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Nature Care College

Kinesiology Fundamentals Touch For Health 4

DESCRIPTION	This level completes your training in the Touch for Health Synthesis and qualifies you to continue with the Cert IV in Kinesiology at Nature Care College.
DURATION	16 hours
LEARNING OUTCOMES	By the conclusion of this unit of study students will be able to <ol style="list-style-type: none"> 1. 42 TFH muscle balance in a standing or prone position. 2. Understand and apply the five element model to release emotional issues in order to experience a more wholistic approach to healing. 3. Experience a sound balance, time of day balance and postural stress release balance. 4. Be able to apply Tibetan figure eight energy flow techniques to restore harmony in the body. 5. Understand luo points, acupuncture holding point theory and advanced reactive muscle techniques. 6. 'Put it all together', integrate and use all the profound techniques leading to a major transformation as you become aware of the enormous potential of Kinesiology
TEACHING METHOD	Modified lectures, group and class discussions, role plays, case studies and practical work
ASSESSMENT	Written Assignment (Case Studies and Body Logs) 80% Ongoing Class Participation 20% Pass mark 60% All components must be completed and passed at 60% in order to pass this subject satisfactorily.
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency HLTKIN401A - Work within a kinesiology framework
ATTENDANCE	90% minimum
PRE-REQUISITES	Kinesiology Fundamentals – TFH 1, 2 & 3
CO-REQUISITES	Nil
MATERIALS REQUIRED	Notebook, pen

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TEXTBOOKS**Compulsory:**

Touch For Health a step by step guide to natural health, by Toni Lilley
Touch For Health pocketbook with Chinese 5 Element Metaphors, M.Ed. – purchase from Nature Care Emporium

Recommended Reading / References:

TFH Reference chart
Touch For Health 5 element and acupuncture chart.
“Touch For Health” The Complete Edition “A Complete Guide to Natural Health with Acupressure Touch”, by John Thie F.Thie, Dc & Mathew Thie - Devorss Publications
Walther, David S., “Applied Kinesiology” Synopsis 2nd Edition, Systems DC, USA, 2000
Colour For Health Jan Westwater & Bev Marshall
The Touch For Health DVD by John Thie D.C.
TFH Audio/Visual & software. E Touch For Health by Earl & Gail Cook version 2.

SESSION-BY-SESSION OUTLINE**SESSION 1**

Course overview
Review of TFH Level 3 & Overview of TFH4
5 Elements and Meridian Overview
5 Element Emotions
5 Element Balance Practice
Time of day Balancing & Practice
Tibetan Energy Balancing & Practice
Neurolymphatic Release Corrections

SESSION 2

Sound Balance using 5 Elements & Practice
Postural Stress Release Balancing
Accupressure Holding Points Theory
Luo Points
TFH Database (intro to finger modes)
Practice

SESSION 3

Posture Analysis
42 muscle balance (standing up)
Advanced Reactive Muscles (know your muscles)
Review

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.