

Diploma of Kinesiology

National Training Code: HLT51507

Commencing Year 2010/2011

Diploma in 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 **Diploma of Kinesiology (HLT51507)**. *This is a unique training as it offers students the education and training required to become registered Kinesiology Practitioners and the opportunity, if they choose, to become International Kinesiology Instructors as well.* You will be able to earn a living in practice as well as teaching workshops in the community or in other colleges.



The Diploma of Kinesiology through ICPKP Aust. offers the most diverse and flexible training available in this fascinating field today. *“A truly holistic & comprehensive program”!* It is grounded in the fundamentals of **Applied Kinesiology & Touch for Health** as covered in the Certificate IV in Kinesiology through ACKM and the **Professional Kinesiology Practitioner (PKP)** series of training.

The PKP Certification Program developed by ICPKP offers a complete career training path and is the most comprehensive Kinesiology program in the world today. Taught in 20 countries around the world and at forty accredited colleges, the Diploma offers a high degree of proficiency and competency, and provides a highly sought-after qualification. Within the curriculum it also teaches how to successfully assist clients, utilising highly developed formats of Kinesiology which integrate mainstream subjects such as Nutrition, Practice Management, Communication Skills, Anatomy & Physiology, with advanced ‘cutting edge’ multi-dimensional human studies.

Our training encourages you to earn as you learn. On achieving the Certificate IV in Kinesiology through ACKM, in the first year students are ready to work in the public arena, the beginning of their new career. By the time students complete the Diploma of Kinesiology they may be well on the way to having a profitable Kinesiology business of their own.

The Diploma of Kinesiology specialising in the PKP series builds on the effective skills and knowledge learnt in **International Certificate in Kinesiology – Basic Kinesiology Principles**. Extending students’ abilities to a **high professional standard** is the aim of this program, which teaches unique advanced techniques and skills. As ACKM is a high quality, leading Kinesiology provider, our Diploma program consists of **20 Diploma PKP units** from ICPKP providing extensive knowledge and comprehensively covers a variety of important issues. Starting with the unit MST201, students learn effective ways of enhancing their kinesiology corrections, followed by units on energy imbalances with core muscles, and other muscles affected by pain, lack of flexibility or strength, and the jaw. Other units help with IMR’s (allergies) and sensitivities to foods, substances and environmental issues that have become an increasing problem and is affecting more people every year. Students also get to learn how to effectively apply Kinesiology techniques with vibrational energies such as flower essences, homeopathy, and other tools with the body’s subtle energy fields. There are also a number of units covering deeper emotional aspects of wellbeing. These units are all accredited with the Australian Institute of Kinesiologists - AIK, and entitle graduates to register as professional members.

The Certificate IV in Kinesiology (HLT42807) is the pre-requisite or co-requisite* qualification to enroll in the Diploma of Kinesiology (HLT51507) which is another 16-18 months training on top of the Certificate IV in Kinesiology. On successful completion of the **Diploma of Kinesiology** through the ACKM, students will receive the following qualification:

1. **Diploma of Kinesiology (HLT51507)** from ICPKP Australasia

* Students may enroll in the Diploma of Kinesiology (HLT51507) as they are currently completing the Certificate IV in Kinesiology (HLT42807) however the Diploma qualification will only be awarded once all of the Diploma of Kinesiology and all of the Certificate IV in Kinesiology components are completed successfully

Diploma - Outline

Diploma of Kinesiology - Outline

Diploma of Kinesiology (HLT51507) is based on the Essential Skills & Knowledge gained from the following Industry Approved Kinesiology & Health Modules:

	Delivery
Certificate IV in Kinesiology (HLT42807) - from ICPKP Aust. or equivalent	Pre-requisite*
ICPKP Advanced Kinesiology Units	
Incorporating	
MST201 - Muscle & Skin Activation	Tutorials
PIB203 - Basic Brain Skills	Tutorials
ECO201 - Lifestyle & Dietary Modification	Tutorials
JAF201 - TMJ & Cranials	Tutorials
MST202 - Shoulder, Elbow, Hand Muscle Protocol	Tutorials
MST203 - Hip, Leg, Foot Muscle Protocol	Tutorials
MST301 - Head, Neck and Trunk Protocol	Tutorials
MST302 - Touch, Clothes and Environment	Tutorials
ECO202 - Immune Mismatch Responses: 'Allergies & Sensitivities'	Tutorials
ECO301 - Adrenal, Geopathic and Life Energy	Tutorials
ECO302 - Cleansing & Detoxification	Tutorials
EMS301 - Genetic & Meridian Emotional Release	Tutorials
EMS302 - Subconscious Self Perception	Tutorials
VEF201 - Flower Essences	Tutorials
VEF301 - Gems & other Vibrational Energy Fields	Tutorials
EMS303 - Dreams, Goals and Attitudes	Tutorials
JAF301 - Ligaments and Joints	Tutorials
JAF302 - Injury, Strain and Inflexibility	Tutorials
HMR201 - Hypertonic Muscle Release	Tutorials
VEF302 - Metaphysical Energy Fields	Tutorials
A&P2 - Anatomy & Physiology 2: Bio Chemistry Pathology	HS & Tutorials HS & Tutorials
DNS - Dietary & Nutrition Science	HS
PPM - Professional Practice Management	HS
PSD - Professional Self Development	HS
PCM - Professional Client Management	HS
PKPA2 - Professional Kinesiology Practice & Assessment 2	HS (Tuts. covered in ICPKP units)
SSC2 - Supervised Student Clinic	OC (With an ICPKP Aust. approved clinic)
PKS2 - 9 Professional Personal Kinesiology Sessions (Note: these sessions will be at student rates and an additional cost to the Dip fees)	OC (External with an ICPKP Aust. approved kinesiologist or/clinic/graduate)

HS - Home Study; OC - Off Campus; AO - Assessment Only

Course Fees

The ACKM fees for the Diploma of Kinesiology (HLT51507) in 2010 are as follows:

Option 1: Express Payment - \$11380.00 (SAVE \$1000)

One initial full payment of \$11380 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 \$12380.00

An initial deposit of \$895.00 followed by 15 equal monthly instalments of \$765.67 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 instalments required over the 16 month period of study.

Additional Fees: 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 15 month period is available for the monthly payment option.

Professional Kinesiology Practice Module Outline

EMS 301: Genetic and Meridian Emotional Release

Participants will be able to assist clients to express life events in terms which increase energy; to recognise in themselves behaviours that are similar to those of either parent (or which are a negative reaction to the behaviour of either parent); to be able to choose, to make positive adaptive responses and to effect positive possibilities for future performance. They will use meridian-based affirmations to affect and improve a multitude of personal issues and belief systems.

EMS 302: Subconscious Self-Perception

Students completing this unit will be able to identify and resolve excesses of supplements, drugs or medications, foreign chemicals, overgrowths, bacteria, viruses, parasites or heavy metals using physiology processes, biochemical pathways and detoxification processes.

EMS 303: Dreams, Goals and Attitudes

This unit teaches students how to evaluate and change many of the attitudes that affect our health and stop us from achieving our goals and full potential. This unit is both exciting and a real eye opener.

ECO 201: Lifestyle and Dietary Modification

Students learn Kinesiology techniques relating to dietary habits and lifestyle and how to identify nutritional excess and deficiencies - and when clients benefit by adding or deleting nutritional supplements.

ECO 202: Immune Mismatch Responses, Allergies and Hypersensitivities

Continuing on from where BKP108 left off, students learn various sensitivity techniques to identify and balance stressful foods and substances (allergies and reactions). Today these are becoming an epidemic in our society. Learn how to effectively balance such issues.

ECO 201: Adrenal, Geopathic and Life Energy

Those completing this unit will be able to recognise body energy depletion, adrenal dysfunction with and/or without activity; geopathic, polarity and electromagnetic field stress, hypothalamic setpoint dysfunction, and use lifestyle change enablement techniques to increase function, vitality and longevity.

Eco 302: Cleansing and Detoxification

Identify and resolve excesses of supplements, drugs or medications, foreign chemicals, overgrowths, bacteria, viruses, parasites or heavy metals using physiology processes, biochemical pathways and detox-ification processes.

JAF 201: TMJ and Cranials

Headaches and migraines are just two symptoms caused by jaw and cranial problems. Here students reset these imbalances, bringing relief and relaxation.

JAF 301: Ligaments and Joints

This unit teaches advanced techniques so students can work effectively with ligament and joint injuries affecting so many people. Many people 'put up' with pain simply because they don't know how they can be helped. JAF301 and JAF302 are the answer to many of these problems.

JAF 302: Injury, Strain and Inflexibility

This unit teaches students about inflexibility and restriction of muscles due to injury, strain and a variety of other causes.

HMR 201: Hypertonic Muscle Release

No need to feel uptight after this unit. Flexibility is the word here. Students learn how to release tight muscles and have theirs released while they learn.

PIB 203: Basic Brain Integration Skills

Learning difficulties are a topic of ongoing discussion. Professional Kinesiology Practice is a wonderful tool to both adults and children with these problems. This unit teaches techniques related to neurological blind spots caused by fear, pain, self-doubt re. learning difficulties and dyslexia.

MST 201: Muscle and Skin Activation

Students develop skills and understanding in identifying and correcting meridian energy imbalances related to muscle circuits, skin, scars, blood chemistry, thymus and spleen energy. This variety of techniques covers a number of key areas, a unique part of the program.

MST 202: Shoulder, Elbow, Hand Muscle Protocol

Students learn testing and correction techniques to release pain, increase the function and performance of shoulders, arms, hands and fingers. Many of us already know people suffering from pain and MST202 and MST203 are important units to effectively resolve these pains.

MST 203: Hip, Leg and Foot Muscles

Students learn testing and correction techniques to release pain, increase the function and performance of the pelvis (hips), legs, knees and feet.

MST 301: Head, Neck and Trunk Protocol

The variety of muscles learnt in this unit helps students fine tune areas that most other practitioners wouldn't even know where to start. These are muscles of the face, eyes, throat, tongue upper neck and the small back muscles.

MST 302: Touch, Clothes and Environment

Establish boundaries of professional touch. Identify the adverse effects of past and/or present situations involving deprivation, unwanted or excessive touch, out of touch with the environment, losing touch, clothes and accessories.

VEF 201: Flower Essences – Vibrational Frequencies

Flower essences open up a whole new world to students. Through flower essences students gain new perceptions and insights, and how to identify and utilize the healing properties with clients in order to re-balance their energy on many different levels.

VEF 301: Advanced tools: Vibrational Energy Fields

Continuing from VEF201 students learn about the healing powers of a variety of powerful vibrational healing systems such as gems, tissue salts and homeopathic remedies and their use within Kinesiology.

VEF 302: Metaphysical Energy Fields

Students in this unit will learn how to evaluate and correct various energy fields such as chakras and the auric fields that are vital to our health and how we perform.

Prerequisite - Certificate IV in Kinesiology (HLT 42807)

It is a requirement of the course that students hold a current Certificate IV in Kinesiology (HLT42807) or equivalent to qualify for entry into the Diploma of Kinesiology (HLT51507). Students may enroll in the Diploma of Kinesiology (HLT51507) as they are currently completing the Certificate IV in Kinesiology (HLT42807) however the Diploma qualification will only be awarded once all of the Diploma of Kinesiology and all of the Certificate IV in Kinesiology components are completed successfully.

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.

Student Clinic

Supervised Student Clinic is conducted through ACKM or an ICPKP Aust. Campus or approved professional clinics. Contact ACKM for details. Note: Clinic can commence once 10 of the ICPKP Advanced Units have been completed and may continue while completing the remaining units. **Total: 50 hours.**

Course Recognition

The Diploma of Kinesiology is a fully nationally accredited course, code HLT51507. The course is also recognised by the **International College of Professional Kinesiology Practice – ICPKP**. At the completion of this course, along with the Certificate IV in Kinesiology (HLT42807) with ICPKP Aust., students will also be eligible to apply for membership as a **Professional Member** with the **Australian Institute of Kinesiologists (AIK)**. Subsequently students may register with the ATMS (Australian Traditional Medicine Society) in the Kinesiology modality. Once membership has been granted, students are able to promote themselves as Kinesiologists. It is this level that Health Funds, which cover Kinesiology, recognise in order to give health fund rebates back to clients.



Have you already completed some kinesiology and/or other training?

ACKM and ICPKP Aust. bases its Diploma of Kinesiology training on the Basic Kinesiology Practice (BKP) recognised by the International College of Professional Kinesiology Practice (ICPKP) and both the Australian Institute of Kinesiologists & the Australian Kinesiology Association. If you have completed this training and any other peak body recognised kinesiology training, like the Touch for Health Synthesis by the International Kinesiology College or advanced Professional Kinesiology studies, for example, ACKM & ICPKP Aust. will recognise this prior learning and formally RPL your certificates of proficiency or competency into a nationally recognised qualification. In addition if you have completed any of the common units of competencies in the Cert IV or Dip of Kinesiology you may qualify for additions RPL's. As the training must comply with industry standards, some conditions apply. Contact ACKM for details.

Recognised Competencies covered in the Diploma of Kinesiology (HLT51507)

Recognised Competencies

Unit Code	Description	Delivery
HLTCOM502B	Develop professional expertise	HS & within PSD
HLTCOM503B	Manage a practice	HS & within CPM
CHCORG28A	Reflect and improve upon professional practice	HS & within PSD
HLTHIR506B	Implement / monitor compliance with legal and ethical requirements	HS & within PPM
HLTAP501A	Analyse health information	HS & within A&P2.
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	HS & within PSD
HLTNUT610A	Provide basic dietary advice	HS & within DNS

Specialisation Units

Unit Code	Description	Delivery
HLTKIN506A	Perform an advanced kinesiology health assessment	Within Kin. Modules, PKPA2 & SSC2
HLTKIN507A	Plan an advanced kinesiology session	Within Kin. Modules, PKPA2 & SSC2
HLTKIN508A	Apply an advanced kinesiology assessment framework	Within Kin. Modules, PKPA2 & SSC2
HLTKIN509A	Monitor and evaluate kinesiology balances	Within Kin. Modules, PKPA2 & SSC2

Elective Units

Unit Code	Description	Delivery
HLTIR501A	Maintain an Effective Health Work Environment	HS & within PPM
CHCCS6B	Assess and deliver services to clients with complex needs	HS & within PCM
CHCAC3C	Introduction to Aged Care	HS & within PCM

HS - Home Study

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.