

## What to look for when searching for a college to learn Kinesiology

When looking for a Kinesiology course, we have found that most people don't know what questions to ask prospective colleges. Even more so they don't have an understanding that a Kinesiology Diploma qualification can vary greatly amongst colleges as there are many different styles of Kinesiology.

This information will give you some important guidelines and questions to ask your potential college, especially if you are interested in receiving the best quality education and value for money when completing your Diploma in Kinesiology.

The Australian Institute of Kinesiology (AIK) and the Australian Kinesiology Association (AKA) are the registering bodies for approved Kinesiology courses. These associations are the only two representatives that fight for and promote Kinesiology.

AIK: <http://www.aik.org.au/>

AKA: <http://akakinesiology.org.au>

A lot of people also look to study Kinesiology online or via distance education. Both associations believe it is important to have support and plenty of time to implement new skills and be given appropriate feedback.

Kinesiology is a very "hands-on" health modality. The highly skilled techniques of Kinesiology are an art. It is not something that can be learnt via a book or video. In fact, neither the AIK or the AKA accredit courses taught by video. The pressure used and the feel of different muscles is important to master. It is therefore essential to learn muscle testing and the various components of 'reading' a muscle through an accredited course taught face to face with an experienced teacher.

If you are after a qualification in Kinesiology, which is recommended, in order to have a solid grounding in Kinesiology, the following questions are a guide to ask the college or course administrator before signing up to make sure you find the right course for you so that you become the best Kinesiologist you can be.

MY QUESTIONS TO ASK MY KINESIOLOGY COLLEGE	My notes
Is the course recognised by the Australian Skills Quality Authority and how long has the course been run at that college?	
Is the course accredited by the Australian Institute of Kinesiology and the Australian Kinesiology Association?	
Are all Kinesiology units taught face to face and how many hours of actual practical Kinesiology do I learn?	
Does the college offer a Diploma in Kinesiology?	
Is it Austudy approved?	
Does the college specialise in Kinesiology or does it focus on other health modalities such as massage or naturopathy?	
<p>Is it one type of Kinesiology for the whole course or are there many different types of Kinesiology</p> <p><i>If there are many different types of Kinesiology there may be a lot of repetition as the techniques vary and are not integrated.</i></p>	
Do all teachers have a recognised Diploma in Kinesiology and are they currently practising as a Kinesiologist in their own clinic?	
Does the course provide extra learning support and tools so that you can be the best practitioner you can be?	
If for some reason you need to relocate, can you continue your training at another college?	
Can I apply to health funds after finishing my course?	