

# 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](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 modality in its own right. 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 health by a leading QLD newspaper 8 times out of the last 11 years. Other finalists included doctors, chemists, vets and another 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 main courses and some short 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.

*Short courses available. Please contact your local college for details.*

**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 prospectus for more details

**Q: What units are in the Diploma in Kinesiology?**

A: Our units more than cover the basic requirements of HLT51507, the Diploma in Kinesiology. Our 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, our 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 prospectus for more details

**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, Kindergetics, 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 starters 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 and specialised Kinesiologist.

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 skills 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. You may be eligible for recognition of prior learning (RPL) for non-Kinesiology units provided the course is up to the appropriate level. 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?

Are all Kinesiology units taught face to face? (VERY IMPORTANT)

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

Is the course nationally recognised by the Australian Training Authority?

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?

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.