



Certificate IV in Kinesiology

National Training Code: HLT42807

Please note: Course structure is current as of January 2011

Nature Care College is proud to offer this nationally accredited **Certificate IV in Kinesiology**. The Certificate IV is grounded in the fundamentals of Touch For Health, which is the most widely recognized of all Kinesiology modalities worldwide with over 1 million people being taught in over 60 countries, and expands on this synthesis to include advanced techniques incorporating a number of Kinesiology modalities serving as truly a holistic foundation to this professional and practitioner training in Kinesiology.

Kinesiology encompasses holistic health disciplines which use non-invasive 'muscle-testing' as a monitor to gauge a persons' wellbeing. It uses the premise that our bodies have inherent wisdom to heal themselves, we simply need to tap into this wisdom/intelligence. Kinesiology is a unique form of holistic therapy as it combines Eastern Medicine Philosophy with Western understanding of anatomy and physiology and works to promote physical, mental, emotional and spiritual health. In short, it is a synthesis of techniques and skills researched from ancient Chinese acupuncture, modern chiropractic, osteopathy, nutrition and naturopathy. Kinesiology identifies the factors which may be blocking the body's natural healing processes such as stress, sensitivities, nutritional deficiencies and specific emotional issues to name a few. It can relieve pain, muscular and nervous disorders and can assist in learning difficulties at all levels. In short, it taps into the true and unleashed potential within us. Students will not only learn how fascinating the body is, they will also move through a profound time of personal growth and transformation on all levels.

At the completion of the Certificate IV in Kinesiology students may apply for membership with the ATMS (Australian Traditional Medicine Society).

Note: Professional Training Association recognition and requirements are determined by each individual Professional Association. Whilst the information on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

Students have a maximum of two years in which to complete this Certificate IV.

Certificate IV In Kinesiology - Course Content

▶ Anatomy & Physiology 1A (Regional)	- 24 hours
▶ Anatomy & Physiology 1B (Systematic)	- 24 hours
▶ Symptomatology and Pathology for Bodyworkers	- 36 hours
<i>(NB: Students who have completed Symptomatology, Diagnosis & Pathology 1A, 1B & 1C do not have to do Symptomatology & Pathology For Bodyworkers.)</i>	
▶ Kinesiology Fundamentals <i>Touch For Health 1</i>	- 16 hours
▶ Kinesiology Fundamentals <i>Touch For Health 2</i>	- 16 hours
▶ Kinesiology Fundamentals <i>Touch For Health 3</i>	- 16 hours
▶ Kinesiology Fundamentals <i>Touch For Health 4</i>	- 16 hours
▶ Kinesiology 1A	- 48 hours
▶ Kinesiology 1B	- 48 hours
▶ Communicate With Clients	- 24 hours
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ Apply First Aid Certificate	- 12 hours
▶ Student Clinic	- 50 hours

Certificate IV in Kinesiology Unit Of Study Descriptions & Study Options

Anatomy and Physiology 1A (Regional) (2 hours a week for 12 weeks OR Distance learning)

This course teaches the structure, general function and organisation of the human body with a thorough look at the musculoskeletal system. *Free tutorials available.*

Pre-requisites: Nil

Anatomy and Physiology 1B (Systematic) (2 hours/week for 12 weeks OR Distance learning)

This course introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory and genito-urinary. *Free tutorials available*

Pre-requisite: Anatomy & Physiology 1A.

Symptomatology & Pathology for Bodyworkers (3 hrs a week for 12 weeks or Distance Learning)

This unit of study cover the basic principles of pathology, methods of collecting data on clients, problem solving, establishing a treatment plan and when to refer a client. Common complaints, illnesses and skin conditions that may be encountered by a bodywork therapist are also be covered.

Pre-requisites: Anatomy & Physiology 1A & 1B

N.B. Students who have successfully completed Symptomatology, Diagnosis & Pathology 1A, 1B & 1C do not have to do Symptomatology & Pathology for Bodyworkers.

Kinesiology Fundamentals TFH 1 (Intensive)

This introductory course developed by American chiropractor Dr John Thie in the 1970's, introduces you to the 'grass roots' of kinesiology. Touch for Health has been taught to over 10 million people worldwide, in over 100 countries and translated in some 26 languages. Level I introduces the basics of Touch for Health (TFH) for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 energy meridians based on Chinese Medicine and be able to perform the standard 'fix-as-you-go' techniques for balancing the body's energies. The theory of TFH and the acupuncture meridians are introduced with the western reflex techniques that are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance.

Pre-requisites: Nil

Kinesiology Fundamentals TFH 2 (Intensive)

This course follows on from TFH 1 as you will be introduced to additional muscle tests and more detailed kinesiology balancing techniques and theory. The concepts presented in TFH 2 are: Circuit Locating which helps identify the body's priority balancing process; Alarm Points for over-energy detection; the Meridian Wheel and the Chinese Law of Five Elements; Brain Integration with Cross Crawl; testing for possible food sensitivities and for foods or supplements that raise your body's energy. A fascinating course that lays the foundation for all future Kinesiology training.

Pre-requisites: Kinesiology Fundamentals – TFH 1

Kinesiology Fundamentals TFH 3 (Intensive)

This is the third level of the Touch for Health Synthesis. You will learn another 14 muscle tests, enhancing your knowledge of the human body, along with additional techniques for balancing the body's energy such as the Colour Balance. Techniques for dealing past trauma are introduced along with a deeper understanding of the Five Elements theory. You will be exposed to pulse assessment and testing with pain tapping for chronic pain. The facilitation and inhibition of muscles is studied further and the topic of Reactivity within muscles is presented coupled with the Circuit Retaining Mode technique.

Pre-requisites: Kinesiology Fundamentals – TFH 2

Kinesiology Fundamentals TFH 4 (Intensive)

This level completes your training in the Touch for Health Synthesis. You will learn to balance all 42 TFH muscles in a standing or prone position and apply the Five Elements to release emotional issues in order to experience a more wholistic approach to healing. You will be introduced to sound balancing, Luo Points, Postural Stress Release and Tibetan Figure Eight Energies. Acupressure Holding Point theory and reactive muscles techniques are reviewed as you learn how to 'put it all together' in this course and become aware of the enormous potential of Kinesiology.

Pre-requisites: Kinesiology Fundamentals – TFH 3

Kinesiology – 1A (Intensive)

Psychological Balance will introduce you to advanced techniques in using your muscle testing to assess emotional and mental stress. You will be introduced to Sabotage Clearing, Age Recession and advanced Goal Setting and clearing techniques. It adds another dimension on to your current knowledge of clearing the body physically, emotionally and spiritually.

Prerequisites: Kinesiology Fundamentals TFH 1, 2, 3 & 4

Kinesiology – 1B (Intensive)

In this unit of study you will learn physical techniques that assist in realigning the body and correct conditions which involve muscle, neural and myo-fascial communication that can cause pain, stiffness and range of motion difficulties. These advanced muscle balancing techniques include, Hidden Muscle Failure, Muscle Stretch, Sustained Muscle Use & Reactivity. Students will also learn how to balance the muscles of the TMJ and Back plus more.

Prerequisites: Kinesiology Fundamentals TFH 1, 2, 3 & 4; Kinesiology – 1A

Certificate IV in Kinesiology Unit of Study Descriptions & Study Options

Communicate With Clients (2 hours a week for 12 weeks OR Intensive)

This unit of study covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

Business Skills (Intensive)

This unit of study introduces students to basic business skills. Covered are issues of referrals, bookkeeping requirements for a practice and working with colleagues for the resolution of a treatment plan for the client.

Safe Practices (Workshop or Distance Learning)

This workshop incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

Apply First Aid Certificate

It is a requirement of the course that students hold a current First Aid Certificate at graduation.

Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or info@naturecare.com.au

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

Recognition of our course

The Certificate IV in Kinesiology is fully Government accredited with the NSW Vocational Education and Training Accreditation Board (VETAB) and the Australian Traditional Medicine Society (ATMS). Once membership has been granted, students are able to promote themselves as Kinesiologists.
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Student Clinic

Total requirement: 50 hours

Pre-requisite: Safe practices, Communicate with Clients, Anatomy & Physiology 1A&1B, Kinesiology Fundamentals TFH 1, 2, 3 & 4 and Kinesiology 1A & 1B.

Set Part Time 1 Year Study Plan

	Term One 2012	Term two 2012
year one	<ul style="list-style-type: none"> ▶Anatomy & Physiology 1A ▶Kinesiology Fundamentals TFH 1 ▶Kinesiology Fundamentals TFH 2 ▶Kinesiology Fundamentals TFH 3 ▶Kinesiology Fundamentals TFH 4 ▶Safe Practices 	<ul style="list-style-type: none"> ▶Anatomy & Physiology 1B ▶Communicate With Clients ▶Kinesiology 1A ▶Kinesiology 1B
	Term three 2012	
	<ul style="list-style-type: none"> ▶Symptomatology & Pathology For Bodyworkers ▶Business Skills ▶Kinesiology Student Clinic ▶Apply First Aid 	

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The Certificate IV in Kinesiology (HLT42807) is nationally recognised under the Australian Quality Training Framework. The following table lists the Units of Competency achieved upon successful completion of the award. Subjects that correspond with each Unit of Competency are also listed below.

Code	Title	Core/ Elective
BSBCMN204A	Work effectively with others	Core*
HLTCOM404B	Communicate effectively with clients	Core*
HLTCOM405B	Administer a practice	Core*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Core*
HLTCOM408B	Use specific health terminology to communicate effectively	Core*
HLTFA301B	Apply first aid	Core*
HLTHIR301A	Communicate and work effectively in health	Core*
HLTOHS300A	Contribute to OHS processes in the health industry	Core*
HLTIN301A	Comply with infection control policies and procedures in health work	Core*
HLTAP401A	Confirm physical health status	Core*
HLTKIN401A	Work within a kinesiology framework	Specialist**
HLTKIN402A	Plan the kinesiology session	Specialist**
HLTKIN403A	Apply kinesiology assessment framework	Specialist**
HLTKIN404A	Perform the kinesiology health assessment	Specialist**
HLTKIN405A	Provide kinesiology balances	Specialist**

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Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
BSBCM204A	Work effectively with others	Business Skills
HLTCOM404B	Communicate effectively with clients	Communicate With Clients
HLTCOM405B	Administer a practice	Business Skills
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
HLTCOM408B	Use specific health terminology to communicate effectively	Anatomy & Physiology 1A Anatomy & Physiology 1B Symptomatology and Pathology for Bodyworkers
HLTFA301B	Apply first aid	Apply First Aid
HLTHIR301A	Communicate and work effectively in health	Business Skills
HLTOHS300A	Contribute to OHS processes in the health industry	Safe Practices
HLTIN301A	Comply with infection control policies and procedures in health work	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A Anatomy & Physiology 1B Symptomatology and Pathology for Bodyworkers
HLTKIN401A	Work within a kinesiology framework	Kinesiology Fundamentals
HLTKIN402A	Plan the kinesiology session	Kinesiology 1A Kinesiology 1B
HLTKIN403A	Apply kinesiology assessment framework	Kinesiology 1A Kinesiology 1B
HLTKIN404A	Perform the kinesiology health assessment	Kinesiology 1A Kinesiology 1B
HLTKIN405A	Provide kinesiology balances	Kinesiology 1A Kinesiology 1B
Supervised Student Clinic – 50 hours		

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.