

# INTRODUCTION AND OVERVIEW

Kinesiology Schools Australia offers three training programs aimed at people wanting a new career in Kinesiology. These three programs are an extension of 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.

For a brief description of what is in each Certificate IV unit go to page 8 of this booklet.

## 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.

For a more detailed description of what is in each Diploma unit go to page 10 of this booklet.

These units are accredited by the Australian Nationally Recognised Training Authority and the industry representative body, the Australian Institute of Kinesiologists, 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.