to use with their families and friends, more and more professional students are attending TFH classes. It is not just the chiropractor who uses kinesiology ... dentists, medical doctors, osteopaths, naturopaths, nurses etc are using TFH and many new kinesiology techniques are being offered by these people. More and more of the general public are familiar with Kinesiology and accepts muscle monitoring as a modern way of accessing imbalances, and correcting them. Several countries have introduced government accredited professional kinesiology training based on TFH.

At the completion of the **Touch For Health Trainers Workshop**, students will receive a Certificate of Teaching Competency and be licensed to teach TFH anywhere in the world. You will be licensed to teach the following IKC accredited courses:

- Touch For Health Level 1
- Touch For Health Level 2
- Touch For Health Level 3
- Touch For Health Level 4

In addition, you will be able to deliver a number of "community workshops" that are endorsed by the TFH School of the IKC:

- Kinesiology for Kids - (introducing muscle testing for learning difficulties)
- Eat Right, Live Right - (introducing muscle testing for food sensitivities)
- Perceptive Vision - (introducing muscle testing for improving vision)
- Healthy Pets - (introducing the concept of surrogate testing for pets)
- Plus any other works that may be approved by kinesiology associations in individual countries

Once you have taught 5 students in TFH and registered them with the IKC, you will receive the official IKC TFH Instructor Certificate. In Australia, the Touch For Health Trainers Workshop is recognised by the **Australian Kinesiology Association (AKA)** and the **Australian Institute of Kinesiologists (AIK)** and the completed hours may be used towards becoming an accredited member.

As a TFH Instructor, you will be teaching as part of a world-wide team, teaching from the same syllabus and using the same techniques as other TFH Instructors. On completion of the TFH Instructor Training, you are encouraged to teach anywhere in the world, helping individuals and students to understand that kinesiology empowers them to make better choices for their health and wellbeing.

In the Touch for Health Kinesiology Trainers Workshop you will cover the following learning modules:

| | Delivery |
|-------------------------------------|-----------------|
| Administration & Overview | Tutorials |
| Background Information & TFH Review | Tutorials |
| Communication & Presentation Skills | Tutorials |
| Marketing & Promotion | Tutorials |
| Teaching TFH Classes | Tutorials |
| Nutrition Review | Tutorials |
| Personal Records | Tutorials |
| Training Workshop Assessments | Tutorials |

Touch For Health Trainers Workshop

Prerequisites

Anyone can learn to be a TFH Instructor. However, in order to qualify to attend the TFH Trainers Workshop, students must have successfully completed the following training with an IKC accredited TFH Instructor:

- Touch For Health Level 1
- Touch For Health Level 2
- Touch For Health Level 3
- Touch For Health Level 4
- Touch For Health Proficiency
- Touch For Health Practical Exercises Workbook

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 Fees

The ACKM fees for the TFH Trainers Workshop in 2011 are as follows:

Express Payment - \$2295.00

One initial full payment of \$2295 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.

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 \$595.00 is required to secure class placement. The 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.

Course Dates

- 7-8 day workshop
- 9.00am to 6.00pm
- January 18-25, 2012
- July 16-22, 2012

Course Recognition

The Touch for Health Trainers Workshop 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.



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.