

# Kinesiology Schools Australia

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## Diploma in Kinesiology - HLT51507



NATIONALLY RECOGNISED  
TRAINING

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

Extending the students learning by one year 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 provide an extensive knowledge covering a variety of health issues.

Starting with EMS201 students learn effective counselling and emotional trauma 'defusing' techniques followed by units on energy imbalanced in relation to muscles affecting pain flexibility, strength and the jaw. Other units help with allergies and sensitivities to foods, substances and environmental issues that are quickly 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, charkas and the auric fields. There are also a number of units covering other emotional aspects of health.

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.

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

### Diploma in Kinesiology Unit Descriptions

The following 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. More importantly how and when to use each one. This is a unit all Kinesiologists need.

#### ECO201 Lifestyle and Dietary Modification

Kinesiology techniques relating to dietary and lifestyle including integration for organ energy, addition and deletion of foods and supplements and blood sugar balance.

**ECO202 Immune Mismatch Responses, Allergies and Hypersensitivities**  
Using various sensitivity modes to identify stressful substances and resolve the causal factors.

#### HMR201 Hypertonic Muscle Release.

Using proprioceptive reset to reduce hypertonicity in muscles, postural stress and hypertonic emotion.

#### JAF201 TMJ and Cranials

Balancing energy dysfunction of the cranium and temporomandibular joint using techniques such as rebreathing, sagittal suture reset and TMJ.

#### MST201 Muscle and Skin Activation

Understand and identify energy imbalance related to muscles, muscle circuits and skin using corrective techniques including under and over facilitation, myotomes, dermatomes and cranial stress receptors.

#### MST202 Shoulder, Elbow, Hand Muscle Protocol

Tests and correction techniques to release pain, increase the function and performance of the shoulder arm, hand and fingers.

#### MST203 Hip, Leg and Foot Muscles

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

#### PIB203 Basic Brain Integration Skills

Techniques to correct imbalances related to neurological blind spots caused by fear, pain, self-doubt and learning difficulties and dyslexia's. Brain integration and self-sabotage programming are also looked at here.

#### VEF201 Flower Essences

Identify and utilize flower essences, insights relating to their properties and photographic images, in re-balancing mental emotional and spiritual energy.

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## **RBT201 Clinical Body Contact**

Understand Kinesiology techniques in relation to body contact; prepare client for body contact and related issues; palpation to assess clients muscle state and a variety of massaging techniques.

## **EMS301 Genetic and Meridian Emotional Release**

Those who have completed this unit will be able to assist the client: to express life events in terms which do not decrease body energy; to recognise in themselves behaviours that are similar to those of either parent or which are a negative reaction to the behaviour of either parent; to be at choice, to make positive adaptive responses and to see positive possibilities in their future. They will use meridian-based affirmations to relieve the energy drain of a wounded spirit and have skill in balancing the stresses of reactive emotion responses in the meridian system. They will be able to construct and use a genogram to make meaning of family events and use the sentic cycle as a stress diffusion technique.

## **EMS302 Subconscious Self-Perception**

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

## **EMS303 Dreams, Goals and Attitudes**

Be able to interpret verbal and non verbal behavioral signals, demonstrate assertive responses in stress situations, assist clients to demonstrate attitude change and develop positive strategies in relation to presentations, healing and handling success; recognise their need for or need to give positive messages generationally; work with the seasonal nature of life; release fears which have a gender basis; dream, plan and record a purposeful life path.

## **VEF301 Gems and other Vibrational Energy Fields**

Using gems, gem essences, tissue salts, homeopathic awareness; spiral energy techniques and third eye beaming in re-balancing energy disturbances from inheritance factors and other tendencies.

## **VEF302 Metaphysical Energy Fields**

Those completing this unit will be able to use chakras (nerve plexuses), reactive chakras, auric fields, reactive auric fields, metamorphic technique, right-left polarity and body polarity techniques.

## **JAF301 Ligaments and Joints**

Those who have completed this unit will be able to use shock absorber, local ligament stretch, general adrenal ligament stretch and contralateral joint ligament interlink techniques.

## **JAF302 Injury, Strain and Inflexibility**

Correct energy imbalance related to inflexibility. Use injury recall, pitch, roll and yaw, strain/counterstrain, unwinding, homolateral muscle, specific exercise selection, CIA stretch and mixed reactivity techniques.

## **MST301 Head, Neck and Trunk Protocol**

Facial muscles, eye muscles, lingual diaphragm, throat muscles, tongue muscles, capitis muscles, additional muscles of the torso including small muscles of the back.

## **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 (Correspondence)**

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. This assignment will become a useful reference guide in your clinic.

## **MAB201 Manage a Business**

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**

Students learn and participate in how to organise volunteers, perform and analyse Kinesiology research.

## **MEN201 Mentoring**

This home study unit will help students reinforcing learn the knowledge and skills learnt while 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.