



# Nature Care College

## Kinesiology Fundamentals Touch For Health 1

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| <b>DESCRIPTION</b>                     | This introductory course developed by American chiropractor Dr John Thie in the 1970's, introduces you to the 'grass roots' of kinesiology and serves as a part of the foundation training to the Cert IV in Kinesiology at Nature Care College. 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.  |
| <b>DURATION</b>                        | 15 hours  |
| <b>LEARNING OUTCOMES</b>               | <p>By the conclusion of this unit of study students will be able to</p> <ol style="list-style-type: none"> <li>1. Understand the core techniques of muscle testing and demonstrate the 14 muscle tests that relate to the 14 major meridians based on Chinese Medicine.</li> <li>2. Be able to perform the standard 'fix-as-you-go' techniques for balancing the body's energies - the primary energy meridians.</li> </ol> <p>Understand the theory of TFH and the acupuncture meridians and demonstrate how the western reflex techniques are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance.</p> |
| <b>TEACHING METHOD</b>                 | Modified lectures, group and class discussions, role plays, case studies and practical work   |
| <b>ASSESSMENT</b>                      | <p>Written Assignment (Case Studies and Body Logs) 80%</p> <p>Ongoing Class Participation 20%</p> <p><b>Pass mark 60%</b></p> <p><b>All components must be completed and passed at 60% in order to pass this subject satisfactorily.</b></p> <p><b>NOTE:</b> To facilitate the return of your assignment you will need to provide a stamped self addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission, for our own records.</p>  |
| <b>COMPETENCIES PARTIAL COMPLETION</b> | <p>Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency</p> <p>HLTKIN401A - Work within a kinesiology framework</p>  |
| <b>ATTENDANCE</b>                      | 90% minimum   |
| <b>PRE-REQUISITES</b>                  | Nil   |
| <b>CO-REQUISITES</b>                   | Nil   |

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

email: [info@naturecare.com.au](mailto:info@naturecare.com.au) website: [www.naturecare.com.au](http://www.naturecare.com.au)

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| <b>MATERIALS REQUIRED</b> | Notebook, pen   |
| <b>TEXTBOOKS</b>          | <p><b>Compulsory:</b><br/>Thie, John., "Touch For Health" Book 1, International Kinesiology College of Zurich</p> <p>"Touch for Health Practical Exercises" – purchase from Nature Care Emporium (Endorsed by Touch for Health Association)</p> <p><b>Recommended Reading / References:</b><br/>Thie, John &amp; Mathew., "Touch For Health" The Complete Edition "A Complete Guide to Natural Health with Acupressure Touch", - Devorss Publications<br/>Holdway, Ann., "<i>Kinesiology – Muscle Testing and Energy Balancing for Health &amp; Wellbeing</i>", Element Books Limited<br/>Walther, David S., "Applied Kinesiology" Synopsis 2<sup>nd</sup> Edition, Systems DC, USA, 2000</p> |
| <b>MESSAGE TABLE HIRE</b> | Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call 9906 1566.  |

## SESSION-BY-SESSION OUTLINE

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| <b>SESSION 1</b> | <p>Overview or CIV in Kinesiology &amp; Kinesiology Fundamentals<br/>What Kinesiology is and what it isn't.<br/>Origin &amp; History of Kinesiology (Chiropractic and Accupuncture)<br/>Essential skills needed for a Kinesiologist – Are you suitable?<br/>Principles of Kinesiology – Triangle of Health<br/>Holistic Approach to wellness focusing on Structural, Biochemical &amp; Emotional Imbalances (Allopathic vs Kinesiological approach to health)<br/>The Self Responsibility Model &amp; The Energetic Health Model<br/>Introduction to TCM and Meridians</p> |
| <b>SESSION 2</b> | <p>Introduction to Muscle Monitoring<br/>Accurate Indicator Muscle Set Up<br/>Dehydration, Switching, Central Energy Flow<br/>14 Muscle Balance – Learn 14 Major Indicator Muscle tests<br/>Spinal Reflexes<br/>Neuro Lymphatic Reflex points<br/>Neuro Vascular Holding Points<br/>Meridian Flow Adjustment<br/>Origin and Insertion Muscle Technique</p>   |
| <b>SESSION 3</b> | <p>ESR – Emotional Stress Release<br/>Supportive Food &amp; Nutrition<br/>Cross Crawl<br/>Auricular Energy Correction<br/>Visual Inhibition<br/>Surrogate testing – what is it and when would you use it<br/><br/>Goal balancing<br/><br/>Putting it all together</p>  |

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.