



# INTERNATIONAL CERTIFICATE PROFESSIONAL KINESIOLOGY

## COURSE OUTLINE

THENIDANACOLLECTIVE.COM



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## **Welcome to The Nidana Collective**

Twenty years ago, Terese Mudgway and Sarah Gilmour-Mayne, founders of The Nidana Collective (TNC), stood at the same crossroads many of our prospective students find themselves at today. They felt the calling to create a life of meaning, contribution, and purpose... and wondered whether Kinesiology was the path that would lead them there.

It did. Profoundly.

Over two decades of clinical practice, teaching, and human transformation later, their mission has crystallised into something much bigger than a qualification:

We are here to elevate Kinesiology into the global consciousness; to transform it from a niche clinical modality into a powerful, accessible, everyday tool for human wellbeing and evolution.

At TNC, we believe Kinesiology should not sit behind closed clinic doors. It belongs:

- in homes
- in families
- in communities
- in coaching, health, and leadership
- in the hands of people seeking a career that aligns with their soul's purpose

**"Our mission is to train practitioners who don't just learn techniques, they embody wisdom, integrity, and leadership in the field of natural therapies"**

We are here to support people who feel the pull toward:

- A purposeful career where their natural gifts are not only welcomed but celebrated
- Making a real difference in the world
- Supporting others on their healing and growth journey
- Building a flexible, fulfilling, heart-led business
- Being part of a movement that is evolving the way the world understands human wellbeing

**"When you join us, you aren't just learning Kinesiology, you are joining a 'collective' of people who believe that human beings are capable of extraordinary transformation when given the right tools"**

The benefits our students experience go far beyond professional skill. Our graduates consistently share that they gain:

- Deep personal healing and self-awareness
- A sense of belonging and shared purpose
- Confidence in their intuitive and energetic abilities
- A powerful community that supports their growth
- A career pathway that is flexible, lucrative and deeply meaningful
- A new way of relating to themselves, others, and the world
- A way to turn their life experience into service

In other words, the journey becomes just as life-changing as the qualification itself. And this is exactly what we stand for. At TNC, our vision is to raise a generation of Kinesiologists who:

- Lead with heart
- Practice with integrity
- Understand the physical, emotional, biochemical and energetic layers of human experience
- Bring Kinesiology into everyday life
- Become pioneers in a new era of natural health and human potential

**"If you've felt the calling toward this work, even quietly, curiously, or unexpectedly, then you are being invited into something bigger than a career. You're being invited into your purpose...And we are here to walk that path with you"**

### **Qualification Background**

The International Certificate of Professional Kinesiology with The Nidana Collective offer one of the most comprehensive and flexible programmes available today.

Grounded in the fundamentals of:

- Kinesiology
- Traditional Chinese Medicine
- Anatomy & Physiology
- Nutrition
- NLP (Neuro-Linguistic Programming)
- Neuroscience
- Quantum Physics

This extensive programme enables students to integrate and proficiently utilise a full spectrum of advanced human change techniques

The ICPKP system has evolved over eighty years of expertise and research, originating with Dr George Goodheart in the 1960s. ICPKP Certificate and Diploma programmes are now taught in over 20 countries at more than 40 national and international colleges.

The Nidana Collective is proud to be part of the leading Kinesiology qualification in the world. In conjunction with ICPKP, we offer students the opportunity to graduate with a qualification that supports a successful career in Australia and internationally.

### **Course Pathway: Certificate → Diploma**

The International Certificate of Professional Kinesiology with The Nidana Collective is more than a qualification, it is an immersive, multidisciplinary journey into the art and science of human potential.

Designed to be one of the most comprehensive, flexible, and integrative programmes available today, our curriculum weaves together practical tools, digital learning platforms, proven techniques, wisdom and modern science, grounding students in the essential foundations of:

- Kinesiology
- Traditional Chinese Medicine
- Anatomy & Physiology
- Nutrition & lifestyle balancing
- NLP (Neuro-Linguistic Programming)
- Neuroscience & mind-body communication
- The Quantum Physics of energy and consciousness

This unique combination empowers students to understand the human system on every level, physical, emotional, mental, biochemical and energetic. A truly holistic model. Graduates will have both the competency and confidence to work with clients using the full spectrum of advanced human change technology.

Our qualification stands on the shoulders of more than eighty years of research, evolution, and clinical practice, beginning with Dr George Goodheart in the 1960s and expanding into the globally recognised ICPKP system taught today.

The International College of Professional Kinesiology Practice (ICPKP) now has a presence in over 20 countries and more than 40 international colleges, united by a shared vision: to make Kinesiology a respected, professional, and accessible modality across the world and we are deeply proud to be part of this global movement.

At The Nidana Collective, we honour the lineage of this work while also pushing its evolution forward, expanding Kinesiology beyond traditional clinical settings and into homes, communities, coaching, classrooms, workplaces and everyday life.

Through the ICPKP foundation, students graduate with a qualification that is:

- Internationally recognised
- Highly regarded within the natural therapies industry
- A foundation for building a meaningful and prosperous career
- Suitable for practice in Australia and many countries worldwide

But perhaps most importantly, this training equips you with the ability to create real change in your own life, in the lives of your clients, and in the wider movement to elevate Kinesiology into the next era of holistic health.

### **Learning Outcomes**

The International Certificate of Professional Kinesiology is designed not only to equip students with technical mastery, but to support the emergence of confident, intuitive, and heart-led practitioners. By the end of the programme, students will graduate with the ability to create meaningful change, both in their clients and within themselves.

By the end of the Certificate, you will be able to:

- Perform confident, accurate muscle testing
- You will understand how to read the body's biofeedback with precision, sensitivity, and presence allowing you to identify imbalances, guide sessions, and support clients with clarity.
- Apply foundational Kinesiology protocols with assurance
- From pre-checks to priority corrections, you will know how to structure and sequence a session that is safe, effective, and aligned with the client's goals.
- Work fluently with Traditional Chinese Medicine principles
- You will learn to use meridians, elements, acu-points, and energetic relationships in a practical and empowered way, helping clients restore balance across body and mind.
- Use Anatomy & Physiology as a meaningful lens
- You will be able to observe physical symptoms, stress patterns, emotional presentations and more, through a grounded understanding of how all the body works as an integrated and complex system.
- Integrate NLP, neuroscience, and quantum principles
- You will know how to access the subconscious, shift limiting patterns, support new neural pathways, and work with the energetics of consciousness with confidence and integrity.
- Incorporate nutrition and lifestyle balancing
- You will be able to guide clients in making supportive lifestyle adjustments, grounded in an understanding of the biochemical foundations of human function and how these interact with the energetic and emotional systems. This includes working with hydration, nutrition, sleep, stress patterns, and environmental influences, recognising how each of these factors can elevate or disrupt a client's overall wellbeing.

- Work with both the physical and metaphysical aspects of healing
- From structural corrections to emotional releases to energetic realignment, you will be skilled in addressing every layer of a client's experience.
- Conduct a professional, holistic client session from start to finish
- You will know how to hold a safe space, complete a full intake, establish goals, create a personalised balance, and close sessions with clarity and care.
- Uphold professional standards and ethical practice
- You will understand your scope, responsibilities, and boundaries as a practitioner, ensuring that your sessions are respectful, safe, and aligned with best practice.
- Engage in ongoing self-responsibility and personal growth
- Kinesiology is a transformational path, you will develop self-awareness, emotional intelligence, and resilience, recognising that practitioner development is integral to client transformation.

### **The Learning Environment**

At The Nidana Collective, we believe that how you learn is just as important as what you learn.

Our learning environment has been intentionally crafted to support adult learners, intuitively led individuals, and anyone seeking a deeper, more meaningful education in the healing arts. We honour the whole person, mind, body, emotion, energy, and spirit, and we teach in a way that reflects this holistic philosophy.

#### **A Learning Space That Feels Like Home:**

We are deeply committed to creating an environment where students feel:

- Safe
- Seen
- Supported
- Inspired
- Challenged in the best possible way (and yes this may mean you get uncomfortable)

**“Our classroom, whether online or in person, becomes a space of growth, connection, and transformation. This is where community forms, confidence grows, and lifelong friendships begin”**

### A Diverse and Immersive Learning Framework:

Understanding that everyone learns differently, we weave together a rich tapestry of teaching methods:

- Modified online lectures and demonstrations
- A comprehensive ICPKP learning app designed specifically for Kinesiology students
- Workbooks, handouts, journals and integration tools
- Live online Q&A and group discussion sessions
- Weekly integration touchpoint calls
- Peer practice and collaborative exercises
- Two immersive in-person practical trainings

This blended model supports visual, auditory, kinaesthetic, and intuitive learners, allowing you to absorb the material in the way that resonates most deeply.

### Learning in Flow — Digestible, Structured, Empowering:

Our curriculum is delivered in digestible modules, with clear structure and ongoing support.

This ensures:

- Steady progress
- Practical integration
- Momentum
- Space to embody what you learn, not just memorise it

**“Students quickly discover that learning Kinesiology isn’t just about acquiring skills, it is about becoming the practitioner, inside and out”**

### The Sacred Balance of the Physical and Metaphysical:

What sets TNC apart is our commitment to teaching both:

- The physical, scientific fundamentals, and
- The metaphysical, energetic dimensions of healing

**“Our students learn to bridge these worlds with confidence, grounding their sessions in solid anatomy and protocols, while tuning into the intuitive and energetic layers that make Kinesiology so life-changing”**



A Foundation of Self-Responsibility and Personal Mastery:

From the first day, students are invited into a culture of:

- Self-responsibility
- Emotional intelligence
- Professional presence
- Personal growth

**"Because we know that the quality of a practitioner is shaped not only by their technique, but by the way they show up for themselves and their clients"**

Competence, Confidence, and Professional Excellence:

We hold a high standard; lovingly and consistently.

Our goal is to ensure that every student graduates:

- Clinically confident
- Energetically grounded
- Professionally prepared
- Ethically aligned
- Stretched into a new version of themselves
- Willing to meet, lean into, and move through discomfort so they can hold powerful, grounded space for clients doing the same.
- Deeply connected to their purpose

**"This commitment extends into our student clinic, where summative and formative assessments help integrate theory into real-world, client-ready practice"**

## **Course Structure & Delivery**

The International Certificate of Professional Kinesiology is delivered through a thoughtfully designed hybrid learning model that blends flexibility, depth, community, and hands-on experience.

Our structure allows students from all walks of life to immerse themselves in the work while maintaining balance with family, current career, and personal commitments.

We believe that true learning unfolds through experience, integration, and embodiment and every element of our course reflects this philosophy.

### **Online Learning — Flexible, Engaging, and Accessible**

Each of the 12 Certificate modules begins with a series of pre-recorded online lessons, combining:

- Theory
- Demonstrations
- Client / clinical application

You can move through these lessons at your own pace over 3–4 weeks, allowing you to absorb the material in whatever way best supports your lifestyle and learning style.

Your online study is supported by:

- The comprehensive ICPKP learning app
- TNC curated study tools
- Workbooks and integration guides
- Journals for reflection and assimilation

**“This foundation ensures that when you arrive in live sessions or practical immersions, you’re ready to deepen, practise, and embody what you’ve learned”**

## Live Online Support — Community, Integration, and Real-Time Guidance

Each month, students participate in:

- A Live Online Q&A Day

A space to clarify concepts, explore case questions, receive direct guidance from your facilitators, and learn from other's questions, and them from yours.

- A Live Online Practice Day

A chance to practise techniques. This is an amazing opportunity to begin to introduce kinesiology to your family and offer them to experience it in your practice sessions. Or you may opt to practice with fellow students. These sessions ensure you never feel alone in your learning. You are continually supported, encouraged, and guided as you develop your skills and confidence.

- Weekly Integration Calls (Mondays, 4pm AEST) - These 1-hour touch-points help maintain:
  - Momentum
  - Accountability
  - Connection
  - Community
  - Growth and learning

While attending every week is not 100% compulsory, a 50% attendance is required and strongly encouraged, as these calls are an invaluable anchor throughout your learning journey. It is also important to understand the contribution your attendance offers the other class members and your new community.

## In-Person Practical Immersions — Embodiment, Mastery, and Confidence

During your Certificate studies, you'll attend two in-person practical immersions, each spanning 3-4 days and held in Sydney.

These immersions are compulsory and form the heart of your hands-on training.

Here, you will:

- Refine your technique
- Practise full sessions
- Develop intuitive and energetic sensitivity
- Receive real-time feedback
- Build confidence as a practitioner
- Experience the power of community and shared transformation

These days are often described by students as pivotal milestones, the moment the work truly “lands” and they begin to feel themselves stepping into the role of practitioner. An added gift is the opportunity to receive sessions from your classmates, allowing you to personally experience the depth, insight, and shifts that Kinesiology offers for your own growth and development supporting your success along this journey.

### Integration Period — Turning Knowledge Into Embodied Skill

The core teaching content is delivered over approximately eight months, followed by a structured integration period of supervised student clinic where students:

- Practise techniques inside a full protocol framework
- Reflect and journal
- Get real time feedback and refine skills
- Engage in self-responsibility
- Prepare for professional clinical practice
- Deepen confidence in applying the work, including troubleshooting and developing the lateral, agile thinking needed to respond effectively to diverse client presentations.

This ensures that by the time you enter client sessions, you are grounded in the philosophies, techniques, and skills whilst feeling competent and fully prepared for whatever shows up in clinic.

### A Learning Journey Designed for Real Lives

Our hybrid structure supports:

- Working professionals
- Parents
- Those navigating career change
- Individuals living regionally, interstate or internationally
- Students seeking flexibility without sacrificing depth

You are supported every step of the way, through online content, live touchpoints, community, mentorship, and immersive in-person training, all designed to help you engage with your learning journey from a place of self-responsibility and genuine empowerment.

## **Assessment & Professional Requirements**

Our assessment process is designed to support your growth, strengthen your confidence, and ensure that you graduate as a capable, ethical, and grounded practitioner. Each assessment component is an opportunity to deepen your understanding, refine your skills, and embody the work more fully.

To successfully complete each module and the overall Certificate, students are required to:

- Attend designated virtual classes and live sessions
- Complete module workbooks with a minimum 70% competency rate
- Attend all face-to-face immersions (including any live online components)
- Pass online open-book assessments
- Complete 50 hours of supervised student clinic (online)
- Successfully complete a final assessment and competency review

### **Self-Responsibility & Study Expectations:**

**"Your growth as a practitioner is shaped not just by what we teach, but by how you engage with it"**

Between modules, students are encouraged to:

- Practise and refine the techniques learned so they become second nature
- Dedicate time to deep study, revisiting lessons and videos as needed to fully absorb the material
- Use the Kinesiology tools on themselves, leaning into the work to navigate challenges and support their own personal growth
- Engage in journalling and reflective practice to integrate insights and track development

Additional study time is recommended between modules to support confidence, embodiment, and integration, especially for those intending to build a professional practice

## **Student Clinic**

The Student Clinic is a pivotal part of your qualification; the bridge between learning the work and living it as a practitioner. This is where your skills integrate, your confidence expands, and your identity as a Kinesiologist truly begins to take shape.

Once all 12 Certificate modules are completed, students move into their supervised clinic experience, where they are required to complete 50 hours of supervised student clinic. These are delivered across three two-day blocks, and are structured, supported, and designed to help you develop the presence, competence, and clarity required for real-world practice.

You will be responsible for organising your own “clients” for these sessions. These may include:

- Family
- Friends
- Fellow students

This process helps you learn how to:

- Communicate with clients
- Conduct professional case history and session flow
- Apply a full balance from start to finish
- Adjust to different personalities, presentations, and needs
- Develop the confidence required for a functioning practice
- Build a successful referral based business

Throughout the clinic blocks, you are supervised, supported, and guided, receiving real-time feedback that strengthens your technique, professionalism, and practitioner presence.

**“Students often describe the clinic experience as a powerful milestone, the moment everything they’ve learned comes together, and they begin to trust in their abilities, their intuition, and the profound impact of this work”**

### **Why Study With The Nidana Collective?**

Choosing where to study Kinesiology is more than selecting a course, it’s choosing the community, philosophy, and leadership that will shape you as a practitioner. At The Nidana Collective, we honour that choice deeply.

We offer an experience that is intentionally boutique, heart-led, and professionally grounded, ensuring that each student feels supported, seen, and guided throughout their journey.

### **A Boutique Learning Environment Where You’re Truly Known**

We structure our classes to meet you exactly where you are, recognising your unique strengths and supporting your individual evolution, while also encouraging meaningful connection with your fellow students. Each person’s presence, engagement, and contribution enrich the collective and how you show up matters. We all impact one another, and this shared journey requires both personal accountability and a commitment to the whole. We believe that “the sum of us is far greater than the one of us,” and this philosophy sits at the heart of a healthy, thriving learning environment.

In this environment, you are invited to bring the best of yourself; to stay open, curious, coachable, and willing to explore what else might be possible. You will be supported to stretch beyond your current comfort zone, encourage with intentional guidance as you grow into the practitioner you feel called to become. Ultimately, all of this leads to one powerful question: “Who do you want to be in the world for the clients you will one day see in your kinesiology clinic?”

### Earn As You Learn — Step Into Practice With Confidence

One of the most empowering aspects of our training is our Earn As You Learn pathway.

By the time you complete your International Certificate, you will have:

The skills to begin working with clients professionally

The confidence to apply the work ethically and competently

Insurance and international association accreditation viability

Eligible to join the TNC graduate mentoring program

The opportunity to generate income whilst continuing your Diploma studies (optional)

This pathway accelerates both your career progression and your financial goals, allowing you to build your practice with ongoing mentorship and support.

### Experienced Mentors Who Lead By Example

With 35–40 years of combined clinical, teaching, and mentoring experience, Terese and Sarah bring depth, integrity, and wisdom to every student cohort.

What sets TNC apart is that your facilitators are not just teachers, they are active practitioners who continue to work with clients, evolve their craft, and stay connected to the pulse of the industry. They know how to laugh and they’ve also been where you are. We integrate a diverse selection of mentors who are at varying stages of their career and lives. Different personalities, specialties and chosen pathways ensure there is breadth and depth to students mentoring experience throughout the qualification and beyond.

**“The TNC team’s passion is genuine. Their guidance is grounded. And their commitment is to your success”**

### A Community That Feels Like Family

Students frequently share that they came for the qualification, but stayed because of the community and connection to like minded people on a similar journey with aligned goals and values.

At TNC, you'll be surrounded by:

Like-minded individuals who share a passion for natural therapies and what it means to be human.

A supportive cohort that grows together

A network of practitioners who continue to stay connected long after graduation, continuing their professional development and contributing to each other's journeys.

A community of amazing kinesiologists to choose from for your next balance!

This sense of alignment and belonging becomes a powerful anchor, personally and professionally as you step into your new path.

### A Pathway That Supports Purpose, Prosperity, and Personal Growth

We believe that a career in Kinesiology should be:

- Meaningful
- Flexible
- Financially abundant
- Aligned with your purpose, your values and your soul
- Fun, fulfilling, inspiring, joyful and rewarding
- Life changing

**"At TNC, your personal growth is just as important as your professional development. Our goal is not only to train practitioners, but to empower individuals to create lives and practices they love"**

### ARE YOU READY?

If you have read this far...and you're wanting more...this is your invitation to step into a career that feels alive, purposeful, and deeply fulfilling. Kinesiology is more than a skillset; it's a dynamic way of working with people that ignites potential in both you and your clients. It's a way of life, a new view of the world, an ontological experience.

**"So, if you're ready to grow, stretch, and discover what you're truly capable of, we'd love to have you join our community. Your future clients are waiting and so are we"**



## **International Certificate of Kinesiology Modules:**

### **BKP 101: Energisers & Self-Care**

#### Building the Foundations of Your Kinesiology Journey

Module 101 is your entry point into the world of Kinesiology, a practical, empowering workshop designed to give you immediate tools for self-care, self-balancing, and energetic alignment. This is where you begin learning how to use your own body as a guide, cultivating awareness, resilience, and clarity through simple yet powerful techniques.

In this module, you will learn the fundamentals of self-testing, along with a range of gentle, effective correction methods using key acu-points including:

- Neuro-Emotional Reflexes
- Neuro-Lymphatic Reflexes
- Neuro-Vascular Holding Points

You'll explore walking gait reflexes, cross-crawl integration, and energy techniques that support vision, hearing, coordination, and brain-body communication.

You will also be introduced to foundational emotional stress release tools, along with the essential role that goals play in directing energy, behaviour, and outcomes, right down to the quantum level. These concepts become the backbone of your balancing work as you progress through your studies.

By the end of this module, you'll have a set of practical self-care techniques you can use immediately, helping you stay balanced, centred, and clear as you move through the rest of your training. This is where your journey as a practitioner begins: with your own energy, your own awareness, and your own capacity to shift and support yourself.

## **BKP 102: Proficient Manual Muscle Testing**

Building Confidence, Precision, and the Skillset of a Practitioner

Module 102 takes you into the heart of Kinesiology practice: the art and science of manual muscle testing. This is where you shift from working solely on yourself to confidently working with others, learning how to read the body's biofeedback with accuracy, sensitivity, and practitioner presence.

In this module, you will develop the foundational skills required to:

- Perform accurate, reliable muscle tests
- Understand how the body communicates through stress responses
- Conduct a basic Kinesiology balance on another person
- Interpret what you feel in the muscle with clarity and confidence

You will learn to identify and correct key factors that influence testing accuracy, including:

- Dehydration
- Ionisation imbalances
- Neurological disorganisation (switching)
- Central meridian integrity
- Thymus energy imbalances

Alongside these essential corrections, you will also be introduced to several foundational muscular techniques that support strength, clarity, and functional movement.

A key aspect of this module is learning how to apply objective pre- and post-evaluations, allowing you to measure shifts, track changes, and demonstrate clear outcomes in your balancing work. This builds your confidence while helping clients experience tangible, meaningful results.

By the end of Module 102, you will feel grounded in the core skill that underpins the entire Kinesiology process. You will know how to connect with a client's system respectfully, test with accuracy, and begin facilitating balances that support stability, clarity, and overall energetic flow.

This is the moment many students begin to feel the spark of becoming a kinesiologist, where the work comes alive in their hands.

## **BKP 103: Introduction to the Law of 5-Elements**

Understanding Energetic Patterns Through the Wisdom of Traditional Chinese Medicine

Module 103 introduces you to one of the most profound frameworks in Kinesiology and Traditional Chinese Medicine: the 5-Element Law. This ancient, elegant system becomes a powerful map for understanding how energy moves through the body, how imbalances arise, and how to restore harmony with precision and insight.

In this module, you will learn how to apply basic 5-Element principles to create deeply effective energy balances. You will explore how the elements of Wood, Fire, Earth, Metal, and Water relate not only to physical function, but to emotions, behaviours, seasons, organs, and the subtle rhythms of the energetic body.

You will be introduced to a range of element-based correction methods, including:

- Sound therapy
- Colour frequency balancing
- Food and nutritional energetics
- Emotional associations and releases
- Vertebral reflex points and spinal correlations

You will also learn how to utilise circuit locating to identify areas of stress and determine which element, meridian, or muscle requires attention.

A key outcome of this module is the ability to conduct an eight-muscle 5-Element energy balance, allowing you to assess and support the flow of Qi through the core meridians. You will also develop the skill of selecting a priority balancing procedure, ensuring each session is tailored to the individual's unique energetic needs.

By the end of Module 103, you will be able to see clients through the lens of elemental patterns, understanding where they are stuck, what they need to thrive, and how to guide their system back into balance with clarity and confidence.

This module often becomes a favourite, as students begin to recognise the 5-Elements not just as a technique, but as a powerful way of seeing the world.

## **BKP 104: The Body's Superficial Energy Connections**

Deepening Your Understanding of Meridian Pathways & Expanding Your Professional Toolkit

Module 104 expands your understanding of the energetic anatomy that underpins Kinesiology. In this module, you will explore the philosophy, principles, and history of Kinesiology, gaining a deeper appreciation of how this modality bridges modern science with ancient wisdom.

You will extend your knowledge of the meridian system and its corresponding organs, emotions, functions, and energetic flows. Building on the foundational work of earlier modules, you will learn how these pathways influence the body's surface, structure, and subtle field, and how to use this information to support your clients more holistically.

A central focus of this module is mastering the 14 Muscle / Meridian Wheel Energy Balance, a comprehensive system that allows you to assess and harmonise the entire meridian network. This holistic balance strengthens your ability to identify priorities, understand patterns, and bring coherence to the client's overall energy.

You will also be introduced to one of the most important skills for modern practitioners: working with a surrogate. This technique enables you to confidently and ethically test and balance clients when direct muscle testing is not possible — such as when working with:

- Children
- Individuals with limited mobility
- Animals
- Online or distance clients

Developing surrogate skills significantly expands your professional capacity, allowing you to work flexibly, responsibly, and effectively across a wide range of client needs and environments.

By the end of Module 104, you will have a clearer understanding of the energetic structure of the body, greater proficiency in full-meridian assessment and balancing, and the versatility to support clients both in person and online with confidence.

## **BKP 105: The Law of 5-Elements in Depth**

### Deepening Emotional Insight & Expanding Element-Based Mastery

Module 105 takes you further into the richness and wisdom of the 5-Element system, expanding both your understanding and your ability to use this ancient framework with confidence and precision. Building on your foundational knowledge from Module 103, this module reveals the deeper emotional, structural and energetic influences of the 5-Elements — allowing you to work with clients at a more nuanced and impactful level.

In this module, you will explore:

- The emotional signatures of each Element
- How Elemental patterns shape behaviour, resilience, and stress responses
- The interplay between yin and yang qualities
- The deeper relationships between meridians and their paired organ systems

You will develop proficiency in using a variety of powerful correction tools, including:

- Alarm points
- Luo points
- Acupressure holding points
- Element-based emotional releases
- Yin/Yang balancing principles

These techniques help support smooth, balanced flow through the meridian system and strengthen your ability to pinpoint priorities with both accuracy and intuition.

A key outcome of this module is learning to perform a 5-Element One-Point Goal Balance, a potent, targeted balancing technique that integrates emotional, energetic, and physical components through the lens of the Elements. This becomes a cornerstone technique as you move deeper into your practitioner training.

By the end of Module 105, you will feel confident interpreting Elemental patterns, selecting effective correction methods, and facilitating transformative balances that honour the whole person. This module deepens your mastery and gives you a richer, more intuitive understanding of how energy, emotions, and meridian flow work together.

## **BKP 106: Professional Skills & The PKP Balancing Protocol**

Mastering the Practitioner Process With Precision, Presence & Professionalism

Module 106 introduces you to one of the most powerful tools in the entire ICPKP system: the ICPKP Balancing Protocol and Finger Mode Database. This module marks a pivotal shift in your practitioner training, where technique meets process, and you begin working with clients in a way that is structured, comprehensive, and deeply personalised.

The ICPKP Protocol is an unparalleled resource that guides practitioners through a complete, holistic pathway, allowing you to explore every aspect of a client's presentation, physical, emotional, energetic, spiritual, biochemical, and subconscious. This ensures that no matter what your client brings to a session, you have a clear, ethical, and effective framework to support them.

In this module, you will develop:

- Advanced listening and coaching skills

Learn how to communicate with presence, curiosity, and neutrality, helping clients feel safe, heard, and empowered throughout the balancing process.

- Proficiency with the ICPKP finger mode database

This diverse “menu” of options becomes your practitioner's compass, enabling you to identify exactly what each client needs — whether the issue sits in the body, the emotions, the chemistry, the energy field, or the subconscious. You will learn how to navigate this tool with confidence and follow the body's wisdom rather than guesswork.

- Skill in age recession techniques

Discover how to track stress patterns not only in the present moment, but in past timelines or formative experiences that require resolution. This is a vital skill for creating lasting change and helping clients release deeply held patterns.

By the end of Module 106, you will have a structured and reliable method for running full sessions from start to finish, one that is adaptable, intuitive, and client-led. This module is often described by students as the moment they begin to truly feel like practitioners, as everything they've learned begins to integrate into a coherent, confident approach.

## **BKP 107: Pain Reduction**

Supporting the Body's Natural Ability to Release Pain & Restore Ease

Module 107 equips you with a powerful toolkit for addressing one of the most common challenges clients present with: physical pain. In this module, you will learn how to work with the body's innate intelligence to identify the roots of discomfort and apply targeted Kinesiology techniques that support relief, balance, and improved function.

Pain is rarely just physical, it can be influenced by emotions, energetics, chemistry, posture, stress patterns, and more. This module teaches you to approach pain holistically, accessing a wide spectrum of correction methods to bring the body back into harmony.

You will explore techniques that work with:

- Meridian energy flow
- Nutritional and biochemical factors
- Marine spiral energy patterns
- Muscular and structural balances
- Emotional tools and stress release techniques
- Whole-body integrative processes

Through hands-on practice and guided application, you will learn how to identify priority corrections, support the body's natural healing response, and tailor each balance to the unique needs of your client.

By the end of Module 107, you will feel confident using a diverse range of techniques to help clients shift pain, restore mobility, and reconnect with ease in their bodies. This module becomes a cornerstone of your practitioner skillset, empowering you to help people feel better, often in ways they never expected.

## **BKP 108: History & Balancing With Food**

Understanding Nutrition, Energetics & Bio-Individuality Through the Lens of Kinesiology

Module 108 deepens your understanding of the philosophy, origins, and evolution of Kinesiology, giving context to how this modality developed, and why it is such a powerful bridge between ancient wisdom, modern science, and the body's innate intelligence.

In this module, you'll explore the foundations of nutritional energetics, gaining insight into how food influences physical, emotional, and energetic wellbeing. You will learn how to look beyond generic dietary advice and instead honour each person's unique bio-individuality, recognising that what supports one body may not support another.

You will develop understanding in:

- The chain of life and how nutrients move through the body
- The six stages of nutrition and their impact on health and energy
- Principles of food combining for optimal digestion and vitality
- The differences between biogenic, biostatic, and biocidal substances
- How to construct supportive diets using 5-Element theory, food families, and food rotation principles

You will also gain practical skills using:

- C1 sensitivity testing
- Ear acu-point food testing techniques

These tools help identify which foods nourish a client, which deplete them, and how their system responds to specific nutrients or sensitivities.

By the end of Module 108, you will have a richer, more nuanced understanding of how nutrition influences the whole person — physically, emotionally, and energetically. You'll be equipped to help clients make supportive choices that align with their individual constitution, their Elemental patterns, and their unique energetic needs.

This module often opens students' eyes to the beautiful complexity of food as medicine — and the powerful role it plays in holistic Kinesiology practice.



## **BKP 109: Advanced Muscle Techniques, Reactivity & Posture**

Deepening Precision, Reading the Body & Refining Practitioner Skill

Module 109 expands your capability as a practitioner by taking you deeper into the mechanics, responsiveness, and intelligence of the muscular system. This is where you learn to interpret the body with greater nuance, understanding not just how muscles respond, but why they respond the way they do.

In this module, you will refine your accuracy in manual muscle testing, building on the foundational competencies established earlier in the programme. You will learn how to identify and correct key factors that influence testing outcomes, including:

- Dehydration
- Ionisation imbalances
- Neurological disorganisation (switching)
- Central meridian integrity
- Thymus energy imbalance

Moving beyond the basics, you will explore a range of advanced muscular techniques that support structural function, mobility, and resilience. These techniques help you identify reactivity patterns, compensation behaviours, and postural imbalances that often sit beneath physical discomfort and energetic disruption.

A powerful component of this module is learning to apply objective pre- and post-evaluation procedures, giving you clear markers of progress and strengthening your ability to demonstrate tangible outcomes in your balancing work.

By the end of Module 109, you will have heightened precision, a deeper understanding of muscular intelligence, and the ability to work with reactivity, posture, and structural stress patterns with confidence. This module elevates your practitioner skillset, helping you read the body more clearly and support clients with greater accuracy, insight, and impact.

## **BKP 110: Clinical Practices**

Professional Standards, Ethical Presence & The Foundations of a Successful Practice

Module 110 is where your practitioner identity deepens and your professional framework takes shape. This module focuses on the essential non-technical skills that every successful Kinesiologist must embody — the qualities that build trust, uphold integrity, and create a safe and ethical environment for clients.

In this module, you will learn how to:

- Establish, maintain, and update a client health record with clarity and professionalism
- Communicate effectively with clients, colleagues, and groups
- Set clear, healthy boundaries to protect both practitioner and client
- Uphold ethical behaviour in all aspects of practice
- Respect client rights and confidentiality within a healthcare context
- Understand the legal and professional standards relevant to Kinesiology practice

These skills form the backbone of a thriving therapeutic relationship and are indispensable for anyone wishing to build a reputable, sustainable practice.

This is the point in your training where we consolidate the broader competencies required to work confidently in a professional healthcare setting. You'll explore:

- Ethics and codes of conduct
- Duty of care
- Appropriate scope of practice
- Client-centred communication
- Informed consent
- Professional presence and responsibility

By the end of Module 110, you will be equipped not only with the skills to run sessions effectively, but with the professionalism, confidence, and ethical foundation required to excel as a practitioner. This module ensures that the powerful techniques you've learned are matched with an equally strong capacity to hold clients safely, respectfully, and responsibly.

## EMS 201: Mastery of Emotional Stress Release

Rewiring Patterns, Releasing Stress & Harnessing the Power of the Triune Brain

Module EMS201 takes you into the heart of emotional Kinesiology, teaching you one of the most transformative tools in the ICPKP system: Frontal/Occipital Emotional Stress Release (ESR). This module blends neuroscience, NLP principles, counselling frameworks, and the energetics of Kinesiology to help you facilitate profound emotional shifts with clarity and confidence.

Grounded in the Triune Brain model, you'll learn how stress affects different layers of brain function — and how ESR techniques can unlock new patterns of thinking, perceiving, and responding. These tools empower clients to access higher cognitive processes, step out of survival modes, and connect with outcomes that reflect their highest potential.

In this module, you will explore:

- The neuroscience behind Emotional Stress Release
- Understand how F/O holding influences brain function, calms stress circuitry, and opens access to higher reasoning and clarity.
- A comprehensive suite of ESR techniques
- Learn a wide range of processes, many inspired by NLP, therapeutic communication, and client-led change models.
- Active listening & practitioner communication
- Develop your emotional intelligence and refine your ability to hold space, ask powerful questions, and support clients through expressive or reflective processes.
- Role play and guided processes
- Practise facilitating deeper emotional insight and resolution in a safe, supervised environment.

Those who complete this module will be able to:

- Use frontal/occipital holding in conjunction with guided emotional processes
- Help clients work with the neuroplasticity of the brain
- Support the creation of new paradigms, perspectives, and behavioural pathways
- Facilitate emotional clarity that aligns with the client's chosen goal or outcome

By the end of EMS201, you will have a powerful emotional balancing toolkit that transforms the way you work with stress, perception, belief systems, and personal change. This module is often a favourite among students, offering practical, life-enhancing techniques that create real, lasting shifts.

## **RBT 201: Clinical Body Contact & Palpation**

The Art of Touch, Practitioner Presence & Energetic Sensitivity

Module RBT201 develops the essential professional skill of clinical body contact, teaching you how to use touch with confidence, clarity, and respect. Touch is one of the most powerful tools in Kinesiology, not only as a means of gathering information, but also as a way of communicating safety, presence, and support.

In this module, you will learn how to prepare for, establish, and maintain appropriate body contact within a clinical session. You will explore the principles of touch through both physical and vibrational perspectives, refining the sensitivity and awareness required for effective practitioner work.

Students completing this module will be able to:

- Prepare for and establish clinical body contact in a professional and ethical manner
- Maintain appropriate touch throughout a session with confidence and respect
- Describe and demonstrate palpatory senses, recognising subtle changes beneath the hands
- Use palpation to assess muscle tone, tension, and responsiveness
- Integrate palpatory findings into session planning and client management
- Understand and utilise the vibrational or energetic aspect of touch, developing the awareness needed to sense shifts beyond the purely physical

Through guided practice, hands-on exercises, and real-time feedback, you will strengthen your ability to “listen” through your hands, perceiving information that enhances your muscle testing accuracy, deepens your connection with the client, and enriches the balancing process.

By the end of RBT201, you will feel confident in using touch as a refined clinical tool, combining physical palpation with energetic sensitivity to support a safe, ethical, and effective client experience.

## **A&P 201: Basic Anatomy & Physiology**

Foundations of the Human Body for Confident, Informed Practitioner Work

A&P 1 offers a comprehensive yet accessible introduction to the structure and function of the human body, forming the scientific foundation for your work as a Kinesiology practitioner. This 160-hour module ensures you develop the essential anatomical and physiological knowledge needed to communicate confidently with clients, fellow practitioners, and other health professionals.

In this module, you will learn to describe, in clear, simple anatomical terms, the key systems of the body, including:

- Respiratory system
- Integumentary system (skin, hair, nails)
- Urinary system
- Cardiovascular system
- Digestive system
- Reproductive system
- Nervous system, with special focus on the brain and the special senses

You will also explore:

- The human skeleton and major types of joints
- The structure and function of muscles
- The origin, insertion, and action of the major muscle groups on a regional basis
- The practical use of medical and anatomical terminology in a clinical setting

This module builds the scientific literacy required for safe and effective practice, equipping you to understand your clients' presentations, communicate professionally, and integrate Kinesiology with broader health knowledge.

By the end of A&P 1, you will feel grounded in the language and logic of the human body, with the confidence to apply this understanding directly into your Kinesiology work.

## **SSC: Supervised Student Clinic**

Bridging Knowledge & Real-World Practice With Confidence, Support & Momentum

The Supervised Student Clinic is one of the most exciting and rewarding components of your training. This is where everything you have learned throughout the programme comes together, where technique becomes embodiment, and where you begin to truly feel like a practitioner.

Held within our professional clinic environment, these sessions give you the opportunity to work with real clients while being guided and supported every step of the way. The clinic is both highly effective and genuinely fun, offering a dynamic, hands-on space to integrate your skills, build confidence, and refine your practitioner presence.

Students complete:

- 50 hours of supervised clinic at Certificate level, and
- An additional 50 hours at Diploma level, ensuring you develop strong professional competency at every stage of your training.

During these clinic hours, you will:

- Conduct full client sessions
- Practise intake, assessment, and balancing procedures
- Develop your confidence with a wide range of client presentations
- Receive real-time feedback and encouragement
- Strengthen your ability to hold space ethically, safely, and effectively
- Experience the natural rhythm and flow of practitioner work

The Supervised Student Clinic is where your learning becomes lived experience — a supportive, energising environment that prepares you for real-world practice and helps you step fully into your role as a professional Kinesiologist.

## **PKS: Personal Kinesiology Sessions**

Experiencing the Work Firsthand — Growth, Insight & Practitioner Inspiration

During your training, you are required to complete a minimum of five personal Kinesiology sessions with an approved Nidana Collective ICPKP Diploma graduate. These sessions are an essential and deeply enriching part of your learning journey.

Experiencing the work as a client allows you to:

- Feel the power of the techniques you're learning
- Gain insight into how different practitioners apply the same skills
- Understand the client journey from the inside out
- Move through your own patterns, blocks, or stress with support
- Build trust in the process and in your growing abilities
- Stay aligned, balanced, and regulated as you progress through the course

This requirement isn't just about meeting a standard — it's an incredible opportunity to witness the breadth and diversity of Kinesiology practice, and to experience profound personal shifts along the way. Many students describe these sessions as some of the most eye-opening and motivating moments of their training, offering inspiration, clarity, and renewed purpose.

These sessions help you become not just a practitioner who knows the work, but one who has lived it, felt it, and understands its impact on a deeply personal level.

## **OCT 202: First Aid & Resuscitation**

### Essential Safety Skills for Professional Practice

This unit ensures that all students meet the essential safety and emergency response standards required of health and wellbeing practitioners. While not taught directly by The Nidana Collective, First Aid and Resuscitation certification is a compulsory component of your qualification.

You are required to complete an approved First Aid and CPR course through a recognised provider such as:

- Red Cross
- St John Ambulance
- Or an equivalent accredited organisation

Once completed, please provide a copy of your certificate to the College so we can record and credit this unit toward your qualification.

### Important Note:

To pass this unit, your First Aid certificate must be current within the last three years, as most countries require practitioners to refresh and update these skills regularly.

(For example: every 2 years in New Zealand, and every 3 years in Australia.)

This requirement ensures you are equipped to respond appropriately in emergency situations, uphold professional standards, and provide a safe environment for all clients in your care.