

International Institute of Kinesiology Australia

www.iikinesiology.com

office@iikinesiology.com



NATIONALLY RECOGNISED
TRAINING

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

Defines Kinesiology and the anatomical parts of the body. Develops basic self care skills using meridian tracing, energy reflex points, body testing, walking gaits, simple emotional stress release, emotional trigger words, crosscrawl, auricular energy and visual inhibition techniques, goals and a 'time of day' balance for self care. This unit is open to everyone.

BKP102 Manual Muscle Testing

Introduces muscle testing and balancing other people; using brain/muscle feedback to identify dysfunctions and stress. Learn about the anatomy of the bones and how to work directly with muscles.

BKP103 The 5 Elements

Introduction to the theory of the 5 Elements, the law and the flow of energy, sound, colour and emotions of each element. You will learn how to test, circuit locating, correct and challenging corrections of the first group of muscles to balance the yin meridians and using food to strengthen meridians and muscles.

BKP104 Kinesiology and Superficial Connections

Understanding of meridians and their related organ system; balancing the energy following the superficial flow of meridians in the body by the rules of the 'Meridian Wheel'; basic anatomy of body organs; create a simple record of a client balance. The next group of muscles to complete balancing the meridians system are also taught.

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BKP105 Elements in Depth

Learn the 5 Element principles in depth and working with the full chart of emotions and other correction techniques. Also learn to recognise the muscle actions in sport and exercise as well as alternative muscles to balance the meridians and help strengthen muscles and injuries.

BKP106 Professional Skills – Balancing Protocol with PKP Database

Effective listening skills to establish client rapport; use of finger modes, Professional Kinesiology Practitioners database concept; simplified PKP protocol; age recession; find priority corrections from all your skills including other modalities. This is the unit where holistic health care truly comes into place.

BKP107 Pain Reduction

Directed specifically at techniques to evaluate and reduce pain, this unit is a favourite with most students.

BKP108 Balancing with Food

Focusing on nutrition this unit teaches an understanding of the chain of life, the six stages of nutrition, food combining and identifying substances that may cause sensitivities to certain foods.

BKP109 Advanced Muscle Techniques – Reactivity and Posture

Assess and correct reactivity (inappropriate responses) programmed into muscle circuits and meridians. These techniques often correct the hidden cause of 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 that will make you a sought after practitioner.

A&P201 Anatomy and Physiology

The purpose of this home study unit is to provide an introduction to Anatomy and Physiology. The requirements need to cover all systems of the body and consist of a minimum of 150 hours.

CS101 Clinical Safety

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

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

OCT202 Senior First Aid (11475T)

This course 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.