

Progressive Kinesiology Practitioners Prospectus



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The Practitioner course is specially designed as a comprehensive programme leading on from the Foundation Studies. The course has been developed along the principles of the holistic balance of the Mind, Body and Spirit and is written in Stages of the Body - such as 'The Mind, The Spirit, The Chemical Body, Structural Body and Oriental Body'.

Students are encouraged to begin work immediately with case studies/clients, to offer a holistic and supportive treatment that takes into account the case study/clients chemical, structural, mental and metaphysical issues.

The course stages work with techniques based on the kinesiology finger modes: - The Electrical, Emotional, Chemical, Structural and Energetic Finger modes. Each stage uses the appropriate finger mode to enhance the students work in that particular area. During the course students will be encouraged to use the techniques learnt each month to give in-depth treatments to their case studies.

All students attending are required to join a professional body and to have Student Insurance (membership and insurance forms will be suggested on the course).

An over view of the topic covered on each Stage:

Stage One - Introduction to Course – 1 days

Putting a treatment together:

- Learning the Finger Modes and how to use them
- Legal aspects, paperwork, case study format
- Introduction to the course material

Stage Two - Mind Body Stage – 3 days

We use energy remedies to support the mind and emotional work, the use of positive statements and various methods of balancing left/right brain to alter our mind and release our negative emotions.

Over view of subjects covered:

- Flower Remedies
- Positive Statements
- Mind supportive techniques
- Metaphysical Connections
- Colour/Flower test
- Age Regression
- Past Healing work
- Future work
- Goal setting
- Emotional/Physical Stress release

Stage Three - Spirit Body – 2 days

We now work deeper into the body's energy to access the mind into the spiritual. This includes testing the auric field levels, chakra system and using colour and energy remedies to support, heal and repair the body's vital force.

We cover Vibrational witness techniques and reactive chakra influences plus add more in-depth energy and colour work. We also look at electromagnetic stresses such as modern technology and its effect on the body. For instance, this could be insomnia from looking at computer or mobile phone screens. During the course, we help support the effects that electromagnetic stress and environmental issues and modern technology have on health.

Over view of subjects covered:

- Auric Field testing and healing
- Chakra System (Hormones)
- Reactive Energy influences
- Colour Work
- Vibration Witness work
- Energy remedies and testers

Stage Four - Oriental Body – 4 days

This stage covers the Five Elements, using Oriental observation tools and incorporating more Tibetan Healing energies as first introduced on the foundation course. We work with the natural body clock and learn to rebalance and de-stress the body from shift work, jet lag, sleeping problems and other issues, plus ear reflexes and meridian work. Oriental observation techniques are used to give students the ability to gain information about their client's general health and well-being. Modern technology has a profound effect on our sleep patterns and can even affect our digestive health. We look at ways to help support this affect, while being able to cope with living in today's modern fast paced world.

Overview of subjects covered:

- Tibetan Healing
- Five Elements and Meridian Supportive Techniques
- Body Clock & Jet Lag
- Ear Reflexes
- Oriental Diagnosis Techniques
- Introduction to Magnet work
- Electromagnetic Stress
- 42 Muscle Testing

Stage Five - Eye Zones – 1 days

The Eye Zones are introduced by working with some of the 42 kinesiology muscle tests and the digestive system:

- Eye Zones and Muscle Testing
- Tissue Salts
- Digestive System - ICV & Houston Fold

Stage Six - Chemical Body – 2 days

We cover the chemical makeup and nutritional requirements of the body system. Learn to use test kits, test the Riddler's points, testing supplements, plus ways of checking for cholesterol type issues, candida, hypoglycaemia, heavy metal toxicity and toxins, plus looking at the relevant supports required to assist their safe removal from the physical. More in-depth Food and substance testing is also covered to continue on from that taught at Foundation level.

Overview of subjects covered:

- Riddler's Nutritional testing points
- Use of supplements
- Cholesterol Testing
- Candida
- Hypoglycaemia
- Heavy Metal Toxicity
- Food and Substance Testing
- Test Kit use

Stage Seven - Structural Body – 2 days

As well as checking the kinesiology muscles we now add physical bodywork to a treatment which includes the global testing of the endocrine system, temporal-mandibular joint (TMJ) and cranium work. We use supports such as Injury Recall, spinal reflexes and the rebound system (soft tissue work), plus use lasers to gently encourage self-adjustment within the physical. Gentle Lymphatic work is also included. To support this stage nutrition and flower remedies are used as supportive measures.

Overview of subjects covered:

- Global testing
- TMJ & Cranial Faults
- Injury Recall & STO
- Spinal Reflexes
- Rebound Technique & Retrograde Lymphatic
- Carpal Tunnel Syndrome

Stage Eight - Holistic Balance – 2 days

The main focus is to bring together all the knowledge learnt and create a good working model using the techniques learnt. (Under this section, we may add extra information that is relevant to the training course). This stage pulls the whole treatment together, and adds more relevant factors not covered over the other stages.

Stage Nine - Course Review and Preparation for Assessment – 2 days

Review and practice of techniques covered on the course to offer a holistic balance to future clients and preparation towards the final assessment will help consolidate the course material.

Stage Ten - Assessment of Learning – 1 day

The Assessment includes:

- 2-hour Written Examination (Multiple choice and written answers or short essays).
- 1 ½ hour Practical Examination working with an exam case body
- 15-minute Viva with Internal Verifier

Other information:

- Your homework, case study or additional research and case histories need to be formally presented at the assessment and should be in a presentable folder, each page to be kept separately in plastic pockets for ease of reading.
- Attendance should be a minimum of 80% of the course. NB. You may be charged an extra fee for private tuition if unable to attend class.
- Learning is by means of lectures, course notes & practical work.
- Home study will be given each month consisting of questions requiring short essays & diagrams to support the course subjects you have been taught.
- Homestudy and case studies are required to be handed in on time each month, unless the student has made a prior agreement with the tutor.
- Advice will be given to what books to read which will support your training.
- Students are expected to keep a record of their hours spend on case studies and homework in their homework portfolio.
- Certificates will not be release until all course fees have been paid in full and all home study completed.
- On completion of your training you can upgrade to KF Associate if you are a member with the Kinesiology Federation –and work as a trainee professional Kinesiologist*.

Costs:

Each day is charged at £150 and includes the relevant manual, test kit or handouts. 17 days total kinesiology training, plus 3 days assessment and preparation.

Educational activity	Hours student engaged	Days	Description:
Course attendance	127.5	17	17 sessions at 7.5 hours (in class Instructor led)
Homestudy	32		8 sessions at 4 hours
Case Studies	80		40 treatments and write up
Course Review	15	2	2 days review and assessment preparation
Assessment	5.5	1	Final Session
Assigned readings/ case study research	40		Equates to 10 books at 4 hours each
<i>Total Study Hours</i>	<i>300</i>	<i>20</i>	<i>Total Qualification Time & total days (Kinesiology Practitioners)</i>
Plus Foundation	120	9	Foundation Studies
Plus Core Subjects	225	30	IPS, Nutrition, Practice Management & A & P
<u>Total hours engaged</u>	<u>649</u>	<u>59</u>	<u>Minimum hours are 560</u>

Course Fees – 20 days at £150 = £3,000 - 9 months at £300 per month. A deposit of £300 is required to be paid prior to the course starting.

*Please note that KNOS Core Subjects of Interpersonal Skills, Human A & P, Nutrition and Practice Management at a Level 3 or equivalent are required to be undertaken to become a Professional Kinesiologist (KFRP).

Mentoring sessions take place after completion of the practitioner's course, until the core subjects are complete and 200 insured hours have been undertaken working with clients.