



Kinesiology and Neuro-Training

Certificate IV in Kinesiology (HLT42807)
Certificate of Solution Oriented Neuro-Training

Course Guide

Kinesiology

Certificate IV in Kinesiology (HLT42807) is a nationally recognised qualification which provides excellent professional practical and technical skills on which to establish a Kinesiology and Natural Therapy business.

We deliver the latest research and developments in the Kinesiology industry including skills and techniques in the mental, emotional, physical, biochemical, nutritional and energetic contexts.



NSW Vocational
Education & Training
Accreditation Board



NATIONALLY RECOGNISED
TRAINING

Neuro-Training

Certificate of Solution Oriented Neuro-Training is industry accredited with the Australian Kinesiology Association (AKA). Solution Oriented Neuro-Training delivers advances in neuro-science research integrating this with kinesiology in an enhanced and comprehensive training experience. The Solution Oriented Process, unique to Neuro-Training, integrates all skills and knowledge of the professional practitioner into an artistry of practical clinical application which allows the client to follow their own recuperation path.

The first 5 modules of the Certificate IV in Kinesiology constitute the Certificate of Solution Oriented Neuro-Training.



Sydney | Melbourne | Canberra | Brisbane | Adelaide | Perth
Wollongong (NSW) | Warragul (VIC) | South West WA

Welcome to College of Neuro-Training

College of Neuro-Training is a vocational training organisation committed to providing high quality professional vocational training designed to inspire passion in the quest for knowledge and understanding.

Our courses provide in-depth training in the skills and the artistry required to become a respected practitioner in the field of Kinesiology and Neuro-Training.

About Us

College of Neuro-Training is a Registered Training Organisation (RTO) which provides comprehensive training based on our highly successful and sought after Kinesiology and Neuro-Training courses. We have been teaching and researching for over 20 years continuing to bring into our courses advances in neuroscience, kinesiology and many other modalities. The College of Neuro-Training is the only College that presents this unique blend of Kinesiology and Neuro-Training in a nationally recognised qualification, which enhances our high quality education experience.

The integrative Certificate courses outlined in this course guide offer you an exciting career as a respected professional in natural therapies, either running your own clinic or working with a team of people in a Health Practice.

Benefits of Studying with Us

College of Neuro-Training offers:

- A national network of highly qualified Authorised Trainers who have considerable vocational experience and are passionate about Kinesiology and Neuro-Training.
- Class sizes that ensure personalised attention in a friendly relaxed environment.
- Training that is a mix of essential theory and practical with ample time for hands on application of your new skills.
- Many campuses so you can choose when and where you study.

Study Options

For Professional Qualifications

Certificate IV in Kinesiology (government recognised) provides all the necessary foundation for becoming a respected professional practitioner in the natural therapies field.

Certificate of Solution Oriented Neuro-Training (industry accredited) covers the first 5 modules of the Certificate IV in Kinesiology (above) including the assessments for those modules. For students who already have a Certificate IV in Kinesiology this provides the opportunity to add additional skills and understanding in the field of Neuro-Training to further enhance your current natural therapy business.

For Personal Interest (Non-Assessed)

We welcome students who want to do the first 5 modules without any of the assessments that the professional students do. These will give you the insights, the understanding, the philosophy, and many valuable skills that you can use for yourself and your family. This option does not provide any qualification although you can convert your training to the Professional Qualification path at any time.

How to Enrol

Enrolment is easy with College of Neuro-Training, simply contact our head office to discuss your training options or visit our website, fill in an enrolment form and you are on your way.

Recognition of Prior Learning (RPL)

RPL is the acknowledgement of the skills and knowledge a person has acquired through previous training, work or life experience, which may be used to grant status or credit in a subject or module. Students are encouraged to submit RPL requests to College of Neuro-Training for individual consideration in this area.

Certificate IV in Kinesiology (HLT42807)



Description: Certificate IV in Kinesiology is a nationally recognised qualification intended to provide students with the necessary skills to become a respected professional practitioner with industry recognition.

This comprehensive course is structured into 9 integrated modules comprised of a combination of face-to-face training, self-paced training and self-paced computer based (on-line) training. The modules are assessed via in-course assessments (practical, oral & written), assignments (self-study i.e. at home) and on-line written assessments.

Duration: This qualification is conducted over 12 months with all components to be completed within 2 years. Our courses are designed to be flexible in their delivery so many campuses offer schedule variations and/or accelerated learning opportunities which may allow you to complete the course in less than 12 months (e.g. 6 months).

Outcome: Kinesiologist / Natural Therapist / Neuro-Trainer

Modules:

- Module 1: Art of Solution Oriented Neuro-Training
- Module 2: Principles of Recuperation
- Module 3: Blueprint One
- Module 4: Innate Intelligence
- Module 5: Integration
- Module 6: Client Care
- Module 7: Anatomy & Physiology 1
- Module 8: Anatomy & Physiology 2
- Module 9: Practice Management

These modules are described in detail in the next section of this course guide.

Total Course Commitment

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|-------------------|-----|
| Class Hours: | 200 |
| Self Study Hours: | 335 |
| Total Hours: | 535 |

Fees

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| Modules 1 -5 (each): | \$910 |
| Module 6: | \$880 |
| Modules 7-9 (each): | \$700 |
| Total Fees: | \$7,530 |

Certificate of Solution Oriented Neuro-Training

Description: The Certificate of Solution Oriented Neuro-Training (SONT) is an internationally recognised qualification with industry accreditation by the Australian Kinesiology Association (AKA).

Successful completion of the first 5 modules of the Certificate IV in Kinesiology (HLT42807) including assessments automatically qualifies the student for the Certificate of Solution Oriented Neuro-Training. This certificate can also be studied as an independent qualification.

Duration: This qualification is conducted over 12 months and as with the Certificate IV course, flexible delivery options are available.

Outcome: Neuro-Trainer

Modules:

- Module 1: Art of Solution Oriented Neuro-Training
- Module 2: Principles of Recuperation
- Module 3: Blueprint One
- Module 4: Innate Intelligence
- Module 5: Integration

These modules are described in detail in the next section of this Course Guide

Total Course Commitment

| | |
|-------------------|-----|
| Class Hours: | 160 |
| Self Study Hours: | 125 |
| Total Hours: | 285 |

Fees

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|----------------------|---------|
| Modules 1 -5 (each): | \$910 |
| Total Fees: | \$4,550 |

Payment Options

We offer a number of different payment options to suit the diverse needs of our students. Options include payment upfront in full, payment by module, time payments (weekly or fortnightly) and reduced costs for personal interest studies. Upfront payment results in an Early Bird Bonus worth over \$500 of additional resources and material. This course is also registered with Centrelink (2P901). Please ask us for more details.

Module Descriptions

MODULE 1: The Art of Solution Oriented Neuro-Training

Description: This module introduces the wonderful world of our neurology, our nervous system and our subconscious. Learn how to access the nervous system and the subconscious using muscle monitoring and how to resolve stresses. Learn about circuits, pre-checks, defences, the solution oriented procedure, the Model of Universal Principles and dehydration. By the end of the 4 days, you will have gained an understanding of the philosophy and the basic skills of necessary to the Kinesiology and Neuro-Training practitioner.

Delivery: 4 days, 9 - 5pm

2009 Schedule: As per campus

Assessment: In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstration (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

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| Commitment: | Class Hours: 32 | Self Study: 25 | Total hours: 57 | Fee: \$910 |
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MODULE 2: Principles of Recuperation

Pre-requisite: MODULE 1: The Art of Solution Oriented Neuro-Training

Description: In this module we work with the processes of recuperation and regeneration: how to work within the Universal Laws of Recuperation, how to recognise when symptoms are a problem or merely indicating a recuperation process. You will learn how time influences our ability to be well. You will learn skills to check for elemental, nutritional and energetic influences that may be limiting the recovery process. The second part of this module introduces you to 16 different muscle/meridian/organ circuits and all within 4 different phases of muscle monitoring, enabling you to access a multitude of circuits within the person.

Delivery: 4 days, 9 - 5pm

2009 Schedule: As per campus

Assessment: In-Course Assessments & Assignments

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|--------------------|-----------------|----------------|-----------------|------------|
| Commitment: | Class Hours: 32 | Self Study: 25 | Total hours: 57 | Fee: \$910 |
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MODULE 3: Blueprint One

Pre-requisite: MODULE 1: The Art of Solution Oriented Neuro-Training

Description: This module is directed at clearing away the restrictive inherited patterns that influence our behaviours. You will learn how Cheirology (hand analysis), used as a reference, can clear specific subconscious emotional and mental stresses. You will learn unique and powerful integration skills to remove specific psychological defences. Blueprint One includes understanding and skills for developing your personal awareness and self reliance. Some of the skills in this workshop are: defusing brain functions, fear, time line, learned helplessness and negative self behaviours.

Delivery: 4 days, 9 - 5pm

2009 Schedule: As per campus

Assessment: In-Course Assessments & Assignments

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|--------------------|-----------------|----------------|-----------------|------------|
| Commitment: | Class Hours: 32 | Self Study: 25 | Total hours: 57 | Fee: \$910 |
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MODULE 4: Innate Intelligence

Pre-requisite: MODULE 1: The Art of Solution Oriented Neuro-Training

Description: There are many ways of expressing our Intelligence and in this module we work with 9 forms of intelligence in a very congruent and empowering way. When we don't use our intelligence, fears and habits become locked into our physical body. In this module you will learn many skills for changing these patterns and enhancing the expression of the intelligences. Some of the skills included in this module are: hierarchy, laws of recuperation, hypertonics, reflexes, intelligences, reactive/reactor circuits, tendino-muscular meridians, and cerebellar techniques.

Delivery: 4 days, 9 - 5pm

2009 Schedule: As per campus

Assessment: In-Course Assessments & Assignments

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|--------------------|-----------------|----------------|-----------------|------------|
| Commitment: | Class Hours: 32 | Self Study: 25 | Total hours: 57 | Fee: \$910 |
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MODULE 5: Integration**Pre-requisites:** Modules 1 - 4

Description: Understanding new information and acquiring new skills becomes a powerful combination when applied with artistry. In this module we synthesise the artistry of the practitioner, consolidating the application of the work into client driven and solution orientation. You are now applying your skills to train a person's neurological activity to respond in an intelligent way rather than operating from ancestral habits. Some of the skills in this module are: meridian science, dichotomy, unfinished business, acquired behaviours, chakras and their connection to the nervous system, essences, viscera and cranials.

Delivery: 4 days, 9 - 5pm**2009 Schedule:** As per campus**Assessment:** In-Course Assessments & Assignments

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|--------------------|-----------------|----------------|-----------------|------------|
| Commitment: | Class Hours: 32 | Self Study: 25 | Total hours: 57 | Fee: \$910 |
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MODULE 6: Client Care**Pre-requisite:** MODULE 5: Integration

Description: In this 6th module, we bring your Neuro-Training and Kinesiology skills together with the management of the client, from marketing your Neuro-Training with Kinesiology practice, to working through a session and client follow up. Some of the skills in this module are: interviewing a new client, obtaining a history, putting the client at ease, determining the priority issue, engendering self responsibility, dealing with people from different cultures, beliefs and languages, recognising and respecting boundaries, identifying contraindications, and making referrals. During this module you will also be working in the student clinic, doing sessions with clients.

Delivery: 5 days, 9 - 5pm (includes student clinic)**2009 Schedule:** As per campus**Assessment:** In-Course Assessments

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| Commitment: | Class Hours: 40 | Self Study: 0 | Total hours: 40 | Fee: \$880 |
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MODULE 7: Anatomy and Physiology 1

Description: This subject covers how the body is organised from molecular level to systems level and includes anatomical and medical terminology. Learning about functions and organisation of the human body is an excellent general foundation in the field of natural therapies.

Note: This module is delivered and assessed via self-paced computer based training (on-line) by our Training Partner Premier College in Sydney.

Delivery: 4 hours per week over 10 weeks**2009 Schedule:** Commencement is at any time.

Assessment: Weekly questions submitted on-line with a 100% success rate requirement. A written exam is to be completed at Week 10.

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| Commitment: | Online Hours: 40 | Self Study: 20 | Total hours: 60 | Fee: \$700 |
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MODULE 8: Anatomy and Physiology 2**Pre-requisite:** MODULE 7: Anatomy and Physiology 1

Description: This subject covers the structure and function of the muscles and joints. We examine the basic concepts of biomechanics, joint and muscle construction and function and identify the major bony and soft tissue structures of the musculoskeletal system. You will also develop musculoskeletal and postural assessment techniques.

Note: This module is delivered and assessed via self-paced computer based training (on-line) by our Training Partner Premier College in Sydney.

Delivery: 4 hours per week over 10 weeks**2009 Schedule:** Commencement is at any time.

Assessment: Weekly questions submitted on-line with a 100% success rate requirement. A written exam is to be completed at Week 10.

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| Commitment: | Online Hours: 40 | Self Study: 20 | Total hours: 60 | Fee: \$700 |
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MODULE 9: Practice Management

Description: This subject covers managing, marketing and communicating within a Natural Therapies practice. Develop your skills and knowledge to effectively manage and administer a practice, including OH&S, infection control, communication with clients, therapists and other health care professionals. Effectively promote and market your health care business.

Delivery: Self-paced training

Assessment: Assignments

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| Commitment: | Self Study: 90 | Total hours: 90 | Fee: \$700 |
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First Aid

Part of the requirement for the Certificate IV in Kinesiology is completion of the common unit HLTF310B Apply First Aid. This unit is delivered and assessed through a number of national organisations such as St Johns Ambulance and Australian Red Cross.

Students will need to show evidence of completion of this unit as part of obtaining the Certificate IV in Kinesiology (HLT42807) from College of Neuro-Training.

Fees for this unit have **not** been included in the overall costs quoted in this course guide.

About Premier College

In 2008 College of Neuro-Training formed an alliance with Premier College for the delivery of Anatomy and Physiology 1 & 2 via their on-line training service. This alliance allows College of Neuro-Training to deliver our Certificate IV qualification on a national level. Premier College is an RTO based in Caringbah in Sydney, NSW.

Government Recognition

Government or national recognition is the basic principle of the national vocational training framework in Australia. This framework assures nationally consistent high quality vocational and education training and assessment services. It also defines the qualifications offered by Registered Training Organisations.

Certificate IV in Kinesiology

This qualification is made up of a number of units of competency – 5 specialisation units and 10 common units. We have structured our course to integrate these units throughout each of our modules.

Modules 1 to 6 cover the specialisation units.

Specialisation Units

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| HLTKIN401A | Work within a kinesiology framework |
| HLTKIN402A | Plan the kinesiology session |
| HLTKIN403A | Apply kinesiology assessment framework |
| HLTKIN404A | Perform the kinesiology health assessment |
| HLTKIN405A | Provide kinesiology balances |

Modules 7 to 9 cover the common units with the exception of HLTF301B Apply First Aid (*see above re First Aid):

Common Units

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| BSBCMN204A | Work effectively with others |
| HLTCOM404B | Communicate effectively with clients |
| HLTCOM405B | Administer a practice |
| HLTCOM406B | Make referrals to other health care professionals when appropriate |
| HLTCOM408B | Use specific health terminology to communicate effectively |
| HLTHIR301A | Communicate and work effectively in health |
| HLTOHS300A | Contribute to OHS processes |
| HLTIN301A | Comply with infection control policies and procedures in health work |
| HLTAP401A | Confirm physical health status |
| HLTF301B* | Apply first aid |

More information about these units can be found at www.ntis.gov.au or by contacting College of Neuro-Training.