

Foundation Training in Kinesiology



Byron Bay

2023 Program



Byron Bay (Campus KSA)

28 Seaview Street

Byron Bay, NSW 2481

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Vision & Purpose

Vision: To educate the public and students of Kinesiology, for truly holistic health care, wellbeing and positive choice.

Purpose: Every day in every way we strive to empower, help, guide and educate those we come in contact with about Kinesiology and true Holistic Health Care and maintenance.

Mission Statement

Byron Kinesiology Centre (BKC) is an accredited college of ICPKP and this is our mission statement:

To provide quality assurance in Kinesiology education.

To provide training that assists students to learn, grow and embrace life to their highest potential, as they achieve the competencies required of professional Kinesiology practitioners.

To produce graduates who, whilst aware that any profession has its limitations, are confident in their ability to make a positive, long-lasting difference in the lives of their clients using safe, non-invasive Kinesiology techniques and whose primary motivation is to improve the quality and dignity of people's lives.

To aid Kinesiology to become a respected household name and the Kinesiology profession to be a sought-after career choice by people of all ages.

The most effective way to learn Kinesiology

There are many forms of Kinesiology all offering their own 'specialty'. The Professional Kinesiology Program is the most comprehensive and integrated form of Kinesiology available in the world.

The Professional Kinesiology Program (PKP) courses, developed by Joan and Dr Bruce Dewe first originated in the late 1970s and have grown to be one of the most respected Kinesiology modalities available in the world today.

Here in Australia Kinesiology Schools Australia delivers part of the Professional Kinesiology Program within the HLT52415 Diploma of Kinesiology in three campuses around Australia.

This course is designed to teach the basics to beginners and progressively transform them into competent professional Kinesiology practitioners offering them both a financially and emotionally rewarding career.

A Quick Overview

On completion of the Foundation Training in Kinesiology you will be a competent and confident Kinesiology practitioner, recognised by the Australian Kinesiology Association (AKA). You can then build advanced units on this solid foundation.

Year one Kinesiology subjects start with the basics, providing the solid grounding in the field and build to conclude with some powerful intermediate techniques so you can start your career. After the first year you will be able to register as a level 4 Kinesiology practitioner with the AKA and can start building your practice.

Byron Kinesiology Centre offers a variety of advanced courses to continue building your skills.

Throughout your training there is plenty of practical experience gained in class activities during every unit, student clinic, expo's (optional at no extra cost) and student practice times (optional at no extra cost). 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.

Entry Requirements

No minimum education standard is set as a prerequisite for entry to this course.

LANGUAGE, LITERACY, AND NUMERACY

Students require a basic command of spoken and written English as well as basic numeracy skills.

INDUSTRY SKILLS / KNOWLEDGE / EXPERIENCE

No previous industry skill or knowledge is required however it is advisable that applicants have experienced kinesiology on at least one occasion.

MINIMUM AGE REQUIREMENT – 18 YEARS

The entry level age requirement for students applying for Kinesiology Schools Australia training is set at 18. Students younger than 18 may apply with parental permission (however, students will need to be at least 18 years of age in order to participate in client consultations).

CLASSROOM PARTICIPATION

Participants are required to take part in classroom activities that often deal with personal issues and promote personal growth. This requires all participants to behave in a non-judgmental manner to other participants. Confidentiality and privacy must be maintained for participants in the classroom and for volunteers attending Student Clinics. Participants must be willing to work with others regardless of gender, sexual orientation, religious beliefs, and lifestyle choices (eg smoking). Refer to relevant Anti-discrimination legislation.

Byron Bay Campus

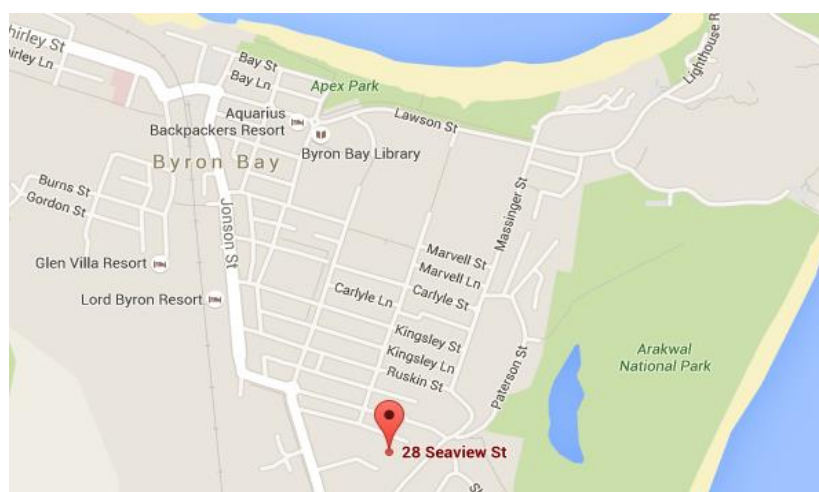


Byron Kinesiology Centre (a KSA Campus) is a Kinesiology college, not a naturopathic or massage college with a small Kinesiology component. We specialise in Kinesiology. It makes a difference!

The **Byron Bay Campus** offers student centered learning and smaller classes than city campuses for personalised support.

The college is in a convenient location in walking distance from town and shops and about a 15 minute walk from the beach. There is some car parking at the school and plenty of free parking in nearby streets.

Great facilities - light and airy classroom, student kitchenette, private secluded garden area and verandahs to use during lunch and tea breaks. Byron Bay Campus offers a great environment to study in.



28 Seaview Street, Byron Bay NSW 2481

Byron Bay Campus Team



PARIJAT WISMER

The principal of the Byron Bay Campus, Parijat Wismer has been teaching Kinesiology since 1986. Parijat brings her background in Primary School Teaching, Personal Growth Training, HeartMath and Natural Health to her work. She is a registered Herbalist, Fellow Member of the Australian Kinesiology Association, a Kinesiopractor, an International Faculty Member for ICPKP and qualified Magnetic Mind Coach. She is a National and International speaker.



GERALDINE BÉRANGER

Our Foundation Class Instructor brings 23 years of primary and tertiary teaching experience to her work. She is a qualified instructor of the International College of Professional Kinesiology Practice (ICPKP). Geraldine studied her Kinesiology Diploma and advanced levels at the Byron Bay Campus. Her enthusiasm for Kinesiology is tangible and her skills to make complicated concepts easy to learn is an asset to our school. She operates a Kinesiology Clinic in Tweed Heads.



JOANNE CASHMAN

Joanne Cashman is a qualified Kinesiology Practitioner. She received her KSA Diploma from the Byron Bay Campus. She is an experienced Kinesiology practitioner, Instructor, Herbalist and skilled **Student Mentor**.

Student Support

Students receive excellent support from the college.

Email support is available: parijat@wellness.net.au

Phone and Skype support is available by appointment.

Optional practice opportunities are offered regularly.

Professional mentoring is included.

The Professional Kinesiology Programme (PKP)

The purpose of the Professional Kinesiology Programme (PKP) is to enhance the quality of your life and the life of others by restoring the ability to maintain physical, bio-chemical and emotional wellbeing. This is created through developing practical skills and knowledge that enable you to enhance the mind, body and spirit to allow the balanced whole person achieve wellness and their full potential.

This training is designed to provide advanced techniques in a sequential, integrated manner. Education begins with foundation material in the first year progressing to advanced skills in the second year of the Diploma. Units are segregated into sections for easy learning. Once students have completed the Foundation Training they may continue studying Advanced International Kinesiology units, such as the units required for the Diploma in Energy Psychology.



After years of successful research the PKP format was developed to provide students with an effective progressive program, which ensures not only full theoretical comprehension, but also the practical experience needed to be successful.

Students of BKC learn the necessary skills in their first year that all Kinesiologists need: to take care of their own energy, to muscle test, the energy pathways and body systems, to evaluate and balance energy and record results, to recognise instinctual behaviours, Anatomy & Physiology, safety in the clinic and the basic business skills needed to run a clinic.

Incorporating Supervised Student Clinics into the program assists students to complete assessment work and give ample opportunity to become proficient as a practitioner.

PKP Authors for Kinesiology Content

Dr Bruce Dewe, co-founder of the International College of Professional Kinesiology Practice, is one of the world's leading international lecturers in Kinesiology and has been a medical doctor for over 30 years. He was first introduced to Kinesiology in 1977 and has been involved and instrumental in its development ever since. Dr Dewe introduced a series of advanced skills workshops for Kinesiology in the early 1980s which then evolved into the PKP workshops and finally to an International PKP Certification Program.

Joan Dewe is a Chartered Natural Medicine Practitioner who specialised in Kinesiology . Having followed her husband Bruce into complimentary medicine she has helped develop the PKP workshops and pioneered teaching them. Initially trained as a high school teacher Joan’s ability to summarise information into clear stepwise procedures has helped make PKP an easy to learn modality.

Basic Kinesiology & Advanced Kinesiology Training

The **Foundation Training** can be taken on its own and provides students with all the powerful Kinesiology techniques and protocols to give the student a great grounding as a practitioner. The first year workshops begin with the basics, providing the most solid grounding in the field and build to conclude with some powerful intermediate techniques. After the first year and meeting specific conditions, you will be able to register as a level 4 Kinesiology practitioner with the AKA and start building your practice.

Following the BKP units we move onto EMS201 where students learn effective counselling and emotional trauma ‘defusing’ techniques, and then we follow on with units on energy imbalance in relation to muscles affecting pain, flexibility and strength. You may choose to take advanced units which will continue to build on your skills, making sure you have the best opportunity for success.

Students also learn to combine Kinesiology techniques and the effectiveness of vibrational energies such as Flower essences, gems, chakras and the auric fields. Other units cover brain integration, the major muscle regions of the body, and other emotional aspects of health.

Each Kinesiology unit consists of at least 16 class tutorial hours incorporating both theory and practical skills. **Student Assessment Journals (SAJ)** require the student to practice their newly acquired skills over 20 to 25 hours. This assists the student to gain valuable experience and confidence whilst obtaining the knowledge required. The journal is also part of the assessment and becomes an enjoyable integrated part of the program.

All BKP units are nationally accredited with the industry representative body, the Australian Kinesiology Association (AKA).

Your Kinesiology Training includes:

Theory

Discussions

Demonstrations

Questions are encouraged

Practical Examples

Practice sessions & Assessments

Student Journal

Supervised Student Clinic

Mentoring

Tutorials

Kinesiology Units

BKP101 ENERGISERS AND SELF TESTING

The first unit is all about teaching students how to take care of and balance themselves. After all, the practitioner must stay healthy in body and mind to be able to help others. These techniques can also be used to teach clients some basic skills they can use at home to help themselves between consultations. Basic anatomical parts of the body and terminology are also learnt. Setting well worded powerful goals is the basis of a good Kinesiology balance. In this unit you will learn the skills for goal setting that will be used in every balance in the future.

BKP102 MANUAL MUSCLE TESTING

This unit introduces you to the art of muscle testing, which is the basis of Kinesiology. You learn to balance other people, using brain/muscle feedback, known as muscle testing or muscle monitoring, to identify dysfunctions and stress. You also learn how to identify and correct the most common causes of dis-organisation in the brain.

BKP103 THE 5 ELEMENTS

An introduction of Chinese philosophies to balance the energy using colour, sound and the emotions is the theme of this unit. This unit teaches techniques to correct and confirm the changes of a 5 Element balance and using food to strengthen muscles, meridians and organs. You will learn how to give a Yin Balance, following the laws of the 5 Elements.

BKP104 KINESIOLOGY AND SUPERFICIAL CONNECTIONS

Using the direction of energy flow the students learn how to balance the meridians and their related muscles and organs. Students also learn more basic Anatomy and Physiology. You will learn how to balance the Yang Meridian.

BKP105 FIVE ELEMENTS IN-DEPTH

Learning the 5 Element principles in depth and working with the full chart of emotions takes you to a whole new level of knowledge. An extra 14 muscles allows you a greater variety of ways to balance the client. You will also learn how to identify and use one single correction to return the person to balance.

BKP106 PROFESSIONAL SKILLS – BALANCING PROTOCOL WITH PKP DATABASE

BKP106 brings much of what you have previously learnt together. Using the specialised protocols that set PKP Kinesiology ahead of the rest, you will learn how to use finger modes and to take the client back to balance stressful times in the past that affect them today. This is a real turning point in your training, as you gain the skills of a true practitioner.

BKP107 Pain Reduction

This unit teaches you how to evaluate and reduce pain using a number of simple but powerful techniques. This is a favourite with most students as there are always people with pain. By the end of this weekend many students no longer have the pains they have had for years. This opens a huge potential to bring clients in to your clinic.

BKP108 Balancing with Food

Focusing on nutrition this unit teaches an understanding of why the body requires a variety of nutrients and how the body uses these nutrients. We also look at a number of 'diets' and how to test the person to see if they may react to foods. By the end of this unit you will be able to balance people and help them achieve optimal nutrition for their wellbeing or whatever activity they desire on a basic level.

BKP109 Advanced Muscle Techniques – Reactivity and Posture

In this unit students start to learn the first of the advanced techniques where messages from the brain are confused causing reoccurring problems. Learn powerful muscle techniques. Rebalancing reactive patterns can make long lasting improvements to posture, co-ordination and wellbeing.

EMS201 Mastery of Emotional Stress Release

This unit develops skills to defuse a variety of emotional stress issues and help the client come up with answers to their problems and move forward. Techniques include active listening, challenges to authority and getting advice from your older wiser self and more importantly how and when to use each one. This is a unit all Kinesiologists need.

Supervised Student Clinic and Mentoring

This practical kinesiology unit assists students to complete assessment work as they deliver kinesiology to the general public. On completion of this unit, the student will have gained confidence and learnt to work through real life problems that they will encounter in the workplace.

There are 20 hours supervised clinic and 30 hours of mentored sessions.

You may want to expand this unit doing further study.

Non-Kinesiology Home Study Units

Anatomy

AP1 provides a solid basis of all systems of the body. Students will have a good understanding of Anatomy & Physiology and will find this unit straight forward and to the point. In having this detailed understanding of anatomy you will be able to implement a problem-solving approach on how to plan, care for and manage your clients.

Infection Control

Implement and monitor infection prevention and control policies and procedures to manage infection control for the practitioner, clients and general public.

Communication

This unit describes 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.

Provide First Aid

First Aid is a requirement of all health practitioners. It is the equivalent of the Senior First Aid. *This is an External Unit to be completed by the student at any stage. This unit is not supplied by KSA and is not included in course price.*

Duration & Amount of Training

The volume of learning of the Foundation Training is typically covered over 12 to 18.

The amount of training provided includes:

250	hours of kinesiology course material
20	hours of supervised clinic
30	hours of mentored clinic activities (log book)
200	hours of self-paced workbooks
50	hours of tutoring/assessments
<u>200</u>	hours of home study units

Total: 750 hours

The course structure and delivery plan has been developed to enhance the students' personal and professional development, maximising the volume of learning and creating opportunities for students to develop their own business as they study.

Course Includes

- High quality experienced lecturers
- Professional practical knowledge and skills
- Manuals and Journals
- Licenses with the International College of Professional Kinesiology Practice
- All assessments (includes 1 free re-sit of practical assessment)
- Mentoring case studies and sessions done in your home clinic
- Class tutoring
- Morning and afternoon tea
- Personal growth
- Graduation
- Supervised Practice
- Phone, Facebook, email and zoom contact with the school
- Mentored session hours

Investment/Course Costs

Course Payments 2023

PLEASE NOTE: Enrolment will not be accepted unless payment accompanies application form. In 2023 we offer **Foundation Level**. Students wanting to study the national Diploma may need to transfer to Hervey Bay to complete their studies.

Cash / Cheque / Direct Deposit / Internet Banking (please circle)

Fees Foundation \$8,500

600 Plan

Deposit \$1,300 - plus 12 payments of \$600

Please direct any queries to Veda Turner - 02 6685 7991 or byronkinesiology@gmail.com

Payments can be made by:

Cheque: Payable to Byron Kinesiology Centre, 28 Seaview Street, Byron Bay, NSW 2481

Direct Deposit: ANZ Bank

Account Name: Turner & Wismer

BSB: 012554, Account No: 209381289 - please advise teller to state your name as reference.

Internet Banking:

Turner & Wismer BSB: 012554, Account No: 209381289

please note your name as reference or call us for an invoice number.

Note 1 #: Senior First Aid is NOT included in the price. First Aid can be taken with any Registered Training Organisation authorized as a First Aid provider. First Aid is required before you can begin your Mentored Home Clinic

Note 2 #: Other Expenses, not included in your fees:

- A massage table is recommended by BKP103
- You are recommended (not required) to have 1 to 5 personal sessions with an ICPKP Diploma graduate.
- Wall charts and test kits
- You are required to set up a home clinic or access a room for Mentored Home Clinic from BKP107
- A textbook is required for:
 - Anatomy & Physiology
 - Nutrition

Note 3 #: Classes will commence or continue subject to numbers

Note 4 #: The school is likely to deliver some classes ahead of payments. Should you need to stop your training, you will be liable for all courses and materials delivered to you.

Diploma in Kinesiology 2023 First Year Schedule - Foundation

UNIT	2023 Dates
BKP 101 Energisers and self-care	25-26 March
BKP 102 Manual muscle testing	15-16 April
BKP 103 Five elements and Yin balancing	29-30 April
BKP 104 Superficial connections	20 - 21 May
BKP 105 Five elements in depth	10-11 June
BKP 106 Professional Protocol	1-2 July
BKP 107 Pain Reduction	22-23 July
BKP 108 Balancing with food	5-6 August
BKP 109 Reactivity and Posture	7-8 October
EMS 201 Emotional release	21-22 October

*Tutorials, assessments and supervised clinic will be offered throughout the year.

Please Note: Dates Could Change

Free Kinesiology Experience Sat 18 February 2023

REFUND POLICY

Entitlement to Refund

Students **may be** entitled to a refund of course fees depending on when the application for withdrawal is received and the circumstances prompting a withdrawal. The student is not entitled to a refund on any course material received prior to the student withdrawing. Students are required to put any request for extensions, withdrawals, deferment and any refunds of course fees in writing.

Where a refund application is received ...	Students will receive ...
More than 21 days prior to the commencement of the course	A refund of the fees paid less a \$300 non-refundable deposit and any home-study or course material received.

Attendance at Repeat Classes

Students are able to attend courses they have missed free within 12 months or when next offered to finalise incomplete competencies. Our college offers you 2 extra free repeats per year. Students repeating extra units and classes after more than one year may be charged a repeaters fee.

Withdrawal after Commencement of Training

Students have the option to withdraw after the first unit, if they feel that this training is not right for them, under the conditions referred to in the refund policy.

Students who have certified medical reasons or personal hardship may apply for special consideration. BKC will consider refunding a portion of the course fee in relation to those components of training that have not been started by the student, less an administration fee.

Cancellation of Course

Should BKC cancel a course, students are entitled to:

- a refund of fees for the home study units not yet received or workshops not attended
- transfer of funds to another future course

In this event, students will be given their preferred option.

Advanced Kinesiology Training

Graduates can choose to study advanced units. We recommend further study to truly become an expert in the field. In 2023 BKC offers a Diploma in Energy Psychology and Advanced Certificate in Trauma Healing. Contact BKC for details. We may also schedule advance PKP Units.

These units can be used towards CPD (continued professional development) points required by all professional health industry bodies. The techniques in these units are advanced techniques that quickly provide positive and effective results.

Some advanced topics may include:

- Learning Difficulties
- Emotional Anatomy and Intelligence
- Increasing emotional wellbeing
- Trigger points and hypertonic muscles
- Nutrition
- Pelvis and the pelvic muscles
- Lymphatic and digestive systems
- Advanced meridian techniques
- Adrenals and vitality

Testimonials

From my very first interaction with the school, watching a demonstration by Parijat at the Starlight Festival, I knew that studying Kinesiology would be an incredible experience. The teachers and support are kind, well organized, knowledgeable and so generous. The location is idyllic, the classroom well-equipped and meets all my learning needs.' – SR

'The support we receive from the school is incredible, learning a new concept can be very overwhelming, but the support and guidance that the teachers provide along every step of the way makes it feel so much easier. It's a beautiful environment to learn in and feels like home.' – TS

'I am thoroughly enjoying my intro to Kinesiology...from knowing very little about the processes involved, I feel I have now progressed so far that I am confident of my knowledge of everything learnt...as well as my ability to work with clients as a trained Kinesiology practitioner.' – AW

'Kinesiology has enabled me to improve my life on so many levels...not only did I meet and make friends with an amazing group of teachers and fellow students, but also discovered many processes to enable the body achieve a high level of wellness. I use what I have learnt to enhance my life in all areas, and enjoy watching friends, family and clients enhance their lives through kinesiology. This truly has been a life-changing course for me and if you are attracted to it - I suggest you follow your instincts and go for it. I did and it has been well worth it.' - S

'Studying Kinesiology in Byron is like being a part of a family. The love, support and guidance you receive makes learning so much easier' – BB

'I can't emphasize enough the importance of the learning environment that you provide for students at your campus. I've experienced a variety of education formats over the years, from private schools to private short courses. I can honestly say that I've never learned in such a profoundly encouraging, nurturing and positive environment before, and the belief I have in myself as a result of that is something I didn't anticipate. So now that I have it, I'm owning it, and that's a real gift as I move further into my study, and embrace it in all areas of my life. Thank you from the bottom of my heart' - CY.