



International Certificate of Kinesiology

ICPKP Accredited
Course Outline 2024

WELCOME TO TNC KINESIOLOGY ACADEMY

Around twenty years ago, Terese Mudgway and Sarah Gilmore-Mayne (pictured) founders of The Nidana Collective (TNC), and accredited facilitators - were where you are now:

Deciding whether becoming a Kinesiologist was their next career move.

Now with over 40 years Kinesiology practicing experience between them, 2024 will be the fifth year of The Nidana Collective - and a commitment to elevating Kinesiology through both teaching the professional qualifications, and through elevating awareness and understanding of Kinesiology.

The Nidana Collective Kinesiology Academy, accredited by the International College of Professional Kinesiology Practice, has campuses in Sydney's Northern Beaches, Byron Hinterland and Brisbane, offering the ICPKP Certificate as a part time hybrid study course - split between online and face-to-face teaching - designed for completion within a year.

There is one annual intake for the ICPKP Certificate starting in February and running to the end of September - when you will be qualified and ready to start a new, fulfilling, flexible and financially rewarding career as a Kinesiologist.



THE QUALIFICATION

The ICPKP Certificate course offered at TNC Kinesiology Academy is the most diverse and flexible version of the program available today.

Grounded in the fundamentals of Kinesiology - Traditional Chinese Medicine, Anatomy & Physiology, Nutrition, NLP & Counselling - this extensive program enables students to integrate and proficiently utilise the full spectrum of advanced human change techniques.

This comprehensive qualification - a level one certificate - has been developed over eighty years of expertise and research since its inception with Dr George Goodheart in the 1960's. The ICPKP Certificate, and the higher Diploma course, are now taught in over 20 countries around the world, at 40 different national & international colleges - TNC Kinesiology Academy are proud to be part of the leading Kinesiology qualification in the world.

In conjunction with ICPKP, we provide students with an enviable opportunity to join a supportive community to study within a flexible environment and gain hands on experience, before graduating with a qualification which enables them to enjoy a successful career both in Australia and many international destinations.



THE LEARNING ENVIRONMENT

We incorporate a range of teaching methods aimed to cater for all learning styles and lifestyles. A combination of modified lectures (both face to face and online) utilising visual aids, workbooks, handouts, class and group discussions, demonstrations & practical exercises, ensures an engaging and fun learning environment. There is a focus on teaching students both the physical and metaphysical (energetic and beyond) aspects of each technique, ensuring graduate's mastery in working holistically with each client.

We embrace an adult learning environment which is inclusive, enjoyable and encouraging. Our modules are delivered over 4-day blocks from Friday to Monday to ensure momentum and integration of learning, whilst respecting existing commitments.

We have a strong emphasis on supporting our students to the highest standard of competency and professionalism. This is reflected both in the classroom and our student clinic via summative and formative assessment methods.



WHY STUDY WITH US?

Choosing where to study your professional Kinesiology qualification is an important, personal choice. When we set out to establish the accredited TNC Kinesiology Academy, it was our aim to teach, qualify and support students to become professional Kinesiologists.

We have over 40 years of successful clinic, teaching and mentoring experience collectively between us, and continue to practice Kinesiology alongside teaching. You could say 'we know our stuff' but more importantly, we love what we do, and we are committed to sharing this incredibly rewarding and fulfilling career with you.

As a boutique learning centre with a maximum of 10 students per intake in each of our three campuses, we have the time and the space to get to know you, and to guide you towards your chosen outcome - and to continue to support you in setting up your business, through our mentoring program. And of course the Diploma if you choose to continue on.



INTERNATIONAL CERTIFICATE COURSE: COMMITMENT

The professional certificate is taught in 12 modules:

- Each module is covered in a four-day class, scheduled once a month - the 2024 schedule below
- Each four-day class runs from a Friday through to Monday and is a combination of group virtual classes and face-to-face time - the amount of each can vary pending the module topic.

For each module you are required to:

- Attend virtual class
- Attend face-to-face class
- Complete module workbook
- Pass online open-book test

Between classes/modules, you are required to practise techniques and skills: The time commitment for this varies. Whilst it is the student's choice, we recommend extra study time between each module is undertaken to deepen your understanding, practice your new skills and techniques, and embed your learnings.

Student Clinic: Once all 12 modules are completed, all of our students are required to complete 50 hours of student clinic. This is usually done in three two-day blocks - dates are in the schedule.

THE MODULES

Energisers & Self-Care

BKP101-en

This workshop introduces you to the practice of self-testing and balancing using some easy to learn acu-points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) as well as powerful meridian techniques.

You will use walking gait reflexes, cross crawl self-integration, vision and hearing energy techniques. You will learn simple emotional stress release techniques and will start working with the importance of goals and how they affect us at the quantum level.



Proficient Manual Muscle Testing

BKP102-en

People completing this unit will be able to use muscle testing accurately and perform a Kinesiology energy balance on others.

They will be able to work with dehydration, ionisation, neurological disorganisation (switching), central meridian integrity and thymus energy imbalance. They will learn some effective foundational muscular techniques and will also learn ways of applying objective pre and post evaluation procedures.

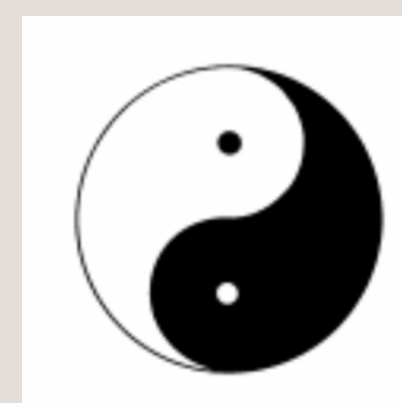


Introduction to the Law of 5-Elements

BKP103-en

This unit develops an understanding of and skill in using basic 5-Element principles for energy balancing.

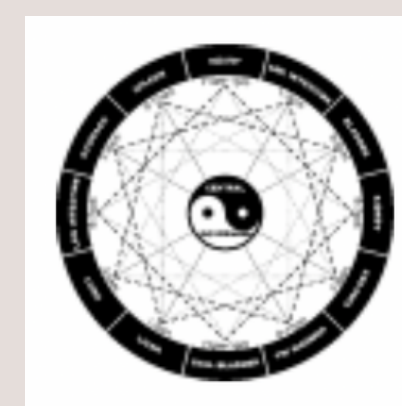
Those completing this unit will be able to work with sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating; use the TCM 5-Element principle to perform an eight-muscle energy balance and select the priority balancing procedure for the individual.



The Body's Superficial Energy Connections

BKP104-en

This unit introduces an understanding of the philosophy, principles and history of Kinesiology; to extend the understanding of meridians and their related energetic /organ systems and to develop proficiency in a holistic 14 muscle /meridian wheel energy balance. Those completing this unit will also be able to work with a surrogate enabling competency and professionalism when working with clients online or when working with people (like children) or animals who are able to be tested directly.

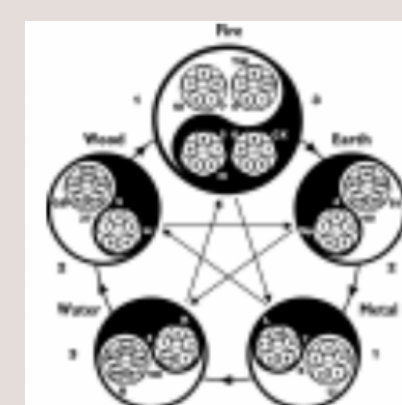


The Law of 5-Elements in Depth

BKP105-en

This unit extends the understanding of, and skill in using, the 5-Element principles and 5-Element emotions for energy balancing.

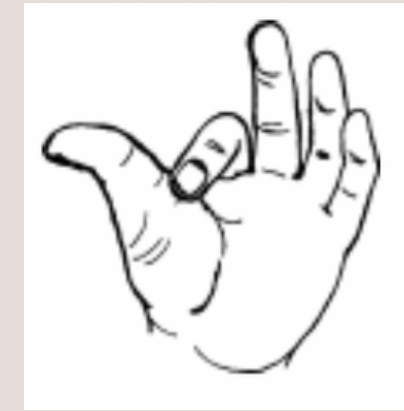
It develops understanding and facility in using alarm points, Luo points, acupressure holding points, yin/yang principles; to support the flow of meridian energy. Those completing this unit will be able to perform a powerful 5-Element one-point goal balance using a wide range of techniques.



Professional Skills, Balancing Protocol with Database

BKP106-en

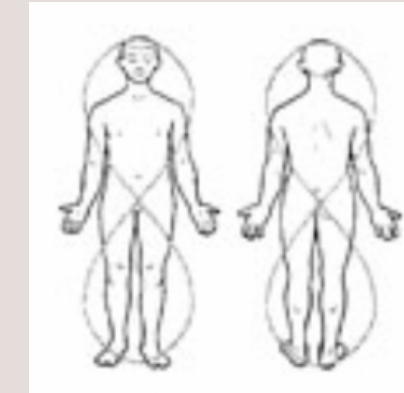
This unit develops skill in the use of the unparalleled ICPKP Protocol. A brilliant resource that enables students to follow a comprehensive process encompassing all possible aspects of the client's pathway to their chosen results. Those who complete this module will be able to skilfully utilise effective listening /coaching skills; the ICPKP finger mode database (a diverse 'menu' of ways to balance the body enabling each client to connect with what they individually require physically, emotionally, spiritually & biochemically); age recession (to work with what needs to be shifted in both the present time and any other related times).



Pain Reduction

BKP107-en

This unit develops skill in using Kinesiology techniques to reduce physical pain. Students completing this module will be able to access a full spectrum of techniques working with meridian energy, nutrition, marine spiral energy, muscular balances, integrative skills, emotional tools and much more.



History / Balancing with Food

BKP108-en

This unit extends an understanding of the development (philosophy and principles) of Kinesiology. It develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, biocidic substances; to construct a diet using 5-Element, food family and food rotation principles; to develop skill in using C1 and ear acupoint sensitivity tests. What we put into our bodies is so important and this module opens students up to the full range of bio individuality related to food and nutrition.



Advanced Muscle Techniques, Reactivity and Posture

BKP109-en

People completing this unit will be able to use muscle testing accurately and perform a Kinesiology energy balance on others.

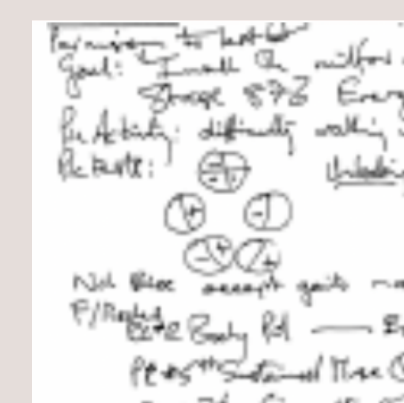
They will be able to work with dehydration, ionisation, neurological disorganisation (switching), central meridian integrity and thymus energy imbalance. They will learn some effective foundational muscular techniques and will also learn ways of applying objective pre and post evaluation procedures.



Using Client Health Records

BKP110-en

To establish, utilise and update a client health record; communicate in a professional manner and set clear boundaries in a kinesiology practice; establish personal ethical behaviour and respect client's rights in a health care context. Those who have completed this unit will be able to thrive in a professional health care setting; it is here that we start to consolidate the non-kinesiology specific skills required to be a successful practitioner like setting clear boundaries, communicating with individuals and groups in a professional manner, ethics/ codes of conduct and legalities.



Clinical Body Contact and Palpation

RBT201-en

The purpose of this unit is to develop professionalism, skill and understanding in using Kinesiology techniques related to body contact. Those completing this unit standard are able to: prepare for and establish clinical body contact; maintain clinical body contact; describe and demonstrate palpatory senses; use palpation to assess the client muscle state; and integrate palpatory findings into the management of the client in a kinesiology clinical practice setting. There is also a strong focus on the vibrational aspect side of touch.



Mastery of Emotional Stress Release

EMS201-en

The purpose of this unit is to develop skill and understanding in the use of the frontal/occipital stress release technique which is based on the neuro-scientific model of the Triune Brain. This extensive range of techniques (many based on NLP and other counselling models) include the application of active listening and role play. Those who have completed this unit will be able to use frontal/occipital holding in conjunction with powerful processes, assist the client: to use the neuroplasticity of the brain to create new paradigms that align with their chosen outcome.



Supervised Student Clinic Experience

SSC

Comprises 50 hours of supervised student clinic experience at our professional clinic facility. This is both highly effective and fun, a great way to integrate the skills students have gained through the programme.

Students will complete 50 hours at Certificate level and an additional 50 hours at Diploma level ensuring professional competency at every level.

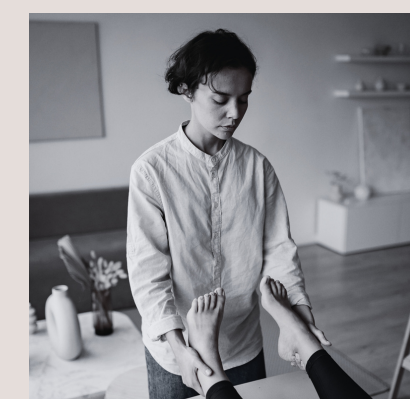


Personal Kinesiology Sessions

PKS

Students are required to have a minimum of 5 personal kinesiology sessions during the course. Sessions must be taken with a Nidana Collective approved ICPKP Diploma graduate.

This is such a fantastic way to both experience profound shifts as a client and to see the diverse ways that the skills learnt in class can be applied in professional practice.



Anatomy & Physiology 1 - Home Study Unit

A&P201

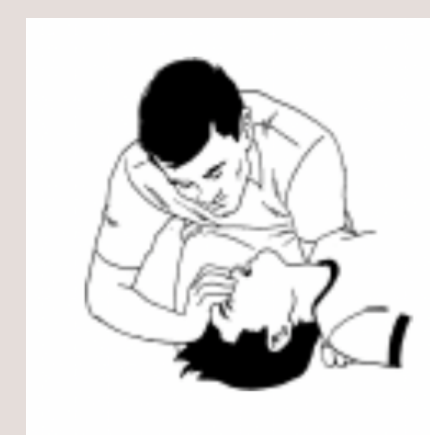
This unit provides a simple, basic introduction to Anatomy and Physiology (160 hours) and teaches the use of medical terminology to communicate with clients, fellow workers and health professionals. Those completing this unit will be able to describe in simple anatomical terms the respiratory, integumentary, urinary, cardiovascular, digestive, reproductive and nervous systems with special reference to the brain and special senses; describe the human skeleton and types of joints; explain muscle structure and describe the origin, insertion and action of major muscles of the body on a regional basis; use specific/medical terminology to communicate with clients, fellow workers and health professionals.

First Aid & Resuscitation - SFA

OCT202-en

This unit is not taught by your College. You are required to undertake First Aid and Resuscitation training and obtain a Red Cross, St Johns or similar certificate. Please give your certificate to your College so they can credit you with this unit.

Important Note: To pass this unit you need to have taken your First Aid course within the last three years. This is because most countries require health practitioners to take First Aid courses on a regular basis as part of maintaining their registration. (For example, in New Zealand it is every 2 years, in Australia every 3 years.)



INTERNATIONAL CERTIFICATE: KEY DATES & INFO 2024

- The 2024 International Certificate of Kinesiology runs Friday 23 to Sunday 25 February - the first session is online Friday, and face-to-face Saturday and Sunday.
- However, the first part of module 1 of the Certificate is an online, self-pace module which needs to be completed **BEFORE** the first session begins on Friday 23 February.
- Module 1 is live and available online **NOW** and can be accessed via one of two ways:
 - On completion of your enrolment, you will be sent an access link.
 - Test the Waters Course with no obligation to proceed to the Certificate - the module is available to book direct as our Self-Care Course at [Kinesiology.Academy.com](https://www.kinesiology.academy.com), available for anyone to purchase and complete. If you do progress to enrol on the full International Certificate course, the cost of this Self-Care Course will be deducted from your course fees (\$990).

The full schedule, complete with online/face to face dates and times, can be found on the following page.

The dates for the International Diploma of Kinesiology for 2024/25 are also included for your interest, should you decide to continue straight on to the Diploma.

We put great value on a conversation with anyone looking to study professional kinesiology qualifications - in fact it is part of the enrolment process for us to speak. So please contact info@thenidanacollective.com or reach out direct for a conversation that could change your life.

Terese@thenidanacollective.com | 0408 867529
Sarah@thenidanacollective.com | 0433 108793



CERTIFICATE CLASS SCHEDULE FEB TO SEPT 2024

SESSION	DATES & TIME	MODULES	FORMAT
PRE COURSE	PRE-COURSE ONLINE COMPLETION DEADLINE 22 FEBRUARY	BKP 101 Energisers & Self-Care	Delivered online at your own pace
1	Friday 23 - Sunday 25 February 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	BKP 101 Energisers & Self-Care / BKP 102 Proficient Manual Muscle Testing	Fri online Sat/Sun face to face
2	Friday 22 - Monday 25 March 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	BKP 103 Introduction to the Law of 5-Elements / BKP 104 The Body's Superficial Energy Connections	Fri/Sat online Sun/Mon face to face
3	ONLINE - OWN PACE	RBT201 Clinical Body Contact and Palpation	Delivered online at your own pace
4	Friday 19 - Monday 22 April 9am-6pm ALL AEST	BKP 105 The Law of 5-Elements in Depth / BKP 106 Professional Skills, Balancing Protocol with Database	Fri/Sat online Sun/Mon face to face
5	Friday 17 - Monday 20 May 9am-6pm ALL AEST	Working Online BKP 107 Pain Reduction	Fri/Sat/Sun online Mon face to face
6	Friday 14 - Monday 17 June 9am-6pm ALL AEST	BKP 108 History/Balancing with Food / BKP 109 Advanced Muscle Techniques, Reactivity and Posture	Fri online Sat/Sun/Mon face to face
7	Friday 12 - Monday 15 July 9am-6pm ALL AEST	BKP 110 Using Client Health Records / Review BKP 101-110 / EMS 201 Mastery of Emotional Stress Release	4 days online only
8	Sunday 28 - Monday 29 July 9am-6pm ALL AEST	Cert Student Clinic #1	2 days face to face
9	Thursday 15 - Friday 16 August 9am-6pm ALL AEST	Cert Student Clinic #2	2 days face to face
10	Friday 6 - Saturday 7 September 9am-6pm ALL AEST	Cert Student Clinic #3	2 days face to face

DIPLOMA CLASS SCHEDULE OCT 2024 - AUG 2025

SESSION	DATES & TIME	MODULES	FORMAT
2024 2024 2024 2024 2024 2024			
8	Friday 25 - Sunday 28 Oct 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	MST201 Muscles, Skin and Touch / PIB203 Brain Integration Technique Level I	Fri/Sat online Sun/Mon face to face
9	Friday 22 - Sunday 25 Nov 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	JAF201 TMJ and Cranials / ECO201 Lifestyle and Dietary Modification	Fri/Sat online Sun/Mon face to face
2025 2025 2025 2025 2025 2025			
10	Friday 17 - Monday 20 Jan 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	MST202 Shoulder, Arm and Hand Muscles / MST203 Hip, Thigh, Leg and Foot Muscles	Fri/Sat online Sun/Mon face to face
11	Friday 14 - Monday 17 Feb 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	MST301 Head, Neck, Torso Muscles / ECO202 Immune Mismatch Response - Allergies & Hypersensitivity	Delivered online at your own pace
12	Friday 14 - Monday 17 Mar 9am - 6pm SYD AEDT 8am-5pm BRIS AEST	JAF301 Ligaments and Joints / JAF302 Inflexibility	Fri/Sat/Sun online Mon face to face
13	Friday 25 - Monday 28 Apr 9am-6pm ALL AEST	EMS301 Emotional Stress Release - Advanced / EMS302 Subconscious Self-Perception	4 days online only
14	Friday 23 - Monday 26 May 9am-6pm ALL AEST	ECO301 Adrenal, Geopathic and Life Energy / ECO302 Cleansing and Detoxification	Fri/Sat online Sun/Mon face to face
15	Friday 20 - Monday 23 June 9am-6pm ALL AEST	MST302 Touch / MST303 Emotional Anatomy and Intelligence	Fri/Sat/Sun online Mon face to face
17	Sunday 6 - Monday 7 July 9am-6pm ALL AEST	Dip Student Clinic #1	2 days face to face
18	Monday 21 - Tuesday 22 July 9am-6pm ALL AEST	Dip Student Clinic #2	2 days face to face
19	Friday 8 - Saturday 9 August 9am-6pm ALL AEST	Dip Student Clinic #3	2 days face to face



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