

Kinesiology Schools Australia

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Certificate IV in Kinesiology - HLT42807

The Certificate IV in KINESIOLOGY, HLT42807, is a one-year professional course that is accredited by the Australian Nationally Recognised Training Authority. It consists of 10 Kinesiology units (BKP101 – BKP110), First Aid, Anatomy & Physiology, Clinical Safety and Business Administration.

These are the first fourteen units of the nationally recognised Diploma in Kinesiology and the complete Professional Kinesiology Programme™ (PKP), which are already recognised and accredited in many countries around the world and by the International College of Professional Kinesiology Practice, the Australian Institute of Kinesiologists and the Australian Kinesiology Association.

The **Basic Kinesiology Programme™ (BKP)** is the Kinesiology material used by Kinesiology Schools Australia. BKP provides students with all the powerful Kinesiology techniques and protocols needed to qualify and set up practice as a certified Kinesiology practitioner. Completing this course is the first step towards an exciting career in Kinesiology.

Each Kinesiology unit consists of 18 class tutorial hours (theory and practical) plus a **Student Assessment Journal (SAJ)**, 20 to 25 hours, which requires the student to practice their newly acquired skills. 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.

On completion of the Certificate IV in Kinesiology, graduates are eligible to register with the Australian Kinesiology Association or the Australian Institute of Kinesiologists as first level practitioners.

Certificate IV in Kinesiology Unit Descriptions

Through Kinesiology Schools Australia first year students learn the necessary skills that all Kinesiologists need: how to take care of their own energy, how to muscle test, the energy pathways and body systems, how to evaluate and

balance energy and record results, how to recognise instinctual behaviours, Anatomy & Physiology, safety in the clinic and the basic business skills needed to run a clinic. Graduates qualify at the standard to work as a Kinesiology practitioner.

The 14 units, outlined below, cover all required competencies of the HLT07 Health Training Package Certificate IV in Kinesiology course number HLT42807.

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.

BKP102 Manual Muscle Testing

This unit introduces muscle testing, which is the basis of Kinesiology. Students learn to balance other people, using brain/muscle feedback to identify dysfunctions and stress.

BKP103 The 5 Elements

The introduction of Chinese philosophies to balance the energy using colour, sound and the emotions. This unit teaches techniques to correct and confirm the changes of a 5 Element balance and using food to strengthen muscles and meridians.

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 basic Anatomy and Physiology.

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BKP105 5 Elements in-depth

Learn the 5 Element principles in depth and working with the full chart of emotions takes students to a whole new level of knowledge. An extra 14 muscles allows students a greater variety of ways to balance the client. Students also learn how to find one single correction to return the person to balance.

BKP106 Professional Skills – Balancing Protocol with PKP Database

In this unit students learn how to put it all together using the specialised protocols that set PKP Kinesiology ahead of the rest. Students learn how to use finger modes and go back to balance stressful times in the past that affect us today.

BKP107 Pain Reduction

This unit teaches students to evaluate and reduce pain using a number of simple but powerful techniques. This unit is a favourite with most students.

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.

BKP109 Advanced Muscle Techniques – Reactivity and Posture

This unit students start to learn the first of the advanced techniques where messages from the brain are confused causing reoccurring problems.

BKP110 Client Health Records and Professional Relationships

This unit sets out the requirements and responsibilities all practitioners need to be aware of and fulfil. Here students *'put it all together'* into a complete package to now become a PRACTITIONER.

A&P201 Anatomy and Physiology (home study unit)

The purpose of this home study unit is to provide a solid basis of all systems of the body. Students will have a good understanding of Anatomy & Physiology but

will find this unit straight forward and to the point, nothing more and nothing less and written in an easy to follow and work though manner.

CS101 Clinical Safety (home study unit)

This home study unit covers the requirements necessary to provide a safe work place and work procedures for the practitioner, clients and general public. This unit covers occupational health and safety issues plus infection control.

BA101 Business Administration (home study unit)

The area many Kinesiologists and people entering small business lack is the knowledge to running a business. This home study unit teaches students the basic requirements and paperwork needed to prepare and run their Kinesiology practice.

OCT202 Senior First Aid (11475T)

This unit is available through St John Ambulance, Red Cross or other accredited providers and will be automatically recognised by Kinesiology Schools Australia.

Completing the Certificate IV in Kinesiology

Students undertake a final assessment at the college and a web-based 50 question multiple-choice assessment. Results will be received immediately.

A nationally recognised Certificate IV in Kinesiology will be awarded to students who successfully complete BKP101-110, Anatomy & Physiology and First Aid, Clinical Safety and Business Administration.

WHAT'S NEXT

The Certificate is the first step to a rewarding, successful career in Kinesiology. Graduates are eligible to register with the Aust. Institute of Kinesiologists and the Aust. Kinesiology Association and set up practice. Both the Diploma and the Post Graduate PKP units are available for those who wish to continue and become not just a good Kinesiologist but also a highly sought after, knowledgeable health care practitioner.