

Professional Kinesiology Programme

HLT42807 - Certificate IV in Kinesiology
HLT51507 - Diploma in Kinesiology



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Brisbane - Gold Coast - Byron Bay - Sydney - Melbourne – Hervey Bay

Professional Kinesiology Training



NATIONALLY RECOGNISED
TRAINING

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VISION

Educate the public and students of Kinesiology - For truly holistic health care, wellbeing and positive choice.

MOTTO

Every day in every way we strive to empower, help, guide and educate those we come in contact with about Kinesiology and true Holistic Health Care and maintenance.

MISSION STATEMENT

We are Kinesiology Schools Australia, accredited colleges of the ICPKP and this is our mission statement:

- To provide quality assurance in Kinesiology education.
- To provide training that assists students to learn, grow and embrace life to their highest potential, as they achieve the competencies required of professional Kinesiology practitioners.
- To produce graduates who, whilst aware that any profession has its limitations, are confident in their ability to make a positive, long-lasting difference in the lives of their clients using safe, non-invasive Kinesiology techniques and whose primary motivation is to improve the quality and dignity of people's lives.
- To aid Kinesiology to become a respected household name and the Kinesiology profession to be a sought-after career choice by people of all ages.



INTRODUCTION AND OVERVIEW

There are three programs within the Professional Kinesiology Program (PKP):

- Certificate IV in Kinesiology
- Diploma in Kinesiology
- Complete Professional Kinesiology Programme™

The Professional Kinesiology Programme (PKP) courses, developed by Joan and Dr Bruce Dewe first originated in the late 1970s and have grown to be one of the most respected Kinesiology modalities available in the world today. This course is an integrated course of study in Professional Kinesiology Practice leading to registration as a Kinesiology practitioner.

The purpose of the Professional Kinesiology Programme (PKP) is to enhance the quality of your life and the life of others by restoring the ability to maintain physical, bio-chemical and emotional wellbeing. This is created through developing practical skills and knowledge that enable you to enhance the mind, body and spirit to allow the balanced whole person achieve wellness and their full potential.

This training is designed to provide advanced techniques in a sequential, integrated manner. Education begins with foundation material (Certificate IV), progressing to advanced skills (Diploma) whilst at the same time not repeating information previously learnt. Units are segregated into sections for easy learning.

The Certificate and Diploma take Kinesiology into the 21st century with a new and improved format for learning and professionalism. After years of successful research this new format was developed to provide students with an effective progressive program, which ensures not only full theoretical comprehension, but also the practical experience needed to be successful.

Many health funds now require practitioners to have a Diploma in Kinesiology for rebates. This trend is expected to continue.

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 16 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

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

The first unit is all about teaching students how to take care of and balance themselves. After all, the practitioner must stay healthy in body and mind to be able to help others. These techniques can also be used to teach clients some basic skills they can use at home to help themselves between consultations. Basic anatomical parts of the body and terminology are also learnt.

BKP102 Manual Muscle Testing

This unit introduces muscle testing, which is the basis of Kinesiology. Students learn to balance other people, using brain/muscle feedback to identify dysfunctions and stress.

BKP103 The 5 Elements

An introduction of Chinese philosophies to balance the energy using colour, sound and the emotions is the theme of this unit. This unit teaches techniques to correct and confirm the changes of a 5 Element balance and using food to strengthen muscles, meridians and organs.

BKP104 Kinesiology and Superficial Connections

Using the direction of energy flow the students learn how to balance the meridians and their related muscles and organs. Students also learn basic Anatomy and Physiology.

BKP105 Five Elements in-depth

Learning the 5 Element principles in depth and working with the full chart of emotions takes students to a whole new level of knowledge. An extra 14 muscles allows students a greater variety of ways to balance the client. Students also learn how to find one single correction to return the person to balance.

BKP106 Professional Skills – Balancing Protocol with PKP Database

In this unit students learn how to put it all together using the specialised protocols that set PKP Kinesiology ahead of the rest. Students learn how to use finger modes and to go back to balance stressful times in the past that affect us today.

BKP107 Pain Reduction

This unit teaches students to evaluate and reduce pain using a number of simple but powerful techniques. This unit is a favourite with most students. This opens a huge potential to bring clients in to your clinic.

BKP108 Balancing with Food

Focusing on nutrition this unit teaches an understanding of why the body requires a variety of nutrients and how the body uses these nutrients. We also look at a number of 'diets' and how to test the person to see if they may react to foods.

BKP109 Advanced Muscle Techniques – Reactivity and Posture

In this unit students start to learn the first of the advanced techniques where messages from the brain are confused causing 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 to now become a PRACTITIONER.

A&P201 Anatomy and Physiology (home study unit)

The purpose of this home study unit is to provide a solid basis of all systems of the body. Students will have a good understanding of Anatomy & Physiology but will find this unit straight forward and to the point, nothing more and nothing less and written in an easy to follow and work through manner.

CS101 Clinical Safety (home study unit)

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 (home study unit)

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

OCT202 Senior First Aid (11475T)

This unit 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, Clinical Safety, Business Administration and Senior First Aid.

Investment:

Option 1:

Pay full amount in advance \$5,500 **save \$400**

Option 2:

Instalments: \$600 deposit with enrolment, \$500 before commencement of course plus 8 monthly instalments of \$600

See page 15 for more information

Diploma in Kinesiology - HLT51507



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

Extending the students learning by one and a half years 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 providing 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 imbalance in relation to muscles affecting pain, flexibility and strength. Other units help with allergies and sensitivities to foods, substances and environmental issues that are increasingly 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, chakras 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 bodies, the Australian Institute of Kinesiologists and the Australian Kinesiology Association, 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

Students learn Kinesiology techniques relating to dietary habits and lifestyle and how to identify nutritional excess and deficiencies and when clients need to add or delete supplements.

ECO202 Immune Mismatch Responses, Allergies and Hypersensitivities

Continuing where BKP108 stops, students learn various sensitivity techniques to identify and release stressful foods and substances (allergies and reactions). These are becoming an epidemic in our society. Learn how you can help.

HMR201 Hypertonic Muscle Release

No need to feel uptight after this unit. Flexibility is the word here. Students learn how to release tight muscles and have theirs released while they learn.

JAF201 TMJ and Cranials

Headaches and migraines are just two symptoms caused by jaw and cranial problems. Here students reset these imbalances bringing relief to many.

MST201 Muscle and Skin Activation

Students develop skills and understanding in identifying and correcting meridian energy imbalance related to muscle circuits, skin, scars, blood chemistry, thymus and spleen energy. This variety of techniques covers a number of key areas not previously covered.

MST202 Shoulder, Elbow, Hand Muscle Protocol

Students learn test and correction techniques to release pain, increase the function and performance of the shoulder, arm, hand and fingers. We all know people with pain and MST202 and MST203 are major units to release these pains.

MST203 Hip, Leg and Foot Muscles

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

PIB203 Basic Brain Integration Skills

Learning difficulties is a topic of high discussion. Kinesiology is a huge help to both adults and children with these problems. This unit teaches techniques related to neurological blind spots caused by fear, pain, self-doubt of learning difficulties and dyslexia.

VEF201 Flower Essences

Flower essences open up a whole new world to students. Through flower essences students learn to identify and utilize insights relating to their properties and photographic images, to re-balancing mental, emotional and spiritual energy.

RBT201 Clinical Body Contact

Students learn the various massaging techniques used to relax, release pain and tension and palpate areas within the body. This is not a massage unit as such.

EMS301 Genetic and Meridian Emotional Release

Students will be able to assist the clients to express life events in terms which do not decrease 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 able to choose, to make positive adaptive responses and to see positive possibilities in their future. They will use meridian-based affirmations affecting a multitude of personal issues and belief systems.

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

This unit teaches students how to evaluate and change many of the attitudes that affect our health and stop us from achieving our goals and full potential. This unit is both exciting and a real eye opener.

VEF301 Gems and other Vibrational Energy Fields

Continuing from VEF201 students learn about the healing powers of a variety of powerful vibrational healing systems such as gems, tissue salts and homeopathics and their use within Kinesiology.

VEF302 Metaphysical Energy Fields

Students in this unit will learn how to evaluate and correct various energy fields such as chakras and the auric fields that are vital to our health and how we perform.

JAF301 Ligaments and Joints

This unit teaches advanced techniques so students can work effectively with ligament and joint injuries affecting so many people. Many people 'put up' with pain simply because they don't know how they can be helped. JAF301 and JAF302 are the answer to many of these problems.

JAF302 Injury, Strain and Inflexibility

This unit teaches students about inflexibility and restriction of muscles due to injury, strain and a variety of other causes.

MST301 Head, Neck and Trunk Protocol

The variety of muscles learnt in this unit helps students fine tune areas that most practitioners wouldn't know where to even start. These are muscles of the face, eyes, throat, tongue, upper neck and the small back muscles.

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 (home study unit)

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. Students will find the two assignments are very interesting and will become a useful reference guide in your clinic.

MAB201 Manage a Business (home study unit)

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 (home study unit)

Students learn and participate in how to perform and analyse Kinesiology research. Kinesiology has been around for a number of years and students will learn how to prove that what we do does work.

MEN201 Mentoring (home study unit)

This home study unit will help students reinforce the knowledge and skills learnt at the same time as 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.

A&P301 Basic chemistry, Pathophysiology of disease (home study unit)

In this unit students learn some basic chemistry, pathophysiology of disease and the effects of biological maturation and the aging process.

Investment:**Option 1:**

Pay full amount in advance \$8,500 **save \$500**

Option 2:

Instalments: \$600 deposit with enrolment plus 14 monthly instalments of \$600

Please contact KSA for part time study options

See page 15 for more information

Postgraduate Kinesiology Training



The Professional Kinesiology Programme™, taught by Kinesiology Schools Australia offers the most comprehensive, student-centred training in Kinesiology worldwide. These units are accredited with the Australian Institute of Kinesiology (AIK).

Each of the Kinesiology Schools Australia campuses provides postgraduates with these units covering 11 advanced topics. These units are only available to students who have completed the Diploma. Graduates can choose to study all or some of these advanced units. We recommend all the units to truly become an expert in the field.

The Complete Professional Kinesiology Programme™ as the name implies is the *complete* Professional Kinesiology Programme written by Dr Bruce Dewe and is accredited by the International College of Professional Kinesiology Practice.

Graduates of the Complete PKP will be sought after practitioners. The extra units take Diploma graduates from very good, knowledgeable, and experienced practitioners to the highest level of training available in Kinesiology.

These units can be used towards CPE (continued professional education) points required by all professional health industry bodies. The techniques in these units are advanced techniques that quickly provide positive and effective results.

Advanced topics available

- Learning Difficulties
- Emotional Anatomy and Intelligence
- Techniques to evaluate and positively balance what affects our emotional wellbeing
- Correct problems of the pelvis and the pelvic muscles
- Clearing the Lymphatic and digestive systems
- Advanced meridian techniques
- Techniques to help the adrenals and the energetic vitality many of us lack
- Complete hypertonic muscle release
- Trigger Points

Kinesiology Schools Australia

Registration number: 30916

Kinesiology Schools Australia (KSA) is a Registered Training Organisation offering nationally recognised Certificate IV and Diploma in Kinesiology and is accredited by the International College of Professional Kinesiology Practice.

In 2003 and 2008 a leading Queensland newspaper in conjunction with the Department of State Development and market research specialists AC Nielson voted Kinesiology Schools Australia as the best business in its category in the Business Achievers Awards.



Kinesiology Schools Australia consists of seven campuses throughout Queensland, New South Wales and Victoria. Having seven locations means students can, if they desire, start their study at one campus and continue at another. All marks will be automatically transferred.

The Professional Kinesiology Programme™, is the course taught by Kinesiology Schools Australia and is taught in many countries around the world making it one of the most widely used modalities of Kinesiology worldwide.

Since we are a specialised Kinesiology college students can be assured that what they learn and the lecturers are high quality. All Kinesiology Schools Australia lecturers MUST be adult education teachers, practicing Kinesiology consultants and qualified faculty of the International College of Professional Kinesiology Practice. Each Kinesiology Schools Australia campus must have at least one *Senior Faculty Member* of the International College on staff. This once again assures students will receive high quality training and experience.

The Brisbane campus is on Brisbane's north side in a convenient location approximately 1km from the freeway. There is a bus that passes the front door and a large car park with plenty of parking at the rear of the college. See map on page 18.

The Gold Coast campus is located in Southport at the Australian College of Integrated Therapies. See map on page 19.

WHY STUDY WITH KINESIOLOGY SCHOOLS AUSTRALIA?

- KSA is dedicated to Kinesiology only, we are the specialists in Kinesiology (we do not teach an other modality)
- Both industry bodies accredit our courses – the Australian Kinesiology Association (AKA) and the Australian Institute of Kinesiology (AIK) are the two industry bodies for Kinesiology. These two associations recognise our courses as quality education and graduates simply send a copy of their KSA qualification and student transcript for registration.
- The certificate IV and diploma in Kinesiology are fully progressive courses. This means that students start with the basics and progress to advanced techniques. A specific protocol is taught so that students have an organised order to follow to ensure the best possible success in the fastest time possible.
- Austudy approved. The Certificate IV is accredited for 55 weeks including holidays. The Diploma is accredited for an additional 80 weeks including holidays.
- As Kinesiology is a “hands on modality” we allow for plenty of practical experience
- Nationally Recognised Training
- Graduates of the Diploma can join either industry body as a professional member and qualify for their clients to receive Health Fund Rebates.
- Can study part time or full time
- Courses are taught on weekends (check with your local campus) so that people can still work while they study.
- All Kinesiology units are face to face with a teacher. We do not believe that Kinesiology can be taught successfully via correspondence.
- We offer non-Kinesiology units by correspondence so that students can start at any time and study in their own time.
- KSA has 7 campuses from Melbourne to Hervey Bay – if a student moves interstate they can transfer their studies easily for a minimal administration fee.
- All our lecturers are high quality active Kinesiology practitioners that have completed advanced specialised training with the International College of Professional Kinesiology Practice.
- Kinesiology Schools Australia is big enough to be a professional organization, but small enough to still be personal and treat you as a person and not a number.
- PKP has a proven record since the early 80s
- Professionally written by a medical doctor
- Student Journal – directed self study to help you learn between classes
- Internationally recognised – can continue your study overseas

INVESTMENT

Full Time Study

Both the Certificate IV and Diploma in Kinesiology are Austudy approved for financial assistance.

Option 1: Pay full amount in advance

Certificate IV in Kinesiology \$ 5500 SAVE \$400

Option 2: Instalments

Year 1 (Certificate IV in Kinesiology)

Deposit \$600 (includes \$300 non-refundable enrolment fee)

Payment of \$500 before commencement of the course

Plus 8 monthly instalments of \$600 1st year total \$5900

Year 2 (Diploma in Kinesiology)

Deposit \$600 (with enrolment form)

Plus 8 monthly instalments of \$600

Year 3 (Diploma in Kinesiology)

6 monthly instalments of \$600

Instalments are due starting at the end of the month of the first Kinesiology weekend for the year.

Students who pay by monthly instalments have enrolled for the full course (either Certificate IV or Diploma in Kinesiology) and they will be liable for the full course fee. (see refund policy)

If for some reason this course is not what you expected you may withdraw from the course within 1 week of finishing BKP101. You will only be liable for \$600, no further instalments will be required. If you have received correspondence units extra fees will apply.

Part Time Study

Year 1

Deposit \$600 (includes \$300 non-refundable enrolment fee)

Payment of \$500 before commencement of the course

Plus 11 monthly instalments of \$450

Instalments start at the end of the first month of commencement of study.

Students who pay by monthly instalments have enrolled for the full course (either Certificate IV or Diploma in Kinesiology) and they will be liable for the full course fee. (see refund policy)

2nd and 3rd year

Contact the college for part time study details.

A discount may be available for those having completed other Kinesiology training.

Payments can be made by:

Brisbane	Gold Coast
<ul style="list-style-type: none"> • Cheque: payable to Kinesiology Schools Australia, Shop 9, 57 Gawain Rd Bracken Ridge, Qld 4017 • Direct deposit at a Commonwealth Bank branch, BSB 064124, account no. 10211178 – please advise teller to state your name as reference • Internet banking – Commonwealth Bank, BSB 064124, account no. 10211178 – please note your name as reference • Credit card: 1% surcharge applies • Eftpos: 1% surcharge applies 	<ul style="list-style-type: none"> • Cheque: payable to Kinesiology Schools Australia, Shop 9, 57 Gawain Rd Bracken Ridge, Qld 4017 • Direct deposit at a Commonwealth Bank branch, BSB 064185, account no. 10049822 – please advise teller to state your name as reference • Internet banking – Commonwealth Bank, BSB 064185, account no. 10049822 - please note your name as reference • Credit card: 1% surcharge applies • Eftpos: 1% surcharge applies

What is included in the price?

- All class notes and student assessment journals
- All assessments
- Morning and afternoon tea
- Qualification recognized by the Australian national training framework

What is NOT included in the price?

- First Aid: this can be taken with any Registered Training Organisation authorized as a First Aid provider
- Massage table: will be required by BKP103
- Textbook for A&P201 (Anatomy & Physiology - Certificate) and NUT201(Nutrition - Diploma)

Please note:

- Fees paid in advance cannot be transferred to another college or campus
- All late payments will incur an administration fee of \$15 per infringement.
- Classes will commence subject to numbers.

Centrelink Course Approval details

Registered Training Organisation: KINESIOLOGY SCHOOLS AUSTRALIA

Campus: Brisbane/Gold Coast

National Provider No.: 30916

Course Title: Certificate IV in Kinesiology

Institution Course Code: HLT42807

Institution Reference Number: 4P653

Syllabus hours: 754 hrs

Full time hours per week: 16 hrs

Course duration: 55weeks (including home study units, including holidays)

BRISBANE CLASS DATES

Please note: there are 3 correspondence units to be completed outside of these class dates.

CERTIFICATE IV (Year 1 – Starting October, 2010)

BKP101	Oct 16 + 17	BKP102	Nov 20 + 21
BKP103	Feb 12 + 13	BKP104	March 19 + 20
BKP105	Apr 9 + 10	BKP106	May 14 + 15
BKP107	June 18 + 19	BKP108	July 2 + 3
BKP109	Aug 13 + 14	BKP110	Sept 10 + 11

CERTIFICATE IV (Year 1 – Starting March, 2011)

BKP101	Mar 5 + 6	BKP102	Apr 2 + 3
BKP103	Apr 30 + May 1	BKP104	May 28 + 29
BKP105	June 25 + 26	BKP106	July 23 + 24
BKP107	Aug 20 + 21	BKP109*	Sept 17 + 18
BKP108*	Oct 15 + 16	BKP110	Nov 12 + 13

*BKP109 will be taught before BKP108

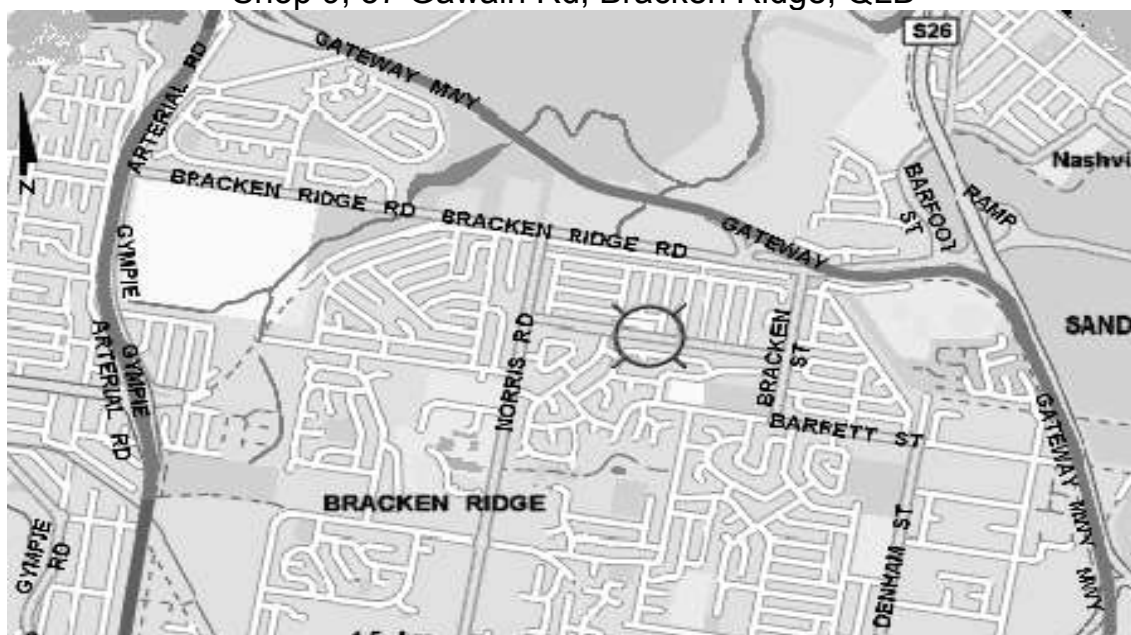
DIPLOMA UNITS

Start in February 2012

All dates are subject to change and will be confirmed before start of the course. The college reserves the right to change class dates at any time. Classes are dependant on numbers.

VENUE

Shop 9, 57 Gawain Rd, Bracken Ridge, QLD



GOLD COAST CLASS DATES 2011

CERTIFICATE IV

BKP101	March 12 + 13	BKP102	April 2 + 3
BKP103	April 30 + May 1	BKP104	May 21 + 22
BKP105	June 18 + 19	BKP106	July 16 + 17
BKP107	Aug 13 + 14	BKP109*	Sept 10 + 11
BKP108*	Oct 1 + 2	BKP110	Oct 22 + 23

*BKP109 will be taught before BKP108

DIPLOMA UNITS

Start in February 2012 depending
on numbers

See www.kinesiologyschools.com.au

VENUE GOLD COAST

Australian College of Integrated Therapies
18 Rawlins St, Southport



The Authors



Dr Bruce Dewe, co-founder of the International College of Professional Kinesiology Practice, is one of the world's leading international lecturers in Kinesiology and has been a medical doctor for over 30 years. He was first introduced to Kinesiology in 1977 and has been involved and instrumental in its development ever since. Dr Dewe introduced a series of advanced skills workshops for Kinesiology in the early 1980s which then evolved into the PKP workshops and finally to an International PKP Certification Programme.



Joan Dewe is a Chartered Natural Medicine Practitioner who specialises in Kinesiology at her clinic in Auckland. Having followed her husband Bruce into complimentary medicine she has helped develop the PKP workshops and pioneered teaching them. Initially trained as a high school teacher Joan's ability to summarise information into clear stepwise procedures has helped make PKP an easy to learn modality.

During the 1990's Bruce and Joan re-wrote and updated the complete PKP course making it a student friendly in-depth learning experience. Kinesiology courses were traditionally put together as new techniques emerged. This often made them unconnected and confusing for the student. The re-write of these courses has now made learning a free flowing and integrated experience making learning easier.



In 2003 and 2008 Kinesiology Schools Australia was voted the best business in its category by a leading Queensland newspaper.

Frequently Asked Questions

Q: How do you pronounce Kinesiology?

A: It's simple KIN – EASY - OLOGY

Q: What is Kinesiology and what can it help?

A: Wow, where do we start for this question? Kinesiology is such a wide and expansive therapy we would have to cut down a few trees to answer this one. For a straight to the point description see our link

http://www.kinesiologyschools.com.au/common_info/kinesiology_descript.htm

Q: Can you use Kinesiology by itself or do you need to use it with another modality such as Naturopathy?

A: Kinesiology is definitely a stand-alone modality. Many naturopaths and massage therapists see how effective Kinesiology is and use it to expand the effectiveness of their work. These practitioners only have a limited knowledge of Kinesiology and use just a few of the many techniques available. More and more practitioners are learning Kinesiology to add it to their skill base, but Kinesiology is a modality within itself, no other modality is required. There is so much to learn within Kinesiology.

I for one am a Kinesiologist at Bracken Ridge Natural Therapies, a Kinesiology clinic. This clinic has been voted the best in its field by a leading QLD newspaper 8 times out of the last 11 years. Other finalists included doctors, chemists, vets and other Kinesiologists, etc. To receive this award so often, we believe something must be working, as nominations are from the public who have been happy with our services. Kinesiology is quickly becoming known for the brilliant modality that it is. We often receive phone calls from people requesting Kinesiologists in their area.

Q: What courses do you offer?

A: We offer 3 courses.

Certificate IV in Kinesiology. This course is government accredited and is Austudy approved. Graduates qualify at practitioner level and can join a clinic or set up their own.

Diploma in Kinesiology. Continues from Certificate IV providing advanced techniques making the graduate a knowledgeable and successful practitioner. Our graduates are the best in the field. This course is government accredited and is Austudy approved.

Post Graduate. Graduates will be sought after practitioners and leaders in the field of health care. These practitioners will quickly and effectively help client receive not just better health but a better quality of life.

Q: What units are in the Certificate IV in Kinesiology?

A: The Certificate IV in Kinesiology consists of 14 units made up of 10 Kinesiology units, First Aid, Anatomy & Physiology, Clinical Safety and Business Administration. These units make up the requirements for HLT42807. See page 6.

Q: What units are in the Diploma in Kinesiology?

A: Our units more than cover the basic requirements of HLT51507, the Diploma in Kinesiology. The Diploma greatly expands on the skills and knowledge of the Certificate IV to provide graduates with high quality techniques in all aspects of health. Having already learnt the specialised protocol to ensure holistic healing, the Diploma offers units with advanced techniques to enhance structural, chemical, environmental, emotional, energetic and other issues. Having good all round techniques allows the practitioner to be truly holistic and quickly improve the health and wellbeing of the client. See page 8.

Q: Do I have to study the Certificate IV in Kinesiology first before I can study the Diploma?

A: Yes, the Diploma follows on from the Certificate. The Certificate takes about 1 year and the Diploma takes an additional 1 ½ years. Total study time to receive the Diploma is 2 ½ years.

Q: Are there different types of Kinesiology?

A: There are many different types of Kinesiology. Some types of Kinesiology you may have heard of include PKP (Professional Kinesiology Practitioner), Touch For Health, Hyperton-X, Applied Physiology, Educational Kinesiology, Three in One, One Brain, Kinergetics, L.E.A.P., Neural Organization Technique (N.O.T.) and many more.

Q: There are so many types of Kinesiology out there, so why is PKP the best Kinesiology course to learn?

A: PKP, the Professional Kinesiology Program, is the course taught by KSA. For starter the name is a great place to start. PKP is the **Professional Kinesiology Programme** written to a professional standard. It is written by Dr Bruce Dewe MD, a medical doctor.

This course is holistic in the true sense of the word. Graduates have all the necessary skills and knowledge required to be an outstanding Kinesiologist. Knowledge, techniques and skill are taught in a progressive manner starting at the basics and gradually building on knowledge already learnt. The course content is integrated at the appropriate levels so that students have a good blend of emotional, chemical, environmental and structural techniques. This ensures the students will be excellent practitioners and have the ability to help a wide range of health issues and sustain a viable career.

A specific protocol is taught so that students have an organised order to follow, to ensure the best possible success in the fastest time possible.

Graduates of the Diploma in Kinesiology have an extremely high level of skills and techniques. These practitioners will be sought after practitioners. We believe that PKP is the most complete Kinesiology system that uses high quality techniques to balance the body in a structural/physical, chemical/nutritional and emotional/mental way.

Q: Is there much difference between courses taught at other colleges?

A: Quite simply the answer is YES!!! There is a great deal of difference between courses even though they have the same final qualification. The content of the courses are dramatically different. Some courses are basically a massage course with a little Kinesiology added to it. Other courses are made up by combining a variety of techniques together to fill up the subjects.

KSA courses are the official courses of the International College of Professional Kinesiology Practice. The course material starts from the basics and progresses to advanced techniques and knowledge. It follows a specific protocol designed to guarantee the best possible success. We offer more Kinesiology techniques than other colleges to make sure our graduates are fully prepared to enter the real world. We are very proud of what we offer.

Q: Do you offer full time or part time study?

A: We offer both part-time and full time study. Part time study requires the first 10 Kinesiology units in a set order but First Aid and home study units can be taken at any stage. For full time study the 10 Kinesiology units, the correspondence units and First Aid MUST be taken at the same time. Full time students qualify for Austudy. Contact your local KSA campus for more details or phone Centrelink for details about Austudy.

Q: When are classes held?

A: Contact your local campus for their timetable as this may vary. Most of our campuses run the Kinesiology units every third to fourth weekend (on average). This way people can work as they study. Approximately 15 – 25 hours of self-paced study (study done outside of class) must be completed between each Kinesiology unit.

Q: I've studied some subjects at other places. Do I receive any credits towards my qualification?

A: YES. First Aid and Anatomy & Physiology can be studied at any Registered Training Organisation. Provided the course is up to the appropriate level you should receive recognition for prior learning. You may also receive recognition for these subjects (units) if you are studying them at the same time as your Kinesiology course. Although this must be agreed upon by the campus before you start your course. Due to the high quality of our Kinesiology units and the variety of Kinesiology courses available you will need to discuss your individual case with your local campus.

Q: Can any units be taken by correspondents?

A: All non-Kinesiology units are correspondence units and can be studied in your own time.

Q: When looking for a college and course, what should I look for?

A: How many hours are “pure” Kinesiology hours in relation to non-Kinesiology hours?

Is the course accredited by either the Australian Institute of Kinesiology or the Australian Kinesiology Association? Can you automatically join either of these associations once you receive your qualification?

Is the course nationally recognised training?

Is it one type of Kinesiology for the whole course or are there many different types of Kinesiology? If there are many different types of Kinesiology there may be a lot of repetition as the techniques vary and are not integrated.

Can I still work while I am studying?

Is it Austudy approved?

Are all Kinesiology units taught face to face?

Is there a lot of time for practice?

Q: Is there much work for Kinesiologists?

A: My answer to this is, “Do you know anyone with pain, digestive problems, allergies, emotional stress, learning difficulties, skin problems, kids with behavioural problems?” I could go on for another page or two but I think you get my drift. There are so many people out there that a Kinesiologist can help, we will always be in business.

More and more people are hearing about Kinesiology daily. It is now even being used in the Royal Adelaide Hospital. No longer am I asked, “What did you say you do for work” but “Wow, tell me more about it. My friend goes to a Kinesiologist and says it’s helped him/her a lot”.

Over the last 3-4 years Kinesiology has been receiving more acceptance from both other practitioners and the public.

Many graduates start their own clinics from home. More and more are joining existing clinics as private practitioners working for themselves and renting a room. These clinics are often with Chiropractors, Naturopaths, Acupuncturists and massage therapists etc. One of our graduates is even working from a doctors surgery. There are more options and clinics are looking for Kinesiologists all the time. One graduate who was previously a beauty therapist was employed at a beauty therapist because she was also a Kinesiologist.

Q: Do Health Funds cover Kinesiology?

A: As of the date this document was published the following health funds cover Kinesiology if the practitioner has a Diploma in Kinesiology (HLT51507) and is registered with an association such as the AIK or AKA. The AIK and AKA are the two industry associations for Kinesiologists. Medibank Private, MBF, HBA, ANZ Health Insurance, Health Cover Direct, Mutual Community, Manchester Unity, Australian Unity, GU Health, AHM, Credicare Health Fund/CUA Health, CBHS, Health Partners, Health Care Insurance Ltc, Teachers Federation Health, Transport Health and more.

Refund Policy

Introduction This policy is included in the pre course student handbook and the student handbook.

Entitlement to refund Students may be entitled to a refund of course fees depending on when the application for withdrawal is received. \$300 enrolment fee is non-refundable.

Where an application is received ...	Students will receive ...
More than 2 weeks prior to commencement of the course	A refund of the full cost of the course less \$300 non-refundable enrolment fee.
Less than 2 weeks prior to commencement of the course	No refund is available. The original course fee payment minus \$100 administration fee can be used as credit towards the same course within 12 months of the initial payment.
After a home study has been received by the student	No refund is available. The original course fee payment minus \$100 administration fee can be used as credit towards the same course within 12 months of the initial payment.

Transfer to another course A student may change enrolment to another course delivered concurrently with the original enrolled course or to the original enrolled course offered at a later date. The request for the change must be made in writing and must be received at least 2 weeks prior to the commencement of the original enrolled course. The fees paid minus an administration fee of \$100 can be transferred to the new course. A second administration fee of \$100 will be charged if transfer takes place within ten working days of the first day of the course.

Substitution An organisation sponsoring training may substitute suitable personnel at any time.

Continued on next page

Refund Policy, continued

Withdrawal after commencement of training Once training has commenced for the course, no refund is available to students who leave before the completion of the course. Once the student is registered and has applied for a home study unit, there is no refund available. Students who pay by monthly instalments have enrolled for the full course (either Certificate IV or Diploma in Kinesiology) and come under the same refund policy. They will be liable for the full course fee.

If for some reason this course is not what you expected you may withdraw from the course within 1 week of finishing BKP101. You will only be liable for \$600, no further instalments will be required. If you have received correspondence units extra fees will apply.

Students who have certified medical reasons or personal hardship may apply to KSA for special consideration. If application is accepted, KSA will consider refunding a portion of the course fee in relation to those components of training that have not been started by the student, minus \$300 non-refundable enrolment fee.

Attendance of withdrawn student on subsequent courses Students are able to attend subsequent courses to finalise incomplete competencies. The original course fee payment minus administration fees can be used as credit towards that course within 12 months of the initial payment. Application for transfers must be received in writing at least ten working days before commencement of the unit they would like to transfer.

Application for refund Students are required to put any request for a refund of course fees in writing.

Cancellation of course Should the RTO cancel a course, students are entitled to:

- a full refund (or pro-rata adjusted refund),
- transfer of funds to another/future course, or
- transfer of funds to another KSA campus or affiliated college.

In this event, students will be given their preferred option.

Cancellation of apprenticeship or traineeship Students enrolled in an apprenticeship or traineeship will receive a refund for training paid for in advance but not received at the time training ceases.

Fees paid in advance cannot be transferred to another college or campus.



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Testimonials

I originally completed the old TFH and PKP3 workshop series. I was lucky to have excellent instructors, but I know that due to the composition of the courses I only retained about a quarter of the information given. The new ICPKP Diploma program has presented the same information and more in a format that makes sure you know the material inside and out.

I really wish to thank you for your confidence and encouragement, which gave me the desire to continue with the course. I have been doing many balances on family and friends with positive feedback, which in turn has given me the confidence to go on. Thanks again and hope to see you in the future. - Sue

I am thoroughly enjoying my intro to Kinesiology...from knowing very little about the processes involved, I feel I have now progressed so far that I am confident of my knowledge of everything learnt...as well as my ability to work with clients as a trained Kinesiology practitioner - Amy M.

As an Ambulance Officer for 15 years, my life had become one filled with stress, bad memories and fortnightly visits to a chiropractor for chronic back pain. The need for a career change, and not waste my knowledge and experience gained over the years, led me to Danny and kinesiology. I have found "Hyperton-X" and "Basic Kinesiology Programme" to be enlightening and satisfying. I have learnt a lot about myself and I have regained my confidence and self esteem. I am not completely free of stress, but I am handling it much better. The bad memories are now a thing of the past. I have not been back to the chiropractor since beginning the course and my back has been pain free for several months. As kinesiology looks at the 3 aspects of our being, structural, emotional, and chemical, the training has enhanced not only my life, but also the lives of my wife and family. I can recommend the training to anyone who wants to improve their knowledge and their health or to embark on a new exciting career. Kinesiology has changed my life for the better and I know it can do the same for you. – Bob

This Kinesiology course is very enjoyable and enlightening...and the skills taught...greatly enhance my current health practice - Chris E.

Kinesiology has enabled me to improve my life on so many levels...not only did I meet and make friends with an amazing group of teachers and fellow students, but also discovered many processes to enable the body achieve a high level of wellness. I use what I have learnt to enhance my life in all areas, and enjoy watching friends, family and clients enhance their lives through Kinesiology.

This truly has been a life-changing course for me and if you are attracted to it - I suggest you follow your instincts and go for it. I did and it has been well worth it. - Sue E.

This program is the best I've seen. The structure of teaching creates an optimal environment of learning and discovery, and it is a joy to be a part of something so fantastic. I am privileged to be a part of something so profound. - Breanna M.

Being able to study the Diploma course has realised my dream of having a fulfilling career and job that I am passionate about. The course is set out in such a manner that you learn to be a professional from the beginning. It is so rewarding to be able to help people reach their full potential! - Toosje K.

I would like to take this opportunity to thank Evelin and Danny Liddell for introducing me to the BKP programme, which I have just completed. This is a course like no other, not only have I grown to be a more 'aware' person, but my family and friends have also benefited from my new-found knowledge. When I look back over the year I realise how privileged I am to have had the opportunity to learn about our body, its amazing fountain of knowledge and insight into what we really need to be a healthy, balanced person.

I have also found the modules studied (10 in total) are taught in a relaxed environment with people who have the same goals and interests as myself to be quite enjoyable. Special friendships have been formed that I know will be long lasting as we continue to share our experiences both professionally and socially. Each module is conveniently held on week-ends which allows me to attend without the worry of finding carers for my children.

The lecturer (Danny Liddell) has been an inspiration to us all with his many quotes on the experiences he has come across with his clients, this is what consolidates with me the real potential a course like this can do to help me - help myself, my family and friends, and anyone who is willing to receive help. Already I have helped a lot of people in my life through Kinesiology and look forward to doing so in the future. – Teresa H.

CONSULTATIONS

IN

HOMEOPATHY

KINESIOLOGY

OPTOMETRY



COURSES

SELF HELP

OR

PROFESSIONAL

brisbane@kinesiologyschools.com.au
www.kinesiologyschools.com.au and www.brnt.com.au

CONSULTATIONS

Homeopathy

Evelin Liddell

Kinesiology

Danny Liddell

Michael McCloskey

Bronwyn Kennedy

Optometry

Bryan Smith

SHORT COURSES AVAILABLE

Hyperton-X: Sports Kinesiology (Flexibility)

Perceptive Vision: Sight Improvement

Food and Supplement Testing

Homeopathy for the Family

PROVIDING QUALITY HEALTH CARE THAT MAKES A DIFFERENCE



**VOTED BEST IN HEALTH
on 8 occasions**

1999	2005
2000	2006
2003	2007
2004	2008

BY A LEADING BRISBANE NEWSPAPER