



Kinesiology
Connection

**Course
Information
2024**

Professional Kinesiology Practice (PKP™)

with

Kinesiology Connection



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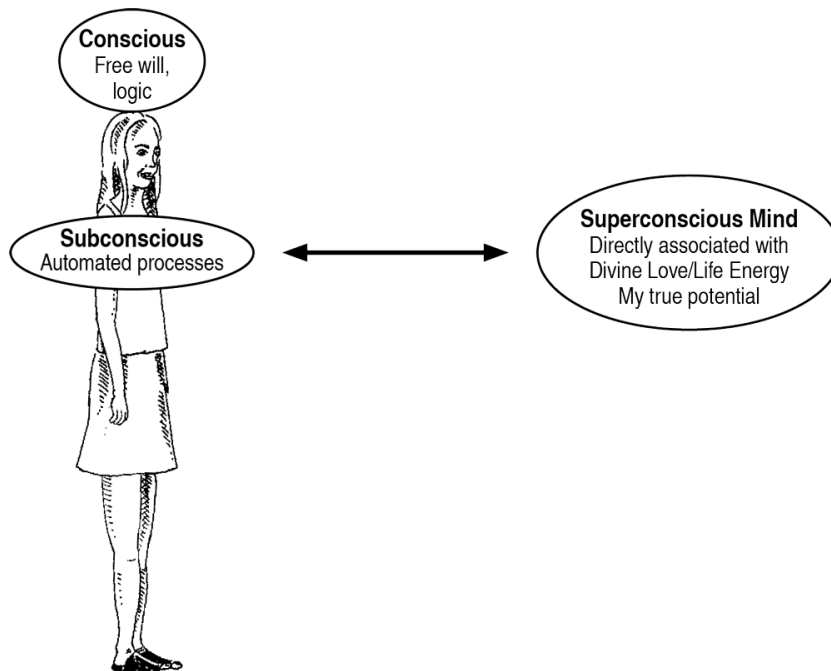
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ABOUT KINESIOLOGY CONNECTION (KC)

Kinesiology Connection is at the forefront of Kinesiology training in Australia. Established for over 20 years the college proudly has the highest number of successful Kinesiology graduates.

Kinesiology Connection's success is due to the premium standard of its teaching staff and facilities, limited intakes of students to maintain a high teacher-to-student ratio, as well as a solid support system including full time administration and student wellbeing personnel on site at the college.

Our licensed PKP™ courseware is provided by the **International College of Professional Kinesiology Practice ('ICPKP')**. ICPKP is a leading provider of course material and assessment tools in Kinesiology, the science of energy balancing. We are proud to be working alongside the ICPKP.

Kinesiology Connection is conveniently located in a modern office complex at 5/333 Canterbury Road in Canterbury, one of Melbourne's greater eastern suburbs, approximately 10kms from the city.

The college has great facilities including a practitioner consulting room and a spacious classrooms dedicated only to Kinesiology, a welcoming atmosphere and is close to cafes. This all combines to offer a great environment to study in.

ABOUT THE PRINCIPAL

Ed Faust - College Principal and Senior Faculty:

Ed is the principal of the college at Kinesiology Connection and has run his own very successful private clinic for almost thirty years. His aims and objectives are to facilitate powerful change through Kinesiology training, producing highly proficient practitioners and extremely competent PKP™ teachers. Ed also offers personal consultations to enhance and create wellbeing and vitality in people's lives.

Ed was acknowledged in 2000 with an award from the Australian Kinesiology Association (AKA) and in 2006 by the Australian Institute of Kinesiologists (AIK) for "Outstanding contribution to the development and recognition of Kinesiology."



He has studied a wide range of modalities in the natural health field, especially in relation to Kinesiology as a complementary therapy and has been involved with Kinesiology at its highest levels serving and implementing many positive changes with the Victorian State Body and the two Australian National Kinesiology Associations.

Ed facilitates advanced workshops, including Total Body Modification and his very own Energy Masterclasses for our Kinesiology students.

Working together with the ICPKP he established a complete Kinesiology career training program.



OUR PKP™ TEACHERS

All teachers at Kinesiology Connection have completed all four levels of Kinesiology training (see below) to become Registered Kinesiopractors® and have undergone rigorous PKP™ faculty training with Ed.

Our teachers provide support and encouragement to assist students to learn, grow and achieve outstanding results. Kinesiology Connection greatly value all our teachers, each one bringing their unique style and personality to KC.

Our teachers are also experienced practitioners with successful clinics and can facilitate a Personal Kinesiology Session (PKS). Please contact the college for more information on booking a session.

WHAT COURSES DO WE OFFER?

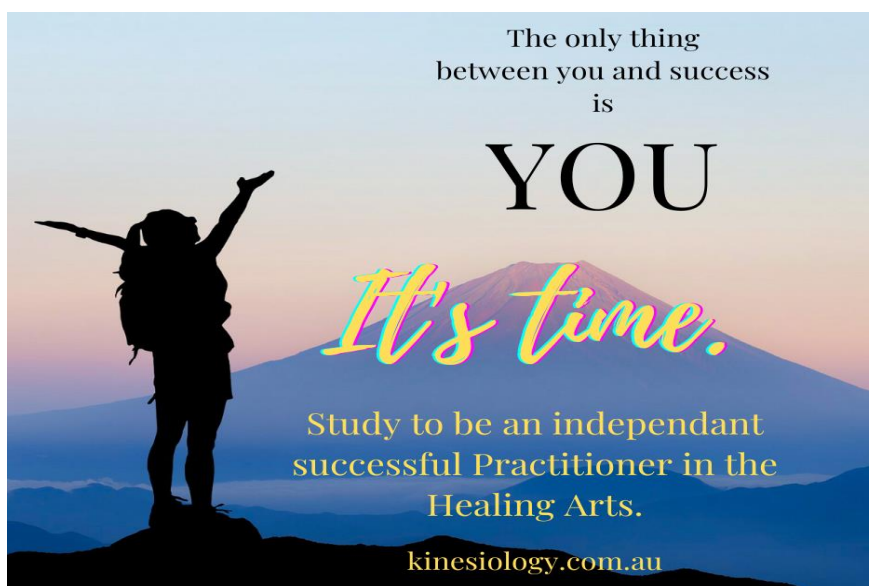
Our training courses range from a half-day Introduction to Kinesiology Workshop and progress through four levels of training to become a Registered Kinesiopractor®, the pathway to achieving this is as follows :-

[Intro Workshop](#)

- Introduction to Kinesiology Workshop – a 3-hour fun and interactive workshop for those new to Kinesiology.

[Kinesiopractic Education](#)

- **Level 1 - Wellness Certificate (WC) - Certification in High-level Wellness & Vitality Therapy**
- **Level 2 - Foundational Professional Program (FPP) - International Certificate of Professional Kinesiology Practice**
- **Level 3 - International Diploma (Int Dip) - International Diploma of Professional Kinesiology Practice**
- **Level 4 - Registered Kinesiopractor® - Four Integrated Diploma Qualifications**





Introduction to Kinesiology Workshop

Duration	3-hours (approx. - 10am - 1pm).
Fee	\$99 (incl GST) Credited against Wellness course fees on enrolment.
Pre-Requisite	Students to be 18+ years of age

The [Introduction to Kinesiology Workshop](#) is a stand-alone short course and is an opportunity for people new to Kinesiology to learn simple self-care techniques that are fun and interactive.

What will you learn?

- Whole body testing using Yes/No answers
- Testing for dehydration in the body
- How to detect and correct Neural Disorganisation (Switching)
- Emotional Stress Release (ESR) techniques

The workshop is held onsite at the College at 5/333 Canterbury Road in Canterbury.

For further information and to secure your place in our next workshop, please complete an online enquiry form [here](#).





Level 1 - Wellness Certificate (WC)

Qualification - Certification in High-Level Wellness & Vitality Therapy

Course Snapshot

Units (x6)	BKP101, BKP102, BKP103, BKP104, BKP105 + RBT 201
Duration	5 months (approx.)
Fee	\$3,820 (Incl GST) \$1,420 deposit + 4-month payment plan or \$3,720 (Incl GST) pay in full
Pre-Requisite	Students to be 18+ years of age

The Wellness Certificate (WC) qualification forms the first level of the foundational principles of the *International Certificate in Professional Kinesiology Practice (PKP™)* To receive this qualification, students will need to complete:

- **6 Kinesiology Units**

The Wellness Certificate provides students with a solid foundation in Kinesiology techniques that can be used every day. Five units are delivered face to face over 2 days in our well-equipped classroom by our internationally qualified trainers and one unit is delivered online.

At the beginning of each unit, Class Notes and a Student Assessment Journal (SAJ) are provided. On completion of all SAJ's & online tests, students will receive the qualification of Certification in High-level Wellness & Vitality Therapy.

Completing the first six units in Level 1 is the entry level requirement to progress onto the *International Certificate in Professional Kinesiology Practice (PKP™)* course: Level 2 -Foundational Professional Program (FPP) and you would be well on your way to achieving professional success in your healing arts journey with Kinesiology.

Click [here](#) for more information on the Level 1 - Wellness Certificate.

Course Content *(see Unit Description for more details)*

In-Class

- BKP101: ENERGISERS AND SELF CARE
- BKP102: PROFICIENT MANUAL MUSCLE TESTING
- BKP103: INTRODUCTION TO THE LAW OF 5-ELEMENTS
- BKP104: THE BODY'S SUPERFICIAL ENERGY CONNECTIONS
- BKP105: THE LAW OF FIVE ELEMENTS IN-DEPTH

Online

- RBT201: CLINICAL BODY CONTACT & PALPATION





Level 2 - Foundational Professional Program (FPP)

Qualification - [International Certificate in Professional Kinesiology Practice](#)

Course Snapshot

Units (x7)	BKP106, BKP107, BKP108, BKP109, BKP110, EMS 201 & A&P1
Duration	7 months (approx.) Program available after completion of Level 1- Wellness Certificate)
Fees	\$4,125 (Incl GST) \$1,125 deposit + 5-month payment plan (save \$100 for pay in full) +\$720 (Incl GST) *Optional Fee A&P1 HSU-required to be a certificated practitioner. +\$275 each (Incl GST) **Elective Fee Business & Communication HSU required for AIK registration.
Pre-Requisite	Program available after completion of Level 1 (WC) units

The [Foundational Professional Program \(FPP\)](#) qualification completes the first year of the foundational principles of the International Certificate in Professional Kinesiology Practice (PKP™). At the conclusion of this training, students will become qualified* and registered** as a PKP Kinesiology Practitioner.

To receive this qualification, students will need to complete:

- **6 x Kinesiology Units**
- **1 x Kinesiology Home Study Unit*** (HSU) - Anatomy and Physiology 1 (A&P1) (\$660)
- **Supervised Student Clinic Experience (SSC)** - 50 hrs (in class hours)
- **Clinical Practice Client Sessions (CPS)** (mentored in class)
- **Personal Kinesiology Sessions (PKS)** - minimum 5 (not included in course fee)
- **First Aid & Resuscitation Certificate (OCT202)** (must be valid for 3 years, not included in course fee)

**Elective units – non-Kinesiology required to register for membership with the AIK/AKA:

- ****Undertake Small Business Planning (BSBSMB404)** (\$275)
- ****Establish and Manage Client Practitioner Relationships (CHCCOM006)** (\$275)

Of the 7 Kinesiology units, 6 are delivered face to face in our well-equipped classroom by our internationally qualified trainers. This course also includes a Student Practice Day and a 1st Year Practical Assessment.

It is a requirement whilst studying this course to provide evidence of attending a minimum of 5 Personal Kinesiology Sessions (PKS) with an approved ICPKP graduate. To find a suitable practitioner, please visit our website [here](#) or contact our office on (03) 9819 6835.

At the beginning of each unit, Class Notes and a Student Assessment Journal (SAJ) are provided. On completion of all SAJ's, online tests and the other requirements listed above in the course summary, students will receive the qualification of [International Certificate in Professional Kinesiology Practice](#).



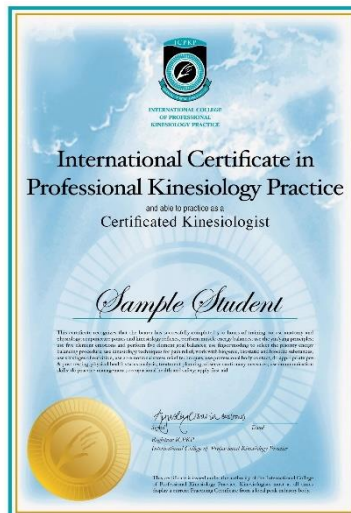
Foundational Professional Program continued

Completing the first twelve units in Level 1 & 2 (Wellness and Foundational) is the entry level requirement to progress onto the *International Diploma of Professional Kinesiology Practice (PKP™)* course: [Level 3 - International Diploma \(Int Dip\)](#).

Click [here](#) for more information on the Level 2 -Foundational Professional Program (FPP).

**A requirement for certification is the completion of 1 Home Study Unit (HSU) - Anatomy and Physiology 1 (A&P1). Please note that this HSU is *optional and is only compulsory for students seeking to obtain certification. This unit is not included in the course fees and payment of \$660 (incl GST) is payable prior to licencing.*

***Once you have successfully completed the FPP and received certification, students will qualify to apply for membership at either the Australian Institute of Kinesiologists Ltd (AIK) or Australian Kinesiology Association Inc. (AKA) and obtain insurance to practice as a registered Kinesiologist.*



Course Content *(see Unit Description for more details)*

In-Class

BKP106: PROFESSIONAL SKILLS – BALANCING PROTOCOL WITH PKP™ DATABASE

BKP107: PAIN REDUCTION

BKP108: BALANCING WITH FOOD

BKP109: ADVANCED MUSCLE TECHNIQUES – REACTIVITY AND POSTURE

EMS201: MASTERY OF EMOTIONAL STRESS RELEASE

Online

BKP110: USING CLIENT HEALTH RECORDS

Home Study Unit - Optional

ANATOMY AND PHYSIOLOGY 1 (A&P 1)

Home Study Unit- Elective

UNDERTAKE SMALL BUSINESS PLANNING (BSBSMB404)

ESTABLISH AND MANAGE CLIENT PRACTITIONER RELATIONSHIPS (CHCCOM006)



Level 3 – International Diploma (INT DIP)

Qualification - International Diploma of Professional Kinesiology Practice

Course Snapshot

Units (x20)	EMS301, EMS302, ECO201, ECO202, ECO301, ECO302, JAF201, JAF301, JAF302, MST201, MST202, MST203, MST301, MST303, PIB203, VEF201, VEF301, VEF302, MST302 + CBP
Duration	18 months (approx.) Program available after completion of Level 2- Foundational
Fee	\$12,820 (Incl GST) \$2,020 deposit +18-month payment plan (Incl GST)
Pre-requisite	Program available after completion of Level 2 (FPP) units

The [International Diploma \(INT DIP\)](#) qualification builds on the skills and knowledge learned in the Foundational course and will enhance students skills to an advanced level. On completion of this training, students will receive an international accreditation in Kinesiology.

To receive this qualification, students are required to complete:

- **18 x Kinesiology Units**
- **2 x Home Study Units (HSU) - MST302 & CBP-Chemistry, Biochemistry & Pathology**
- **Supervised Student Clinic Experience (SSC) - 50 hrs (in class)**
- **Clinical Practice Client Sessions (CPS) (mentored in class)**
- **Personal Kinesiology Sessions (PKS)- (5 x recommended only, not included in course fee)**
- **First Aid & Resuscitation Certificate (valid for 3 years) (not included in course fee)**

The course is inclusive of all in-class units, HSU's, Student Clinics, Student Practice Days and a Final Assessment. Of the 20 Kinesiology Units, 18 are delivered face to face in our well-equipped classroom by our internationally qualified trainers

It is a recommendation that students attend Personal Kinesiology Sessions (PKS) with an approved ICPKP graduate whilst studying this course. To find a suitable practitioner, please visit our website here or contact our office on (03) 9819 6835.

At the beginning of each unit, Class Notes and a Student Assessment Journal (SAJ) are provided. On completion of all SAJ's, online tests and the other requirements listed above in the course summary, students will receive the qualification of [International Diploma of Professional Kinesiology Practice](#).

Throughout the Diploma you will gain practical experience in class activities during every unit, student clinic, and student practice days. All this along with the supervision of your experienced teacher fine tunes your skills so you obtain the best possible results with your clients. Our graduates are amongst the best in the field and become highly sought-after practitioners.



International Diploma continued

Completing the International Diploma is the entry level requirement to progress onto the Four Integrated Diploma Qualifications in the [International KinesioPractic® Program](#).

Click [here](#) for more information on the Level 3 - International Diploma.

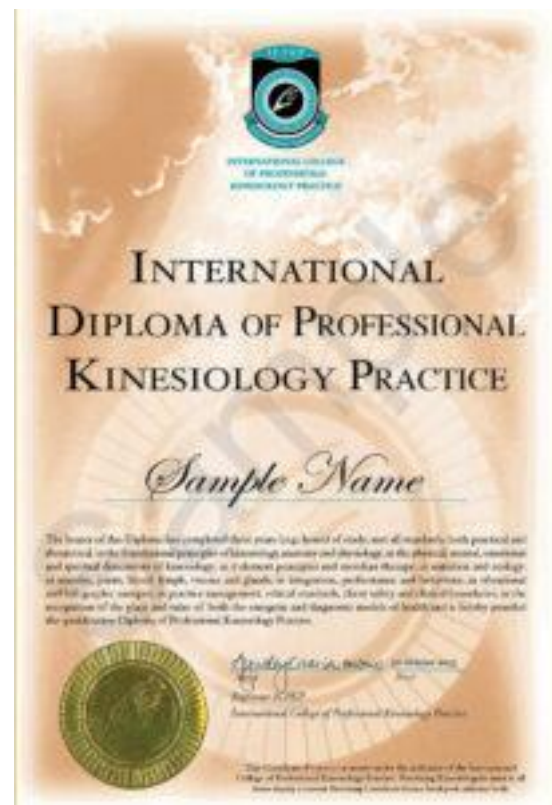
Course Content *(see Unit Description for more details)*

In-Class

- EMS301: EMOTIONAL STRESS RELEASE – ADVANCED
- EMS302: SUBCONSCIOUS SELF-PERCEPTION
- ECO201: LIFESTYLE AND DIETARY MODIFICATION
- ECO202: IMMUNE MISMATCH RESPONSES, ALLERGIES AND HYPERSENSITIVITIES
- ECO301: ADRENAL, GEOPATHIC AND LIFE ENERGY
- ECO302: CLEANSING AND DETOXIFICATION
- JAF201: TMJ AND CRANIALS
- JAF301: LIGAMENTS AND JOINTS
- JAF302: INFLEXIBILITY
- MST201: MUSCLE, SKIN AND TOUCH
- MST202: SHOULDER, ARM, HAND MUSCLES
- MST203: HIP, THIGH, LEG AND FOOT MUSCLES
- MST301: HEAD, NECK, AND TORSO MUSCLES
- MST303: EMOTIONAL ANATOMY AND INTELLIGENCE
- PIB203: BRAIN INTEGRATION TECHNIQUE
- VEF201: FLOWER ESSENCES
- VEF301: GEMS AND OTHER VIBRATIONAL ENERGY FIELDS
- VEF302: METAPHYSICAL ENERGY FIELDS

Home Study Unit

- CBP: CHEMISTRY, BIOCHEMISTRY & PATHOLOGY
- MST302: TOUCH





Level 4 – International Kinesiopractic® Program

PROGRAM AVAILABLE AFTER COMPLETION OF LEVEL 3 (INTERNATIONAL DIPLOMA) UNITS

Further education to become a [Registered Kinesiopractor®](#) include:

Four Integrated Diploma Qualifications

1. Diploma of Learning, Metaphysical, Holographic & Vibrational Energies
2. Diploma of Energy Psychology
3. Diploma of Musculoskeletal Rehabilitation & Reintegration
4. Diploma of Dietary and Nutritional Science

Please contact the college on (03) 9819 6835 for more information.

FURTHER INFORMATION ON ALL KC COURSES

Attendance

The class contact hours form part of your assessment therefore all scheduled classes must be attended to receive competency. In class learning is scheduled approximately:-

- Weekend classes – every 3 to 4 weeks
- Weekday classes - 2 consecutive Tuesdays per month

Class Hours

Our course content is predominately delivered in class due to the practical component of the learning. The scheduled hours required at the college include two short breaks and a 1-hour lunch with the start/end times as follows:

- Weekend classes – 9.00am – 5.00pm
- Weekday classes – 9.30am – 5.30pm

Location

All courses are held on site at Kinesiology Connection, 5/333 Canterbury Road, Canterbury.



Levels of Assessment

There are three levels of assessment to determine competency in a unit of study:

1. **Practical Assessment** - Based on the students' performance in class and during student clinics. *Additionally, at the conclusion of all units, FPP & Int Dip students will complete a Final Assessment.
2. **Written - Student Assessment Journal (SAJ)**. At the commencement of each unit, a SAJ is issued and is used to record your practice findings. The SAJ is completed both in class and at home and is handed in on completion for marking to gain competency.
3. **ICPKP Online Test** – Once each unit's SAJ has been assessed competent and returned to you, it will be registered on your academic record on the ICPKP website. This will enable you to sit the short multiple-choice test for the unit.

Non-Attendance / Tutorials

As the course content expands on the learning from the previous unit, non-attendance can affect the flow of the curriculum. If you cannot attend a scheduled class, then you are required to attend a tutorial.

Tutorials can be arranged by contacting the college to discuss the available options. Please note, tutorials are approximately 2 - 4 hours long, depending on the unit and how many days are missed and incur a cost of \$100 per hour.

Classroom Participation

Classroom participation is essential, and all students will have the opportunity to support each other through classroom activities. Kinesiology can often bring to the surface private and personal issues, our experienced KC faculty provides a safe and supportive environment to guide and empower students through every situation.

College Contact Details

To discuss our course information or to arrange a personal tour of the College, please contact us :-

Location: Suite 5, 333 Canterbury Road, Canterbury Vic 3126

Email: admin@kinesiology.com.au

Phone: 03 9819 6835

Enrolments

To register your interest to enrol, please contact our office on (03) 9819 6835 / admin@kinesiology.com.au or click [here](#) and complete an online form.



COURSE CONTENT & UNIT DESCRIPTIONS

Kinesiology Units - Compulsory for Certification

Wellness Certificate

BKP101: ENERGISERS AND SELF CARE

This workshop introduces you to three different easy to learn self-energiser trigger points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) and the powerful meridian energiser trace. Also, students 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. You will 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. You will also be able identify basic anatomical parts and planes of the body and define kinesiology.

BKP102: PROFICIENT MANUAL MUSCLE TESTING

Students completing this unit will be able to use muscle testing accurately and perform a Kinesiology energy balance on others. You will also be able to identify dehydration, ionisation, neurological disorganisation (switching), central vessel integrity and thymus energy imbalance.

Students will also be able to perform origin/insertion and spindle/golgi energy techniques, understand cautionary measures in evaluating body energy, apply pre- and post-evaluation procedures, demonstrate clear- circuit muscle testing and muscle facilitation/inhibition and you will know the bones of the skeleton.

BKP103: 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 the challenge; use the 5-Element principle to perform an 8-muscle energy balance and select the priority balancing procedure.

BKP104: 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 completing this unit will be able to perform a 14-muscle goal balance and utilise the More and Priority modes. They will be able to work with surrogates, describe body movements in anatomical terms and create a simple record of a client balance.

BKP105: THE LAW OF FIVE ELEMENTS IN-DEPTH

This unit extends the understanding of and skill in using the 5-Element principles and 5-Element 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. Students completing this unit will be able to use the 5-Element principles, alarm points, Luo points, acupressure holding points and the yin/yang principles to perform a 5-Element one-point goal balance.



...Kinesiology units - Wellness Certificate continued

RBT201: CLINICAL BODY CONTACT & PALPATION (unit delivered online)

The purpose of this unit is to develop professionalism, skill and understanding in using Kinesiology techniques related to body contact.

Students completing this unit will allow you to prepare, establish, maintain 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.

Foundational Professional Program

BKP106: PROFESSIONAL SKILLS – BALANCING PROTOCOL WITH PKP™ DATABASE

This unit develops skill and understanding in the use of basic professional Kinesiology techniques.

Students completing this unit will be able to use effective listening skills to establish client rapport, use finger modes, Professional Kinesiology Practitioners' database concept, simplified PKP protocol and age recession.

BKP107: PAIN REDUCTION

This unit teaches students how to evaluate and reduce pain using several simple but powerful techniques.

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 food or supplements to reduce physical pain.

BKP108: BALANCING WITH FOOD

This unit extends an understanding of the development (philosophy and principles) of Kinesiology. It develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, biocidic substances, constructing a diet using 5-Element, food family and food rotation principle and to develop skill in using C1 and ear acu-point sensitivity tests.

Students completing this unit will be able to use food to improve 5-Element energy, meridian and muscle function to balance body energy.

BKP109: ADVANCED MUSCLE TECHNIQUES – REACTIVITY AND POSTURE

This unit develops skill and understanding in correcting reactivity in muscles and meridians with (and without) circuit retaining or reactive modes, observe postural imbalance and extend techniques in balancing energy in muscles.

Students completing this unit will be able to demonstrate muscle facilitation and inhibition, identify and correct muscle and meridian reactivity, evaluate posture, apply muscle stretch response, sustained muscle use, hidden muscle failure, specific circuit and contralateral spindle techniques to improve posture and function.

BKP110: USING CLIENT HEALTH RECORDS

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.

Students completing this unit will be able to describe professional health care relationships, set clear boundaries and communicate with both individuals and groups in a professional manner, function in an ethical manner.



... Kinesiology units - Foundational Professional Program continued

EMS201: 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.

Students completing 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.

International Diploma of Professional Kinesiology Practice

EMS301: EMOTIONAL STRESS RELEASE - ADVANCED

The purpose of this unit is to develop further skill and understanding in Kinesiology emotional stress release techniques to enhance total body energy.

Students completing this unit will be able to assist the client:

- to express life events in terms which do not decrease body 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 and to be in choice
- to make positive adaptive responses and see positive possibilities in their future.

Students completing this unit will use meridian-based affirmations to relieve the energy drain of a wounded spirit and have skill in balancing the stresses of reactive emotion responses in the meridian system. They will be able to construct and use a genogram to make meaning of family events and use the sentic cycle as a stress diffusion technique.

EMS302: SUBCONSCIOUS SELF-PERCEPTION

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to subconscious self-perception.

Students completing this unit will be able to use self-image, reactive roles, conflict and reversal, sabotage programs, misunderstanding, misperception, stress statement and hypnotic message techniques.

ECO201: LIFESTYLE AND DIETARY MODIFICATION

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to dietary needs.

Students completing this unit will be able to use integration for organ energy, addition and/or deletion of specific foods and/or herbs and/or supplements, nutritional analysis, slow/fast vibratory foods, rehydration, sleepers, Riddler points, blood sugar balance, liver function, dysfunctional tissue techniques and assess the need for lifestyle change.



... Kinesiology units - International Diploma of Professional Kinesiology Practice continued

ECO202: IMMUNE MISMATCH RESPONSES, ALLERGIES AND HYPERSENSITIVITIES

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to allergies and hypersensitivity to food and/or other environmental factors.

Students completing this unit will be able to use allergy (sensitivity) modes to identify stressful substances and resolve allergy causal factors.

ECO301: ADRENAL, GEOPATHIC AND LIFE ENERGY

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to increase energy, vitality and high-level wellness.

Students completing this unit will be able to use the fatigue-vitality, adrenal dysfunction with and/or without activity and lifestyle change enablement techniques, monitor geopathic and geospiritual stress in a kinesiology setting and create a personal enhancement program.

ECO302: CLEANSING AND DETOXIFICATION

The purpose of this unit is to develop skill in rebalancing body energy affected by organisms, foreign chemicals or toxicity in the body and an understanding of detoxification and biochemical pathways.

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.

JAF201: TMJ AND CRANIALS

The purpose of this unit is to develop Kinesiology techniques to correct meridian energy imbalance in cranium and temporomandibular joint.

Students completing this unit will be able to balance energy dysfunction of the cranium and temporomandibular joints, using rebreathing, simultaneous neurolymphatic-neurovascular stimulation, cranial inhalation and exhalation reset, sagittal suture-cerebrospinal fluid and inferior occiput techniques.

JAF301: LIGAMENTS AND JOINTS

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance in joints.

Students completing this unit will be able to use shock absorbers, local ligament stretches, general adrenal ligament stretches and contralateral joint ligament interlink techniques.

JAF302: INFLEXIBILITY

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to inflexibility.

Students completing this unit will be able to use injury recall, pitch, roll and yaw, strain/counter strain, unwinding, homolateral muscle, specific exercise selection, CIA stretch and shock absorber techniques.

MST201: MUSCLE, SKIN AND TOUCH

The purpose of this unit is to develop skill and understanding in identifying meridian energy imbalance related to muscles, muscle circuits and skin and applying corrective procedures.



...Kinesiology units - International Diploma of Professional Kinesiology Practice continued

Students completing this unit will be able to evaluate and balance for skin stretch response, scar reintegration, hyoid, blood chemistry, thymus-spleen energy imbalances, cranial and hand stress receptors, intercostal muscle reset, shapes of structure, under-facilitation or over-facilitation, myotomes, dermatomes, use temporal tap, eye rotations and a PKP database with balancing protocol.

MST202: SHOULDER, ARM, HAND MUSCLES

The purpose of this unit is to develop skill and understanding in analysing muscle energy imbalance in the shoulder girdle and upper limb.

Students completing this unit will be able to use manual muscle tests and corrections to facilitate increased function and performance in the shoulder girdle and upper limb.

MST203: HIP, THIGH, LEG AND FOOT MUSCLES

The purpose of this unit is to develop skill and understanding in analysing muscle energy imbalances in the hip and lower limb.

Students completing this unit will be able to use manual muscle tests and corrections to facilitate increased function and performance in the hip and lower limb.

MST301: HEAD, NECK, AND TORSO MUSCLES

The purpose of this unit is to develop skill and understanding in analysing energy imbalances in the head, neck and torso.

Students completing this unit will be able to use manual muscle tests and corrections to facilitate increased function and performance in the head, neck and torso.

MST303: EMOTIONAL ANATOMY AND INTELLIGENCE

The purpose of this unit is to develop skill and understanding using Kinesiology techniques to relieve stress associated with body shape, stance and response to life stressors, develop emotional intelligence and clear deeply imbedded amygdala emotions.

Students completing this unit will be able to identify underbound, overbound and complex emotional layering responses and their associated patterns of emotional distress and somatic function, identify and defuse deeply imbedded amygdala emotions and build emotional intelligence in relationships.

PIB203: BRAIN INTEGRATION TECHNIQUE

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to neurological blind spots caused by fear, pain and self-doubt and learning disabilities and dyslexia.

VEF201: FLOWER ESSENCES

The purpose of this unit is to develop skill and understanding in using kinesiology techniques to correct energy imbalance using flower essences, insights relating to their properties and photographic images.

Students completing this unit will be able to identify and utilise flower essences, insights relating to their properties and photographic images, in rebalancing mental, emotional and spiritual energy.



... Kinesiology units - International Diploma of Professional Kinesiology Practice continued

VEF301: GEMS AND OTHER VIBRATIONAL ENERGY FIELDS

The purpose of this unit is to develop skill and understanding in using kinesiology techniques to correct energy imbalance using gems, gem essences and other vibrational energy fields.

Students completing this unit will be able to use gems, gem essences, tissue salts, homeopathic awareness, spiral energy techniques and third eye beaming in rebalancing energy disturbances from inheritance factors and other tendencies.

VEF302: METAPHYSICAL ENERGY FIELDS

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct imbalance in metaphysical energy.

Students completing this unit will be able to balance chakras (nerve plexi), auric fields, right left polarity and apply the metamorphic technique.

Home Study Units - Compulsory for Certification

Foundational Professional Program

ANATOMY AND PHYSIOLOGY 1 (A&P 1) (not included in course fees)

This unit provides a simple, basic introduction to Anatomy and Physiology (160 hours) and teaches the use of medical terminology to communicate with clients, fellow workers and health professionals.

Students 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, use specific/medical terminology to communicate with clients, fellow workers and health professionals.

International Diploma of Professional Kinesiology Practice

CHEMISTRY, BIOCHEMISTRY & PATHOLOGY (CBP) (included in course fees)

This home study unit is a convergence of pathology with physiology and is the study of the disordered physiological processes that cause, result from, or are otherwise associated with a disease or injury.

MST302: TOUCH (included in course fees)

The purpose of this unit is to develop skill and understanding of the effect of touch over people.

Students completing this unit will be able to discuss touching in relation to culture and contact, identify the adverse effects of past and/or present situations involving deprivation, inappropriate or excessive touch, to use intuitive touch in a healing setting and manner, use Kinesiological procedures to defuse associated meridian energy imbalance and assist the client develop a future action plan in relation to touch.



Home Study Units - Elective

Foundational Professional Program International Diploma of Professional Kinesiology Practice

UNDERTAKE SMALL BUSINESS PLANNING (BSBSMB404) *(not included in course fees)*

Part of being a great Kinesiologist includes the planning and marketing of your business. This unit will provide you with the skills and knowledge required to research and develop an integrated business plan for achieving business goals and objectives.

ESTABLISH AND MANAGE CLIENT PRACTITIONER RELATIONSHIPS (CHCCOM006) *(not included in course fees)*

This unit will provide you with the skills and knowledge to establish and manage professional one-to-one relationships with clients in the context of providing an ongoing health service or intervention. The student learns the skills and knowledge required to evaluate and enhance their own practice through a process of reflection and ongoing professional development.

Please contact the college to discuss RPL

Additional Course Requirements

Foundational Professional Program International Diploma of Professional Kinesiology Practice

PROVIDE FIRST AID & RESUCITATION *(not included in course fees)*

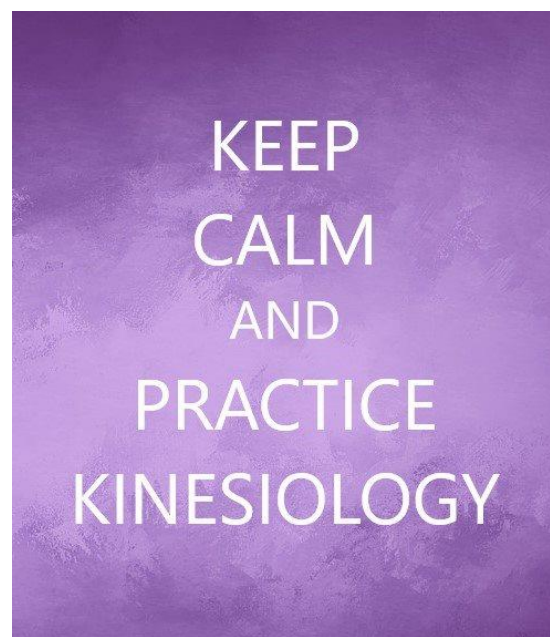
HLTAID011 Provide First Aid (includes CPR)*External Unit. First Aid is a requirement of all health practitioners.

PERSONAL KINESIOLOGY SESSIONS (PKS) *(not included in course fees)*

A minimum of **5 personal sessions** with an approved ICPKP Diploma Graduate (**Foundational**).

A minimum of **5 personal sessions** with an approved ICPKP Diploma Graduate (**International Diploma**)

To find a suitable practitioner, please follow the link below in 'Looking for a Kinesiology Practitioner?'





COURSE FEES & PAYMENT PLANS

Level 1. - Wellness Certificate (WC)

ICPKP- International Certification in High Level Wellness & Vitality Therapy (first 6 Kinesiology units)

COURSE FEE: \$3,820 (incl. GST)

- Payment Option 1- \$1,420 Deposit + 4 x monthly instalments of \$600.....Total \$3,820 (GST inc.)
 - Payment Option 2- \$1,420 Deposit + Balance \$2,300 Pay in FullTotal \$3,720 (GST inc.) save \$100.
- To upgrade to the Foundational Professional Program after completion of Level 1 WC course - additional **\$4,125 see Level 2 below**

Level 2. - Foundational Professional Program (FPP)

ICPKP- International Certificate in Professional Kinesiology Practice (PKP™) (additional 6 Kinesiology units)

*Optional & Elective - Anatomy & Physiology, Communication & Business Planning Home Study Units

COURSE FEE: \$4,125 (incl. GST)

PROGRAM AVAILABLE AFTER COMPLETION OF LEVEL 1 (WC)

- Payment Option 1- \$1,125 Deposit + 5 x monthly instalments of \$600 Total \$4,125 (GST inc.)
- Payment Option 2- \$1,125 Deposit + Balance \$2,900 Pay in Full Total \$4,025 (GST inc.) save \$100

- To upgrade to the International Diploma after completion of Level 2 Foundational course - additional **\$12,820 see Level 3 below**

ADDITIONAL FEE

***Optional Home Study Unit:** Compulsory requirement for 1st Year Practitioner Certification

Anatomy & Physiology (A&P1) Total \$720 (GST inc.)

***Elective Home Study Unit:** Requirement for AIK or AKA registration of membership

Undertake Small Business Planning (BSBSMB404) Total \$275 (GST inc.)

Establish and Manage Client Practitioner Relationships (CHCCOM006) Total \$275 (GST inc.)

Level 3 - International Diploma of Professional Kinesiology Practice (INT DIP)

ICPKP - International Kinesiotherapeutic Education PKP™ Syllabus 2023 (additional 18 Kinesiology units)

Includes Home Study Units - MST302[Touch] & Chemistry, Biochemistry & Pathology (CBP)

COURSE FEE: \$12,820 (incl. GST)

PROGRAM AVAILABLE AFTER COMPLETION OF LEVEL 2 (FPP)

- Payment Option 1- \$2,020 Deposit + 18 x monthly instalments of \$600Total \$12,820 (GST inc.)

CONTACT US

College / Clinic Contact Details:

Location: Suite 5, 333 Canterbury Road, Canterbury Vic 3126

Email: admin@kinesiology.com.au

Phone: 03 9819 6835

Student Clinics Contact our office to register your interest in attending a clinic.

Looking for a Kinesiology Practitioner?

Find a PKP™ practitioner in your area at www.kinesiology.com.au/practitioner-database/

Social Media For updates from KC be sure to follow us on

Facebook via this link: www.facebook.com/kinesiology.com.au/

Instagram via this link: www.instagram.com/kin_connection/