

Professional Kinesiology Programme™ Prospectus 2011/12

HLT42807 - Certificate IV in Kinesiology
HLT51507 - Diploma in Kinesiology
Touch For Health Certificate (IKC)



office@iikinesiology.com
www.iikinesiology.com

*Sydney – Byron Bay - Gold Coast - Hervey Bay - Brisbane
Melbourne – Melbourne East*

Accredited Specialized Kinesiology Training

AIK, AKA, ATMS, ICPKP, IKC, TFHIAA



ABOUT IIKA:

The International Institute of Kinesiology Australia is an internationally accredited ICPKP College offering the most comprehensive professional kinesiology training as a career pathway for people of all ages and backgrounds.

IIKA offers nationally and internationally accredited kinesiology training with flexible study options, experienced instructors and well proven support systems that ensure your success. Our unique mentoring program and individual supervision in our student clinic ensures easy and fast learning.

We provide you with a rewarding career in the fastest growing field of Natural Therapies which enables you to start a successful practice as a Registered Kinesiology Practitioner within only 12 months.

After completion of the first year the graduate has the option to complete the Diploma in Kinesiology over 18 months part-time.

You will find our professional kinesiology training programs stimulating, inspirational and rewarding in many ways. IIKA is affiliated with Kinesiology Schools Australia (registered training organization, national provider number 30916) with 7 campuses in Australia.

Your Instructors:

Katha Jones is the Founder/Principal of IIKA and a Senior Faculty Member of the International College of Professional Kinesiology Practice. She brings a diverse range of skills to her teaching and has been an accredited Workplace Trainer in Adult Education since 1998. She has been successfully instructing adults from all walks of life for over 12 years and for many years was a lecturer at the Australasian College of Natural Therapies and Nature Care College in Sydney.

Katha is a Specialized Kinesiology Practitioner, NAET Allergy Elimination Practitioner, Remedial & Sports Massage Therapist, Bach Flower Practitioner and International Bach Flower Trainer. She is a vibrant, caring and motivational facilitator and brings a wealth of 12 years clinical experience and invaluable practical tips to her lectures. Students appreciate her personal supervision, attention to detail and focus on each student's unique learning style.

Terese Mudgway is a Faculty Member of the International College of Professional Kinesiology Practice and a Specialized Kinesiologist (Diploma in Kinesiology) in private practice. Her extensive corporate coaching background and her ability to make complex topics easy to understand make her a charismatic Instructor. Students appreciate her sense of humour, extensive clinical experience and useful tips on how to build a successful practice.

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Katha Jones – Specialised Kinesiologist, NAET Practitioner
Senior Faculty International College of
Professional Kinesiology Practice, Professional
Member ATMS, AIK, AKA, ICPKP, TFHIAA



Terese Mudgway – Specialised Kinesiologist, Faculty
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Putting some muscle into Health

by *Katha Jones*

Kinesiology



Kinesiology is one of the fastest growing natural therapies in Australia and internationally. Kinesiology is a unique holistic therapy and a synthesis of the ancient Chinese acupuncture system and meridians, modern chiropractic, anatomy and physiology, nutrition, counselling and the subtle energy bodies (chakras). It works to promote physical, mental, emotional and spiritual health. Muscle testing is a reliable biofeedback system enabling the practitioner to gauge unresolved stress responses from the central nervous system. Kinesiology identifies the factors which may be blocking the body's natural healing process such as stress, sensitivities to food and environment, nutritional deficiencies or emotional issues.

The human neurology is an adaptive self-regulating system. When we are unable to adapt efficiently to a situation, a food or any kind of external stimulus, the unlocking muscle response will show the stress in the central nervous system. The practitioner is like a detective looking for blockages and "scrambled signals" in the brain, the subconscious and the body systems and communicates with the person's innate intelligence. Through non-invasive gentle stimulation of meridians, specific

reflexes and other specialised techniques we can restore balance and equilibrium to the person's triangle of health of body – mind – spirit.

The basic paradigm of kinesiology is that our health consists of three main elements: structural (anatomical factors), mental / emotional (our belief systems and feelings) and biochemical (nutritional factors). If one side of this equilateral triangle is under stress it automatically affects the other two sides, and various symptoms and signs of stress and dis-ease are experienced. The practitioner is balancing the numerous subtle imbalances in the energy (meridian) system that lie beneath the physical, mental and emotional problems that are so commonly experienced today.

If you are lacking energy and focus, are frequently unwell or sick or just feel stuck in a rut, kinesiology can help you get back on track very quickly. It can be used to resolve persistent problems in our lives and provide a sense of self empowerment, clarity, increased vitality and zest for life. It assists with helping people to release unsupportive negative belief systems, thought patterns and dysfunctional behaviours and leads to resolving blocked or suppressed emotions from

the past, setting us free to reclaim our authentic self and express our true potential in very possible way.

Kinesiology is a powerful modality for anyone who is ready to take responsibility for their experiences in life and can help when every other modality has failed to deliver the desired result. Kinesiology also deals with physical and structural problems such as neck and back pain, teeth grinding (temporo-mandibular jaw dysfunction), headaches, allergies, digestive problems, rashes and weight issues.

The practitioner takes a full medical history, and treatments usually last for 1.5 hours. Depending on the complexity and chronic nature of the problem, a suitable treatment plan is tailored to suits each client's individual needs.

Kinesiologists have witnessed amazing and sometimes extraordinary changes in clients' lives. It is a powerful catalyst for change and healing and helps to recalibrate our body, mind and spirit to a state of optimum health. ●

Professional Kinesiology training in:

- Certificate IV in Kinesiology
- Diploma in Kinesiology
- International (Advanced) Diploma
- Touch for Health Certificate
- K-Power workshops



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*Katha Jones is the Director/
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Australia in Sydney and a
Professional Kinesiologist with
10 years clinical experience.
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OUR PHILOSOPHY

The International Institute of Kinesiology Australia (Sydney campus of Kinesiology Schools Australia) is committed to providing a centre of high quality and in-depth kinesiology education, personal growth and ongoing professional development. We provide a supportive and caring environment for students from all cultural backgrounds to help them express their full potential and succeed in their new career.

OUR VISION

To provide assistance and guidance for our students on their journey of professional development and provide them with proven support structures and role models to ensure their success in their new profession as a Holistic Health Care Provider.

MISSION STATEMENT

We are Kinesiology Schools Australia, accredited colleges of the International College of Professional Kinesiology Practice (ICPKP) and this is our mission statement:

- To provide modern educational course structures and innovative pathways in the field of Specialized Kinesiology education.
- To provide a supportive and stimulating student centred environment that assists students to learn, grow and embrace life to their highest potential.
- To qualify graduates who are confident and passionate 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 empower and educate their clients in every aspect of their lives.
- *To assist people of all ages and from all walks of life to realize their dream of pursuing a fulfilling and successful career in Kinesiology and effecting lasting change for better health, self expression and achieving their potential.*



INTRODUCTION AND OVERVIEW

There are three programs within the Professional Kinesiology Program (PKP):

- Certificate IV in Kinesiology
- Diploma in Kinesiology
- Advanced (International) Professional Kinesiology Programme™

The Professional Kinesiology Programme™ (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. This course is an integrated course of study in Professional Kinesiology Practice leading to registration as a Kinesiology practitioner.

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 (Certificate IV), progressing to advanced skills (Diploma) whilst at the same time not repeating information previously learnt. Units are segregated into sections for easy learning.

The Certificate and Diploma take Kinesiology into the 21st century with a new and improved format for learning and professionalism. After years of successful research this new 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.

All health funds now require practitioners to have a Diploma in Kinesiology (HLT 51507) for rebates. This requirement ensures a high industry benchmark for kinesiology practitioners in the field of Natural Therapies.

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 ICPKP Kinesiology units (BKP101 – BKP110), Anatomy & Physiology, Clinical Safety, Business Administration and First Aid (external studies).

These are the first fourteen units of the nationally recognised Diploma in Kinesiology and the complete Professional Kinesiology Programme™ (www.icpkp.com), which are already recognised and accredited in many countries around the world. The Certificate IV is recognised by the Australian Institute of Kinesiologists (AIK) and the Australian Kinesiology Association (AKA).

The **Certificate IV in Kinesiology** is the first step towards an exciting career in the fascinating field of kinesiology. BKP provides students with all the powerful kinesiology techniques and protocols needed to qualify and set up practice as a qualified and registered Kinesiology Practitioner.

Each Kinesiology unit consists of 16 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 on volunteers outside of class hours. This assists the student to gain valuable experience and confidence whilst obtaining the theoretical knowledge required. The assessment 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 and/or the Australian Institute of Kinesiologists as a Registered Kinesiology Practitioner (RKP).

Please refer to page 8 of this booklet for a brief unit description of the Certificate IV in Kinesiology.

Diploma in Kinesiology - HLT51507



The Diploma in Kinesiology, HLT51507, continues to build on the effective skills and knowledge learnt in the Certificate IV in Kinesiology.

Extending the students learning by one and a half years the Diploma develops extensive advanced techniques and skills. As Kinesiology Schools Australia is a high quality Kinesiology educator our Diploma consists of **20 advanced Kinesiology units** providing an extensive knowledge covering a variety of health issues.

Starting with ICPKP's **EMS201** students learn effective counselling and emotional trauma 'defusing' techniques followed by units on energy imbalance in relation to muscles affecting pain, flexibility and strength. Other units help with allergies and sensitivities to foods, substances and environmental issues that are increasingly becoming a problem and affecting more people every year. Students will also learn Kinesiology techniques and the effectiveness of vibrational energies such as flower essences, gems, chakras and the auric fields. There are also a number of units covering other emotional aspects of health.

For a more detailed description of the Diploma modules please refer to page 10 of this booklet.

These units are accredited by the Australian Nationally Recognised Training Authority and the industry representative body, the Australian Institute of Kinesiologists, and entitle graduates to register as a professional member with the Australian Institute of Kinesiologists (AIK), the Australian Kinesiology Association (AKA) and the ATMS (Australian Traditional Medicine Society).

All Health Funds require a Diploma in Kinesiology for clients to be able to claim. Clients of Kinesiology Schools Australia graduates qualify for these rebates.



Postgraduate Kinesiology Training



The Professional Kinesiology Programme™, taught by Kinesiology Schools Australia offers the most comprehensive, student-centred training in Kinesiology worldwide. These units are accredited with the Australian Institute of Kinesiology (AIK).

Each of the Kinesiology Schools Australia campuses provides postgraduates with these units covering 11 advanced topics. These units are only available to students who have completed the Diploma. Graduates can choose to study all or some of these advanced units. We recommend all the units to truly become an expert in the field.

The Complete Professional Kinesiology Programme™ as the name implies is the *complete* Professional Kinesiology Programme™ written by Dr Bruce and Joan Dewe, the founders of the International College of Professional Kinesiology Practice (ICPKP).

Graduates of the Complete PKP will be sought after practitioners. The extra units take Diploma graduates from very good, knowledgeable, and experienced practitioners to the highest level of training available in the fascinating field of Kinesiology.

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

Advanced topics available:

- Learning Difficulties
- Emotional Anatomy and Intelligence
- Stress Management Techniques to evaluate and positively balance negative influences on our emotional wellbeing
- Correct structural problems of the pelvis and the pelvic muscles
- Clearing the Lymphatic and Digestive Systems
- Advanced Meridian Techniques
- Specialised Techniques to help the adrenal glands and restore energy and vitality many of us lack
- Complete Hypertonic Muscle Release
- Trigger Points

Certificate IV in Kinesiology Unit Descriptions

First year students learn the necessary skills 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. 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 biofeedback to identify dysfunctions and stress held in the nervous system.

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.

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.

BKP105 Five Elements in-depth

Learning 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 to 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. 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.

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.

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) – 160 hours

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 through 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 Reviva (www.reviva.com), 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 practical and oral 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 and an international Certificate from ICPKP will be awarded to students who successfully complete BKP101-110, Anatomy & Physiology, Clinical Safety, Business Administration and Senior First Aid.

WHAT'S NEXT?

The Certificate is the first step to a rewarding, successful career in Kinesiology. Graduates are eligible to register with the Australian Institute of Kinesiologists and the Australian Kinesiology Association and set up practice. Both the Diploma and the Post Graduate PKP units are available for those who wish to complete the program and develop into a highly Specialized Kinesiologist, highly sought after, knowledgeable health care practitioner.

Diploma in Kinesiology Unit Descriptions

The following 20 ICPKP and 5 KSA units, outlined below, cover all required competencies of the HLT07 Health Training Package Diploma in Kinesiology course number HLT51507.

EMS201 Mastery of Emotional Stress Release

This unit develops skills to defuse a variety of emotional stress issues including active listening, challenges to authority and terminating a relationship. 14 new stress diffusion techniques and their appropriate application. This knowledge is crucial for all Kinesiologists and will greatly enhance your communication skills.

ECO201 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 need to add or delete supplements.

ECO202 Immune Mismatch Responses, Allergies and Hypersensitivities

Continuing where BKP108 stops, students learn various sensitivity techniques to identify and release stressful foods and substances (allergies and reactions). These are becoming an epidemic in our society. Learn how you can help.

HMR201 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. Your muscular-skeletal system will be realigned and restored to total balance.

JAF201 TMJ and Cranials

Headaches and migraines are just two symptoms caused by jaw and cranial problems. Students reset the tight muscles of the jaw which results in immediate relief of these common imbalances.

MST201 Muscle and Skin Activation

Students develop skills and understanding in identifying and correcting meridian energy imbalance related to muscle circuits, skin, scars, blood chemistry, thymus and spleen energy. This variety of techniques covers a number of key areas not previously covered.

MST202 Shoulder, Elbow, Hand Muscle Protocol

Students learn test and correction techniques to release pain, increase the function and performance of the shoulder, arm, hand and fingers. We all know people with pain and MST202 and MST203 are major units to release these pains.

MST203 Hip, Leg and Foot Muscles

Students learn test and correction techniques to release pain, increase the function and performance of the hip, leg, knee and foot.

PIB203 Basic Brain Integration Skills

Learning difficulties is a topic of high discussion. Kinesiology is a huge help to both adults and children with these problems. This unit teaches techniques related to neurological blind spots caused by fear, pain, self-doubt of learning difficulties and dyslexia.

VEF201 Flower Essences

Flower essences open up a whole new world to students. Through flower essences students learn to identify and utilize insights relating to their properties and photographic images, to re-balancing mental, emotional and spiritual energy.

RBT201 Clinical Body Contact

Students learn the various massaging techniques used to relax, release pain and tension and palpate areas within the body. This is not a massage unit as such.

EMS301 Genetic and Meridian Emotional Release

Students will be able to assist the clients to express life events in terms which do not decrease 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 see positive possibilities in their future. They will use meridian-based affirmations affecting a multitude of personal issues and belief systems.

EMS302 Subconscious Self-Perception

This unit teaches students to find and work the subtle messages that interfere with achieving our desired outcomes in life. Sabotage programs, misperceptions, misunderstandings and those little hypnotic messages that have snuck up on us over time affect our every essence.

EMS303 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.

VEF301 Gems and other 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 homeopathics and their use within Kinesiology.

VEF302 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.

JAF301 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.

JAF302 Injury, Strain and Inflexibility

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

MST301 Head, Neck and Trunk Protocol

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

MST302 Touch, Clothes and Environment

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

NUT201 Nutrition (home study unit)

This home study unit teaches students about vitamins and minerals, their use, source, function, body demand, signs of deficiency and toxicity and the safe range of dosage. Students will find the two assignments are very interesting and will become a useful reference guide in your clinic.

MAB201 Manage a Business (home study unit)

Graduates of the Diploma will be knowledgeable practitioners with the possibility of building a busy health practice. This home study unit teaches students how to manage and run their business, from stock control to holding and running a meeting, advertising and marketing.

RES201 Research (home study unit)

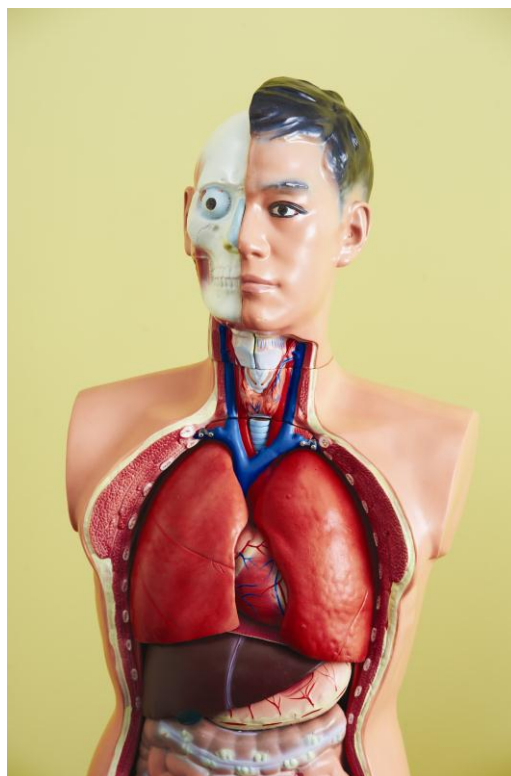
Students learn and participate in how to perform and analyse Kinesiology research. Kinesiology has been around for a number of years and students will learn how to prove that what we do does work.

MEN201 Mentoring (home study unit)

This home study unit will help students reinforce the knowledge and skills learnt at the same time as building a network within the industry. Skills gained in this unit include being able to confidently explain the knowledge. This helps practitioners gain confidence in themselves to promote and build a client base.

A&P301 Basic chemistry, Pathophysiology of disease (home study unit)

In this unit students learn some basic chemistry, pathophysiology of disease and the effects of biological maturation and the aging process.





The Authors

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 42 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 Professional Kinesiology Programme™ (PKP) workshops and finally to an International Diploma Kinesiology Programme™.

Joan Dewe is a Chartered Natural Medicine Practitioner who specialises in Kinesiology at her clinic in Auckland. 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.

During the 1990's Bruce and Joan re-wrote and undated the complete PKP course making it a student friendly in-depth learning experience. Kinesiology courses were traditionally put together as new techniques emerged. The re-write of these courses has now made learning a free flowing and integrated experience making learning easier and building confidence and competency very quickly.

Kinesiology Schools Australia

Registration number: 30916

Kinesiology Schools Australia (KSA) is a Registered Training Organisation offering nationally recognised Certificate IV and Diploma in Kinesiology and is accredited by the International College of Professional Kinesiology Practice (ICPKP).

In 2003 a leading Queensland newspaper in conjunction with the Department of State Development and market research specialists AC Nielson voted Kinesiology Schools Australia as the best business in its category in the Business Achievers Awards.



Kinesiology Schools Australia consists of seven campuses throughout Queensland, New South Wales and Victoria. Having seven locations means students can, if they desire, start their study at one campus (Certificate IV) and continue the Diploma at another. All marks will be automatically transferred.

The Professional Kinesiology Programme™, is the course taught by Kinesiology Schools Australia and is taught in many countries around the world making it one of the most widely used modalities of Specialized Kinesiology worldwide.

Since we are a specialized Kinesiology college, students can be assured that the stimulating syllabus meets the highest industry standards and the lecturers are experienced Specialized Kinesiologists in private practice. All Kinesiology Schools Australia lecturers are accredited Workplace Trainers, practicing Kinesiology consultants and qualified Faculty of the International College of Professional Kinesiology Practice. Each Kinesiology Schools Australia campus must have at least one *Senior Faculty Member* of the International College on staff. This once again assures students will receive high quality training and practical hands on experience.

The International Institute of Kinesiology Australia (KSA campus Sydney) is located in Alexandria, only 15 minutes from the CBD and close to Newtown/Surry Hills. It is easily accessible from the Eastern and Western suburbs and only 15 minutes from the M5, which is convenient for students commuting from Canberra. There is off street parking available. The nearest train stations are Erskineville and Redfern. The college is close to great cafes, restaurants and shops.

WHY THIS COURSE IS SUPERIOR

- PKP has a proven success record since the early 80s
- Professionally written by a Medical Doctor & Natural Medicine Practitioner
- Covers most aspects of Kinesiology
- Progressive learning (Integrated and in-depth curriculum)
- Student Assessment Journal – directed self study to help you learn between classes – home study component
- Nationally & Internationally Recognised Training
- Austudy approved
- Accredited by both Kinesiology Associations – AIK and AKA
- Kinesiology Schools Australia has 7 colleges to choose from
- Can study in 3 states within Australia
- Internationally recognised – option to continue your study overseas
- **“Earn As You Learn”**: set up your own practice after completion of 1st year while completing the Diploma.
- Plenty of practical, hands on clinical experience
- Covers most learning styles using whiteboard, overheads, handouts
- Theory
 - Discussions
 - Demonstrations
- Questions
 - Practice
 - Practical examples & tips
- Student Journal
 - Online tests
- International Student Forum
 - Supervised Student Clinic
- Questions are encouraged.
- All Health Funds require practitioners to have a Diploma in Kinesiology. This means that your clients are eligible for a health fund rebate.

What you get for your money

- High quality experienced lecturers (practitioners in private practice)
- Plenty of ‘usable’, hands-on knowledge and skills
- Manuals and Journals included (except for A&P301 and Nutrition)
- Licenses with the International College of Professional Kinesiology Practice
- All assessments (includes 1 free re-sit of practical assessment if required)
- Mentoring
- Morning and afternoon tea
- A qualification recognised by the Australian national training framework
- A friendly, supportive student centred and relaxed training environment

Kinesiology is a skill that requires hands-on teaching and supervision. It cannot be learnt by reading a book or doing online courses, it must be experienced firsthand under the direct supervision of a competent instructor who can assist you in your learning process and ensure that you are receiving accurate instructions and answers your questions as needed. Many students comment on how valuable the practical and professional experience of the instructor is to their learning process and how it helped them in their transition from student to competent and confident Kinesiologist. The focus on each student’s unique

learning process ensures that you become a competent and confident Kinesiologist who has all the necessary skills to build a successful and lucrative practice.



INVESTMENT

Full Time Study

Both the Certificate IV and Diploma in Kinesiology are Austudy approved for financial assistance.

Certificate IV in Kinesiology (HLT 42807)

10 Kinesiology + 3 correspondence units

Year 1

Intake February 2011

Option 1: 2 payments of \$ 3.600

\$ 7.200

due 27 January & 1 June 2011

SAVE \$ 720

Option 2:

Deposit \$ 1.000 + 5 bi-monthly payments of \$ 1.310

Due 1 February/April/June/August/October

\$ 7.550

Option 3:

\$ 7.920

Deposit \$ 2.000 (due 27/1/11)+ 8 monthly payments of \$ 740
(total \$ 5.920)

due 1 March/April/May/June/July/August/September/October

The course fee includes:

- 20 days of face to face tuition with instructor
- all manuals, handouts and learning aids
- marking of assessment journals and online tests
- email and phone support (if needed)
- ongoing competency assessments & feedback
- practical & oral assessment
- 2 Certificates (KSA national & ICPKP international)

50 Student Clinic Hours (SC):

\$ 550

one Tuesday a month 5.30 – 8.30 pm – due on 1st day of SC15/3/11

Please refer to dates on separate flier.

5 Personal Kinesiology Sessions

(with an RTO approved ICPKP Diploma graduate)

These sessions are not included in the course fee.

If for some reason this course is not what you expected you may withdraw after BKP101. No further instalments are required.

Students who pay by instalments have enrolled for the full course and they will be liable for the full course fee. (see refund policy).

Payments can be made by

<ul style="list-style-type: none">• Cheque: payable to Kinesiology Schools Australia, 39 Mitchell Road, Alexandria NSW 2015• Direct deposit at Commonwealth Bank <i>Please advise teller to state your full name as reference</i>• Internet banking: Commonwealth Bank <p>Account name: Kinesiology Schools Australia BSB: 064-185 Account number: 1004 9830 Please use your full name as reference</p> <ul style="list-style-type: none">• Credit card payments: 2,5 % surcharge applies• Cheque payment: issue to Kinesiology Schools Australia and mail to Katha Jones, 39 Mitchell Road, Alexandria NSW 2015	<ul style="list-style-type: none">• All payments for Certificate IV due on 27 January 2011• All deposits/payments for Diploma due 27 January 2011 <p>Please allow at least 2 working days for your electronic payment to be processed. Thank you.</p>
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ENROLMENT PROCEDURE:

- Please arrange a suitable time for a brief orientation interview with the Principal before enrolment..
- A minimum deposit of \$ 600 is required to secure your place in the course. If the student decides to pull out before the course has started a \$ 300 administration fee will be charged.
- Please note that our courses fill up very quickly. We have limited class sizes and early enrolment will secure your place in the course.

Other important things to know:

- **First Aid** is NOT included in the course fee. First Aid can be taken with any Registered Training Organisation authorized as a First Aid provider (www.reviva.com.au).
- **Fees** paid in advance cannot be transferred to another college or campus throughout the study year or to another Registered Training Organization.
- **Payment Plans:**
We are happy to offer you flexible payment plans. Please note that late payments will incur an administration fee of \$50 per infringement.

Other required expenses:

- A massage table will be required by BKP103 (April) for your home study. We can organize good quality massage tables at affordable prices.
- A textbook is required for Anatomy & Physiology and Nutrition.
- Classes will commence subject to numbers. The International Institute of Kinesiology Australia reserves the right to change the number of students according to enrolments.
- The International Institute of Kinesiology Australia at any time reserves the right to change policies, prices, courses, venues, study guidelines and schedules contained in any brochures, fliers, prospectus or other promotional material as required. IIKA reserves the right at anytime without notice, to substitute any course material, texts or instructors in the event that they are unavailable or material needing to be upgraded. Courses taken with IIKA are for educational and instruction purposes. Sole responsibility is taken by the student for any action taken or treatments given by students before or after professional competency is recognized.
- The techniques taught in any courses or programs delivered by the International Institute of Kinesiology Australia (IIKA) and/or promoted within this prospectus are not intended as a substitute for medical or psychiatric attention. We therefore recommend strongly that anyone suffering from any potential or diagnosed psychiatric or medical condition, seek the advice of a licensed professional health care practitioner, counselor, psychologist, psychiatrist, outpatient department and always consult with their health care practitioner before starting any new form of treatment.

- **Class Attendance**

If you are unable to attend a training module, alternative arrangements need to be made with the principal **PRIOR** to commencement of the course and confirmed by the campus in writing. 80 % class attendance is a requirement to pass each module.

- **Withdrawal from Program for Lack of Attendance**

Any student who has an unexcused absence of 2 or more classes will be considered to have voluntarily withdrawn from the program and will forfeit any and all tuition and fees paid and/or promised.

- **Sickness**

Presentation of a medical certificate for non-attendance due to sickness will enable the student to make up the course with another class during the study year or in the following year.

If you are unable to attend a training module due to illness or any other unforeseen circumstances, you can arrange to attend another class. Alternatively you can choose to complete the module at another KSA campus at your own cost.

- **Non-Payment**

Students who are not current with their tuition fees (or any other financial obligations) to the College will not be admitted to any class.

- **Personal Emergencies**

If at the sole discretion of the College a valid reason is proven, the student may be allowed to make up the course with another class either that year (if another class is available) or in the following year at no extra tuition cost.



Class dates 2011/2012

CERTIFICATE IV in Kinesiology - (HTL42807) - Year 1: 2011

Weekend course dates (Saturday / Sunday 9:00am – 6:00pm)

BKP101	Feb 26 + 27	BKP106	July 2 + 3
BKP102	March 19 + 20	BKP107	August 6 + 7
BKP103	April 16 + 17	BKP108	Sept 3 + 4
BKP104	May 14 + 15	BKP109	Oct 1 + 2
BKP105	June 11 +12	BKP110	Nov 5 + 6

Mid week evening course: (Tuesdays & Thursdays 5.30 pm – 9.30 pm)

FEBRUARY	Tuesday 22/2	Thursday 24/2 BKP 101	
MARCH	Tuesday 8/3	Thursday 10/3 BKP 101	
	Tuesday 15/3	Thursday 17/3 BKK 102	
	Tuesday 22/3	Thursday 24/3 BKP 102	
	Thursday 29/3	STUDENT CLINIC (101 + 102) 5:30pm – 9:00pm	
APRIL		Thursday 31/3 BKP 103	
	Tuesday 5/4	Thursday 7/4	
	Tuesday 14/4		
	Tuesday 19/4	STUDENT CLINIC	
MAY	Tuesday 10/5	Thursday 12/5 BKP 104	
		Thursday 19/5	
	Tuesday 24/5		
	Tuesday 31/5	STUDENT CLINIC	
JUNE		Thursday 9/6	BKP 105
	Tuesday 14/6	Thursday 16/6	
	Tuesday 21/6		
	Thursday 28/6	STUDENT CLINIC	
JULY	Tuesday 5/7	Thursday 7/7	BKP 106
		Thursday 14/7	
	Saturday 16/7	STUDENT CLINIC	9.30 – 5.30 pm
AUGUST	Tuesday 9/8	Thursday 11/8	BKP 107
	Tuesday 16/8	Thursday 18/8	
	Tuesday 23/8	STUDENT CLINIC	
SEPTEMBER		Thursday 1/9	
	Tuesday 6/9	Thursday 8/9	BKP 108
	Tuesday 13/9	Thursday 15/9 BKP 109	
	Tuesday 20/9		
OCTOBER	Tuesday 4/10	Thursday 6/10 BKP 109	
	Tuesday 11/10	Thursday 13/10	BKP 110
	Saturday 15/10	STUDENT CLINIC	9.30 – 5.30 pm
		Thursday 20/10	BKP 110
	Tuesday 25/10		
	Tuesday 8 /11	STUDENT CLINIC	

DECEMBER PRACTICAL & ORAL ASSESSMENTS: 6 – 10 December 2011

Please cater for your nutritional needs as there is no break.

**Supervised Student Clinic: 50 hours (weekend class & mid week class):
5:30pm – 9:00pm**

Tuesday 29 March - 19 April – 31 May – 28 June – 23 August – 8 November

Saturday 16 July 9.30 am – 5.30 pm

Saturday 15 October 9.30 am – 5.30 pm

Senior First Aid (11475T) OCT 202

External studies through Reviva.com or St Johns (not included in course fee)

DIPLOMA in Kinesiology – (HLT51507) - Year 2: 2012

13 diploma modules + 5 correspondence modules

Training times: Saturday & Sunday 9 am – 6 pm

(some modules are taught over 3 full days: Friday, Saturday, Sunday: 9 am – 6 pm)

12/13 February 2011 5/6 March 2011 9/10 April 2011	EMS 201 Mastery of Emotional Stress Release MST 201 Muscles, Skin & Touch PIB 203 Brain Integration	2 days: Saturday/Sunday
6/7/8 May 2011 3/4/5 June 2011	ECO 201 Lifestyle & Diet + ECO 202 Allergies & Sensitivities (IMR) JAF 201 Temporomandibular Joint & Cranials + MST 202 Shoulder, Elbow & Hand Protocols	2 modules taught over 3 days: Friday, Saturday, Sunday
25 June 8/9/10 July 2011	Supervised Student Clinic EMS 301 + EMS 302 Advanced Emotional Stress Release Term break 18 July – 25 August 2011	9.30 am – 5.30 pm 3 days: Friday, Saturday, Sunday
26/27/28 August 2011	MST 203 Hip, Knee & Foot Muscles + MST 301 Head, Neck & Torso Muscles	3 days: Friday, Saturday, Sunday
23/24/25 September 2011 16 October	VEF 201 Flower Essences + VEF 301 Other Vibrational Energy Fields Supervised Student Clinic	3 days: Friday, Saturday, Sunday 9.30 am – 5.30 pm
5 home study units: NUT 201 MAB 201 RES 201 MENT 201 A & P 301	These modules must be completed during 2 nd & 3 rd year Nutrition Manage a business Research Mentoring Pathophysiology / Basic chemistry	includes email and phone support

Supervised Student Clinic Diploma Studies:

Wednesdays: 5.00 – 9.00 pm
9 March – 20 April – 7 September plus
25 June + 16 October 9.30 am – 5.30 pm

DIPLOMA in Kinesiology – HLT51507 - Year 3: Feb – May 2012)

7 specialized kinesiology modules + supervised student clinic

3/4/5 February 2012 3 days	RBT 201 Clinical Body Contact + HMR 201 Hypertonic Muscle Release
2/3/4 March 2012 3 days	MST 302 Touch, Clothes & Environment + VEF 302 Metaphysical Energy
6/7/8 April 2012 3 days	JAF 301 Ligaments & Joints + JAF 302 Inflexibility
21 April 2012	Supervised Student Clinic 9 am – 6 pm
4/5/6 May 2012 2 days	EMS 303 Dreams, Goals & Attitudes
1 June 2012 2 June 2012 5 June 2012	Practical & Oral Assessments June 2012
	Completion of Diploma in Kinesiology (HLT 51507)

FREE INTRODUCTION TO KINESIOLOGY workshops:

This is a great opportunity to learn powerful, yet simple kinesiology techniques to improve your own wellbeing, witness live demonstrations on volunteers with postural problems and have all your questions about our nationally accredited training programs answered by the Principal. Numbers are strictly limited, so early booking is recommended.

Tuesday 26 October 2010	6:00pm – 8:30pm
Saturday 30 October 2010	1:00pm – 4:00pm
Tuesday 30 November 2010	6:00pm – 8:30pm
Saturday 5 December 2010	1:00pm – 4:00pm
Tuesday 14 December 2010	6:00pm – 8.30pm
Sunday 23 January 2011	1:00pm – 4:00pm
Thursday 10 February 2011	6:00pm – 8:30pm

**Booking is essential: please call us on (02) 4648 0505
or email info@iikinesiology.com**

Level 1 / 39 Mitchell Road, Alexandria NSW 2015

unlimited off street parking available
nearest train station: Erskineville or Redfern

Refund Policy

Introduction This policy is included in the student handbook.

Entitlement to refund Students may be entitled to a refund of course fees depending on when the application for withdrawal is received. An administration fee of \$ 300 is non-refundable.

Where an application is received ...	Students will receive ...
More than 2 weeks prior to the commencement of the course	A refund of the full cost of the course less \$ 300 non-refundable administration fee.
Less than 2 weeks prior to the commencement of the course	No refund is available. The original course fee payment minus \$ 100 administration fee can be used as credit towards the same course within 12 months of the initial payment.

Correspondence units (Distance Education):
After a correspondence unit has been received by the student no refund is available.

Transfer to another course A student may change enrolment to another course delivered concurrently with the original enrolled course or to the original enrolled course offered at a later date. The request for the change must be made in writing and must be received at least 2 weeks prior to the commencement of the original enrolled course. The fees paid minus an administration fee of \$300 can be transferred to the new course. A second administration fee of \$100 will be charged if transfer takes place within ten working days of the first day of the course.

Substitution An organisation sponsoring training may substitute suitable personnel at any time.

Withdrawal after commencement of training Once training has commenced for the course, no refund is available to students who leave before the completion of the course. Once the student is registered & has applied for a correspondence unit (distance education), there is no refund available. Students who pay by monthly instalments have enrolled for the full course and come under the same refund policy. They will be liable for the full course fee.

If for some reason this course is not what you expected you may withdraw from the course within one week of finishing BKP 101. You will only be liable for \$ 600, no further instalments will be required. If you have received correspondence units extra fees will apply.

Students who have certified medical reasons or personal hardship may apply to KSA for special consideration. If application is accepted, KSA will consider refunding a portion of the course fee in relation to those components of training that have not been started by the student, minus an administration fee of \$300.

Attendance of withdrawn student on subsequent courses Students are able to attend subsequent courses to finalise incomplete competencies. The original course fee payment minus administration fees can be used as credit towards that course within 12 months of the initial payment. Application for transfers must be received in writing at least ten working days before commencement of the unit they would like to transfer.

Application for refund Students are required to put any request for a refund of course fees in writing.

Cancellation of course Should the RTO cancel a course, students are entitled to:

- a full refund (or pro-rata adjusted refund),
- transfer of funds to another/future course, or
- transfer of funds to another KSA campus or affiliated college.

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

Cancellation of apprenticeship or traineeship Students enrolled in an apprenticeship or traineeship will receive a refund for training paid for in advance but not received at the time training ceases.

Fees paid in advance cannot be transferred to another college or campus.

TESTIMONIALS: Clients

Relief after 10 year of Chronic Fatigue

I have suffered from severe chronic fatigue for almost ten years. I became sick after contracting glandular fever and cytomegalovirus at a time when I was working long hours and juggling two careers. As a result my immune system 'crashed', I developed a blood disorder, adrenal failure and problems with my endocrine and lymphatic systems. I was constantly exhausted, blacked out for hours at a time and suffered from continual infections. I had to resign from working and have subsequently had to drop out of social activities, sport and most of the things that give me joy.

Over the years I have searched for a solution. I have seen professors in numerous fields of expertise – some of the prescribed medical treatments have made me considerably worse, or triggered other problems –but I have been determined to get well and have explored every conventional and alternative treatment possible. Some things have helped a little but my energy levels have never recovered and most of my time is spent at home in order to keep me on an even keel. A social 'outing' for a couple of hours generally means a day in bed the following day.

In 2009 I had almost resigned myself to accepting this as being my life. The frustration was enormous as I have been 'stuck' and unable to plan or move forward with my life in any area. I had also undergone a thyroid operation earlier in the year to remove a growth from my thyroid and this had set me back further. A friend recommended kinesiology with Katha Jones – I was reluctant, as I had tried a form of kinesiology before with little success but decided to give it a try. I had my first appointment in August 2009.

Right from my first visit I was very impressed with my treatment. Katha's modality of work was nothing like anything I had previously experienced. Her diagnosis was spot on – she picked up several things I had neglected to tell her and immediately identified several allergies and numerous other problems with my body. Over the following months my allergies were cleared, my body was realigned – an amazing experience which found me standing upright, straight and balanced, with a completely different posture, for the first time in decades and I started a nutritional support program tailored to my body.

The most amazing treatment for me was in October 2009 – for the first time in years I could feel energy flowing in my body. The next morning I awoke to feel energy almost exploding through my body – right from the base of my spine, up through my spinal column. It was a wonderful feeling. Two days later I had the same experience in my lower abdomen and my menstrual cycle returned for the first time since June. This was an incredible experience for me and I now know that with Katha's help I can continue to grow my energy and reclaim my life.

blood tests have also shown an improvement in my thyroid activity – this is a huge step forward as I have been allergic to the thyroid medications prescribed, experiencing very bad side effects and my high iron levels – which contributed to my blood disorder, have dropped after Katha treated me for an iron allergy. I am also thankful for the GNLD supplements that are supporting and repairing my body.

To anyone who feels at their wits end with a medical problem that confounds the experts, I cannot recommend Katha highly enough. She is extremely professional yet compassionate and supportive, with a wealth of knowledge. Her treatments have given me insight and understanding and have also been the only treatments, after years of trials, which have made a real difference. I cannot recommend her highly enough.

J.M., Sydney, NSW, 2009

Dear Katha,

I am writing to express my appreciation for the treatments you have given me over the past 3 months. For 8 months prior to seeing you, I had suffered with chronic lower back pain. During my adult life I have experienced frequent episodes of back and neck pain but they generally subsided with a visit or two to a chiropractor. However, during the last episode, I had visited a physiotherapist and a number of chiropractors, at times on a weekly basis and was unable to obtain a satisfactory result, with the pain returning after a few days.

Now after 3 visits to you, my back is now finally pain free! Thank you once more and all the best for the future.

K. M., Sydney 2009

Fast Recovery after severe allergic reaction to a statin drug

I recently discovered that I had a 100% blockage in my coronary artery. I underwent an angioplasty and had a stent inserted, which opened this artery allowing improved blood flow.

As a precautionary measure my cardiologist prescribed a beta-blocker and a statin ("Zocor"). After taking the drug for approximately 3 weeks I developed a serious allergic reaction to the statin drug. My symptoms included extremely painful inflammation of my joints and muscles. I was physically so weakened and debilitated that I required my husband's assistance to even get out of a chair or bed. Once I was taken off the statin I spent 4 days in hospital and 2 weeks in bed at home recovering. On my first night at home I suffered a severe fit and was unconscious on my kitchen floor for approximately 15 minutes.

I felt completely debilitated by this reaction. My appetite was non-existent and I felt utterly exhausted, lethargic, depressed and unable to work. The only treatment the medical profession could offer me was to drink large quantities of water to help my body flush out the metabolic toxic byproducts of the statin drug. No other follow-up regime was offered.

I have been seeing Katha Jones for a number of years for specialized kinesiology treatments. As I was not recovering at all, I decided to seek Katha's expert help to regain my physical strength and vitality. After only one kinesiology treatment I felt as if my brain was reconnected and "switched on" properly. I felt mentally more alert and my cognitive thinking was greatly improved after only one kinesiology session.

Katha stimulated my body's detoxification pathways to allow my body to process and eliminate the residue of the statin drug at a rapid rate.

I was able to resume my walks on the beach again, my appetite returned to normal and I resumed my full-time working life immediately after this session. I had only one follow-up treatment a week later and have been in fine form ever since.

I highly recommend kinesiology treatment to anybody who has had any sort of heart procedure as it speeds up recovery. Having someone poke around in your heart is very invasive on many levels and kinesiology helps to restore your physical, emotional, mental and spiritual wellbeing after surgery.

G.B., Sydney, NSW

Relief at last from Chronic Post-Surgery Pain

Dear Katha,

I am writing to confirm the positive personal results I experienced during the short kinesiology balance you gave me whilst at the workshop.

As I explained to you, I had an operation in November 2003 to remove my right fallopian tube. The operation was performed via laparoscopy and thought this is meant to be minimally invasive, what they actually do to your body during this procedure is quite horrific!

As a result of the operation, I ended up with continuous pain in my right abdomen. So much so that my quality of life was being severely compromised.

I am normally an active person – I couldn't even walk a short distance without being in agony. Continuous visits to my gynaecologist (who performed the operation) left me feeling more and more in despair. He couldn't give me a reason for the pain and in March this year he prescribed antidepressants – not because I was depressed but because these were supposedly good for numbing nerve pain. Against my better judgement and beliefs, I took one tablet, which left me feeling so absolutely revolting that I vowed never to take another one again.

On return to the gynaecologist and stating my experience with the antidepressant, he then prescribed "Epitem". On questioning, he finally admitted that it was an anti-epileptic drug!!! I said I had never suffered from epilepsy and he said that he was prescribing it because "it was also good for nerve pain". I said that I refused to take something that would affect the chemicals in my brain and that didn't really seem appropriate for my pain.

Absolutely disillusioned and frustrated I left his office wondering was this my fate – live with constant pain for the rest of my life or take some hideous drugs with who knows what side effects. My faith in the medical profession is totally non existent after this fiasco!

In April 2004, I decided to visit a doctor of Chinese Medicine and he gave me herbs to strengthen my body. Though these lifted my spirits and eased the pain somewhat, my life (and the lives of the people I love) were being greatly affected.

As you know I was suffering with a migraine on the first weekend of the workshop (the migraines had become worse with my constant worry) which is why you offered a quick treatment. However, you did a lot more than help ease the migraine. The pain in my abdomen disappeared totally for the first time since November 2003 and it is still gone!! I don't know exactly what you did, but it has convinced me of the power of kinesiology. Because its cessation was so sudden, I keep waiting for it to come back (I know I shouldn't!).

I am walking 4 km again and doing other exercises – all without pain! My family is happy to have the "happy and healthy" wife/mum back.

I can't thank you enough Katha!! You have restored my life.

A.C, Sydney, NSW

Kinesiology brings relief from Serious Bowel Problem

I would like to thank Katha for helping my daughter Monica (age 5) so quickly and effectively after she has suffered from a bout of severe diarrhoea for 5 days!!! She is usually a very lively and happy child, but she was getting quite lethargic, withdrawn and physically weak. We consulted a local doctor, who prescribed medication for her stomach aches and diarrhoea. The medication did nothing to improve her symptoms and I got very concerned about her condition. She wouldn't talk or interact with me and 2 days after we have consulted the doctor, we took her to the hospital, where she stayed overnight. The medical treatment she received at the local hospital did not improve the situation either. She couldn't keep any food or fluids down and was getting more and more distressed every day.

A friend of mine suggested to see a Kinesiologist as a last resort.

Katha's friendly nature and professionalism put Monica at ease immediately and she felt very calm throughout the whole session, which took only 45 minutes. The results were truly astounding! Three quarters of an hour after the kinesiology session, Monica felt much better, her mood lifted, she started laughing again and was asking for food – the first time in 5 days!!! The symptoms were greatly eased and stopped completely the following day. She had no difficulties with her digestion ever since!

I was amazed and relieved! I am eternally grateful for helping my daughter to get back on track so quickly and naturally with the power of kinesiology.

J.L., Sydney, NSW

Testimonials Students

I have always been interested in the science of human movement and a very holistic approach to health. This course has provided me with a solid foundation in Kinesiology and an in-depth program, which includes theoretical study of kinesiology, anatomy and physiology and loads of practical experience. The course has taught me the skills to become a highly skilled practitioner. Katha's passion for kinesiology makes her an inspiring teacher of an incredible modality. I thoroughly enjoyed my journey of self-discovery and learning the art of energy balancing.

M.B., Photographer, 2006

I have been working as a Natural Therapist for 6 years. Although my treatments are usually very effective, there are times when some clients are so emotionally "stuck" that their improvements, both physical and emotional are either short lived or non-existent.

PKP Kinesiology is an incredibly effective modality in my "toolbox" to access the "subtext" to the client's physical and emotional energetic imbalance, especially when their words are incongruent with what I observe. PKP Kinesiology raises a client's awareness of the blockages causing their lack of wellness and helps them to gain new insights and change their behaviour and gain a more positive outlook. This helps them regain control of the situation and their life energy and vitality greatly improves. This process can help improve performance at school or university, work, sport, business and relationships. The balances can form a complete treatment protocol or can be used individually as an adjunct to other modalities such as massage and bodywork to enhance the healing process.

Katha Jones is qualified to the highest international standard. Her expertise and teaching style caters for all learning styles and students of all ages and backgrounds. I really enjoyed studying professional kinesiology, which gave me a deeper understanding of holistic healing on all levels.

*L.S., Clinical Aromatherapist
Remedial Massage Therapist, Cert. Infant Massage Instructor
Member ATMS, AKA, ARM, IAIM, IFA*

I studied with Katha Jones for a period of one year and I completed my Certificate in Kinesiology in April 2006. My initial reason for studying Kinesiology was that I found the whole concept of working with the structure of the body, the subconscious mind and all other body systems energetically totally fascinating and intriguing. The aim was to incorporate this modality in my clinic to help more people heal and lead happier more fulfilled lives.

I didn't realize at the beginning of my studies, how this training would change and alter my life in the most profound way. I confronted a lot of my fears and unresolved issues, some that I was ready for and some that I didn't know were there.

There was and still is a deep bond between all students of my class and a feeling of mutual trust and friendship, which allowed us to reveal our vulnerabilities in a safe and supportive environment and grow in the process of discovering ourselves. I thought that I was learning another healing modality, but this course has helped me to grow tremendously as a person, it has also given me confidence and a renewed belief in myself and my ability to succeed.

Kinesiology is a powerful tool and catalyst for transformation and positive change on all levels and I was amazed by the results and difference it makes in people's lives.

Katha's passion for kinesiology makes studying easy, enjoyable and interesting. Her attention to detail as well as her clinical experience and wealth of knowledge ensures close personal tuition and has enhanced my learning greatly. This training has made a huge impact on my business and myself in such a positive and reassuring manner.

S.L., Life Coach, Sydney

Kinesiology delivers life changing results

I recently visited Katha Jones to help me overcome some lingering effects of depression, and because I was experiencing a feeling of being "stuck". I felt that my life was moving in circles, and that I was not really in control of it.

I had gone through over a year of therapy which helped me to overcome my depression. I felt good about where I was in my recovery, but there was still a feeling of something missing. I felt like I was watching my life go by without being in it. For some reason, I was unable to live the life I could imagine, but I knew I had the tools to do so. This left me feeling discontented, and overly negative.

After only two kinesiology sessions, my life has changed. The feeling of being "stuck" is now gone. It is like a space has opened up that allows me to express myself and it has given me a new sense of clarity. I now am able to truly appreciate myself. I feel excited about actually living my life, and overall have an increase in energy.

Other people noticed the changes as well. In an email exchange, my brother noticed a tone in my language that he said had been missing for years. My partner said I was more positive, more energetic and was being more like my true self. Both of them noticed a positive shift in my actions/behaviours.

My personal experience with kinesiology is that it is powerful, and its' effects are immediate. Katha is a highly compassionate practitioner, who makes the environment positive and calm. I am extremely happy with the results and can highly recommend Katha to anyone who is looking to improve the quality of their life.

K.H. Sydney, NSW 2008

In 2009 I completed the Certificate IV in Kinesiology at the International Institute of Kinesiology Australia. I had been working in IT for 10 years and wanted to change careers to something that was more aligned with my passion for helping people transform their lives. Having had amazing results from seeing a Kinesiologist when I was younger I decided to enroll in the Certificate IV.

The course that was delivered by Katha was challenging both on a professional, but also on a personal level. Throughout the 12 months, I went through a personal transformation as I learnt to trust in my skills and let go of my self limiting beliefs that had me "stuck" in a job that made me unhappy.

The training I received from IIKA was presented in a structured format that provided a good balance of theory and hands on exercises to put the theory into a practical context. As an instructor, Katha, attentive to the individual needs of students, delivered the training in a way that catered for all different learning styles. Katha's use of class demonstrations to highlight techniques was a great way to show how simple yet powerful Kinesiology can be.

I would recommend the Certificate IV in Kinesiology for anyone that has a desire to help people be the best they can be or for anyone that wants more from their life but needs some help to find out what they want and what is holding them back.

K.M., Sydney, NSW, 2009

Completing my Certificate IV in Kinesiology has altered my perception of my body and my outlook on life completely. I have always known that the body and mind is an amazing creation, but after studying under Katha for the year 2009, I now understand how much more there is to humankind. This year has opened the door to so much learning, discovering and most importantly, helping others.

I feel I now have a solid foundation to find my niche and specialize in the Kinesiology and Complementary Therapy Industry. It has truly changed my life.

R.O., Sydney, NSW, 2009

Recommended Reading:

- ∞ Krebs, Dr. Charles, ***A Revolutionary Way of Thinking***, Hill of Content Publishing Pty. Ltd., Melbourne, 1998
- ∞ La Tourelle, Maggie with Courtenay, Anthea, ***Thorsons Principles of Kinesiology***, Thorsons (Harper Collins Publishers), London, 1997
- ∞ Thie, John F., DC, and Thie, Matthew, M.Ed., ***Touch For Health Pocketbook***, Touch For Health Education, Malibu, 2002
- ∞ Diamond, John, M.D., ***Life Energy***, Angus & Robertson (Harper Collins Publishers), Sydney, 1992
- ∞ Pert, Candace B., Ph.D., ***Molecules of Emotion – The Science behind Mind-Body Medicine***, Scribner, New York, 1997

