



## Registered Kinesiology Practitioner

### Registered Kinesiology Practitioner Level 1\*

\*Replacement of Certificate IV in Kinesiology

Course Duration: 12 months

In June (delayed till December) 2015, mandatory changes to the Certificate IV in Kinesiology qualification that will affect all, yes ALL, Registered Training Organisations.

So What does this mean?

You will no longer be able to enroll in the Certificate IV HLT42812 as it will 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 Brisbane campus will continue offer two high quality Kinesiology courses.

- HLT52415 Diploma in Kinesiology
- Registered Kinesiology Practitioner Level 1 (RKPL1)

RKPL1 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.

RKPL1 will be the first 11 months of the new Diploma in Kinesiology, HLT52415 and will fulfill the requirements for a level one practitioner with the Kinesiology associations.

### Kinesiology Units:

9 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

### Non-Kinesiology Units:

5 units completed externally over 12 months.

A&P1 Anatomy and Physiology 1

SMALL BUSINESS PLANNING

NUTRITION

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 your Registered Kinesiology Practitioner Level 1 course you will be a **competent and confident Kinesiology practitioner** able to register with both the Australian Kinesiology associations (AIK and AKA) 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 industry so you can start your career.

RKPL1 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, repeat or upgrade any subjects (unless there is a government upgrade in the diploma). You will simply continue from where you finished.

Please note the RKPL1 is not accredited with the Australian National Training Authority (ASQA). I would like to reconfirm that it does fulfill the requirements of the industry associations, the AIK and the AKA, allowing graduates to register as a practitioner. Our course material and standards are high. To be eligible for Austudy assistance you must enroll for the Diploma Of Kinesiology (HLT52415).



Throughout the course there is plenty of practical experience gained in class activities during every unit, 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. On completion of the course you can undertake an optional supervised student clinic subject for an additional fee.

### **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 really does make a difference!

The college venue provide you with the right atmosphere to learn Kinesiology. You will not find yourself sitting in someone's lounge room being distracted by unprofessional surroundings. You will have desks and chairs while learning your theory and comfortable massage tables when practicing your newly learnt skills.

The campus is situated on Gawain Road Bracken Ridge, near the gateway motorway, the Bruce Hwy and only a couple of kilometers from Gympie Road. There is ample free car parking at the college so there is nothing to worry about there. A bus runs past the front door for those that don't have a car.

### **Student Support:**

Students receive extraordinary support from the college.

Monday to Friday from 9.30-2pm 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.

Free optional practice nights are held every month to help you practice your skills and network with other students and graduates. There is usually an experienced practitioner available to ask questions if needed.



### 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.

For a payment option to suit your budget, [click here](#).

### Unit Description:

#### **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**

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.

### **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.

### **Nutrition**

In this unit you will learn how to interpret and use basic information about nutritional principles and healthy diet.

### **Communication 1**

This unit will assist you to learn how to build rapport and liaise with clients in a professional setting.

### **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.*)



## 2017 September Class Dates:

BKP101	9+10 Sept 2017
BKP102	7+8 Oct 2017
BKP103	4+5 Nov 2017
BKP104	2+3 Dec 2017
BKP105	Jan 20+21 2018
BKP106	Feb 17+18 2018
BKP107	Mar 17+18 2018
BKP108	Apr 14+15 2018
BKP109	May 12+13 2018

## INVESTMENT IN YOUR FUTURE

Click here for **Payment Options**

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

\*\* one repeat assessment included if required. Additional assessments may require an additional fee.