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## **KPL1 Kinesiology Practitioner Level 1\***

\*Replacement of Certificate IV in Kinesiology

Course Duration: 11 months

In June 2015, mandatory changes to Kinesiology qualifications will affect all, yes ALL, Registered Training Organisations.

So What does this mean?

The Certificate IV HLT42812 is no longer be available. The Diploma will be the minimum Nationally Recognised qualification recognised by the National Training Authority. HLT51507 Diploma in Kinesiology is being replaced by HLT52415 Diploma in Kinesiology.

Kinesiology Schools Australia will offer two high quality Kinesiology courses from July 1<sup>st</sup>, 2015.

- HLT52415 Diploma in Kinesiology
- Kinesiology Practitioner Level 1 (KPL1)

KLP1 provides a well rounded and practical Kinesiology training that allows you to be recognised by Kinesiology Associations and become a registered Level 1 Kinesiology Practitioner.

KPL1 will be the first 11 months of the new Diploma in Kinesiology, HLT52415 and will fulfil the requirements for a level one practitioner with the Kinesiology associations.

**Kinesiology Units:** 10 high quality professional Kinesiology units.

Kinesiology is very hands and requires the student to be face to face with the teacher to learn the pressure and skills of this magnificent modality. There will be plenty of practical experience in this course.

Nine of the Kinesiology units are with a highly experienced teacher. Each of these units is face to face one weekend a month, 9am-6pm. The tenth unit is Student Clinic.

BKP101-BKP109: These first 9 Kinesiology units taught in sequence providing a solid grounding of Kinesiology knowledge and skills starting at the basics and continuing to intermediate and then introducing some advanced techniques. This is the most efficient basic skills course available.



BKP101 Energisers and Self Testing

BKP102 Manual Muscle Testing

BKP103 The Chinese 5 Elements

BKP104 Kinesiology and Superficial Connections

BKP105 5 Elements in-depth

BKP106 Professional Skills – Balancing Protocol with PKP Database In this unit students learn

BKP107 Pain Reduction

BKP108 Balancing with Food

BKP109 Advanced Muscle Techniques – Reactivity and Posture

STUDENT CLINIC

**Non Kinesiology Units:** 5 units completed externally over 12 months.

A&P1 Anatomy and Physiology 1

SMALL BUSINESS PLANNING

CLINICAL HEALTH AND SAFETY

COMMUNICATION 1

First Aid\* (*\*External Unit to be completed by the student at any stage. As this unit is not supplied by KSA it is not included in course price*)

### **A Quick Overview:**

On completion of KSA's Kinesiology Practitioner Level 1 course you will be a **competent and confident Kinesiology practitioner**, recognised by both Australian Kinesiology associations (AIK and AKA) where you can register with to become a level one practitioner and start building your practice. The high level techniques and skills you acquire in this course provide you with the most solid grounding in the field and build to conclude with some powerful intermediate techniques so you can start your career.



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KPL1 subjects are most of the first subjects of the Diploma in Kinesiology. This means that if you decide to continue studying and complete your diploma in Kinesiology you do not need to start again or repeat any subjects. You will simply continue where you finished.

This course is not recognised by the Australian National Training Authority (ASQA) and therefore is not GST exempt. (*The Diploma in Kinesiology is ASQA accredited and GST exempt.*)

Throughout the course there is plenty of practical experience gained in class activities during every unit, student clinic, expo's (optional at no extra cost) and student practice nights (optional at no extra cost). All this along with the supervision of your experienced teacher fine tunes your skills so you obtain the best possible results with your clients.

#### **Lecturers:**

Your lecturers led by Danny Liddell, Author of *How Kinesiology Works*, are all successful practitioners. Danny's clinic, Bracken Ridge Natural Therapies, has been independently voted Best Business in Health on Brisbane's Northside an amazing 9 times.

#### **The College:**

Kinesiology Schools Australia (KSA) is a Kinesiology college, not a naturopathic or massage college teaching some Kinesiology to fill class numbers. We specialise in Kinesiology. It makes a difference !

Unlike most colleges, your college has separate lecture and practice rooms providing the right environment for what you are learning at the time.

Geebung is just a short drive from Gympie Rd and the Gateway Motorway. There is plenty of free parking and Geebung Railway station is just a short walk from the college.

#### **Student Support:**

Students receive extraordinary support from the college. Monday to Friday from 9-3pm most weeks there is phone support from past graduates working in our office. There is a Facebook support group and a student membership website with supporting documents and videos.

Optional practice nights are regularly held in Brisbane, and have now been expanded to Gold Coast, Sunshine Coast and Toowoomba. They range from a minimum of one to four



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every month depending on where you live. This should continue depending on student numbers in the areas.

There is also a free mentoring system to support 1<sup>st</sup> year students.

#### **Price:**

All classes, assessments (~one resit included if required), class notes, handouts, expos, student clinic and practice nights are all included in the price. The only extra costs is one text (Anatomy and Physiology), First Aid and a massage table.

Charts, test kits or other recommended books are optional to purchase for those that want them.

### **UNIT DESCRIPTIONS**

#### **BKP101 Energisers and Self Testing**

This first unit is all about teaching you how to take care of and balance yourself. After all, you 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. Setting well worded powerful goals is the basis of a good Kinesiology balance. In this unit you will learn the skills for goal setting that will be used in every balance in the future.

#### **BKP102 Manual Muscle Testing**

This unit introduces you to the art of muscle testing, which is the basis of Kinesiology. You learn to balance other people, using brain/muscle feedback, known as muscle testing or muscle monitoring, to identify dysfunctions and stress. You also learn how to identify and correct the most common causes of disorganisation in the brain.

#### **BKP103 The Chinese 5 Elements**

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

#### **BKP104 Kinesiology and Superficial Connections**



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Using the direction of energy flow you will learn a number of effective ways to improve and restore balance to meridians and their related muscles and organs. Students also learn more 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 you to a whole new level of knowledge. An extra 14 muscles allows you a greater variety of ways to balance the client. You will also learn how to identify and use one single correction to return the person to balance.

### **BKP106 Professional Skills – Balancing Protocol with PKP Database**

BKP106 brings much of what you have previously learnt together. Using the specialised protocols that set PKP Kinesiology ahead of the rest, you will learn how to use finger modes and to go back to balance stressful times in the past that affect us today. This is a real turning point and turns you into a practitioner.

### **BKP107 Pain Reduction**

This unit teaches you how to evaluate and reduce pain using a number of simple but powerful techniques. This is a favourite with most students as there are always people with pain. By the end of this weekend many students no longer have the pains they have had for years. 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. By the end of this unit you will be able to balance people and help them achieve optimal nutrition for their wellbeing or what ever activity they require.

### **BKP109 Advanced Muscle Techniques – Reactivity and Posture**

In this unit you start learning the first of the advanced techniques where messages from the brain are confused causing reoccurring problems.

### **STUDENT CLINIC**

Supervised clinic with practitioners on hand to ask questions and work on people.

### **A&P1 Anatomy and Physiology 1**



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.

### **Small Business Planning**

In this unit you will learn the basic requirements needed to run a business and how to put together a business plan in preparation of starting and building your business to be successful.

### **Clinical Health and Safety**

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.

### **Communication 1**

More information on this unit will be available in the shortly.

### **FIRST AID\***

This unit is a requirement of all health practitioners. It is the equivalent of the Senior First Aid. Contact the college for the most up to date name of this unit as it changes from time to time. (*\*External Unit to be completed by the student at any stage. As this unit is not supplied by KSA it is not included in course price.*)

## **INVESTMENT IN YOUR FUTURE**

(Payment Options)

Total price includes all notes, manuals, assessments\*\*

Prices to be announced in the coming days.