



Australian Government

Assessment Requirements for HLTKIN002 Conduct indicator muscle monitoring

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. New unit

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- conducted indicator muscle monitoring on at least 60 different people, including men, women, young people and elders, including:
 - demonstrated lock and unlock on indicator muscles
 - corrected muscle response when test produces unlock response
 - used indicator muscle monitoring for physical, emotional or biochemical challenges
 - used all limbs on both left and right side of the body with client in supine and prone positions
 - integrated information from practitioner and client perspectives, evidenced by:
 - use of appropriate level of pressure
 - nature of own posture
 - enhanced communication and connection with client
 - pace of monitoring
- had own muscles monitored by at least 10 different people

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- relationship between client and self:
 - as one circuit
 - importance of neutrality of tester

- terminology of muscle monitoring in kinesiology:
 - indicator/indicator change or lock/unlock not weak/strong
 - hold not resist
 - firm monitoring not strength testing
- factors that affect establishment of the indicator muscle response, including:
 - circuit locating
 - switching/overload
 - central and governing meridians
 - hydration
- neurological perspectives on the roles of conscious and subconscious aspects of muscle monitoring
- information from the practitioner's perspective that informs muscle monitoring, including:
 - mechanics of muscles:
 - prime movers
 - synergist, antagonists and fixator muscles
 - neurological circuits controlling muscle function - spinal reflexes
 - control of muscle proprioception - muscle spindle cells
 - golgi tendon apparatus
 - emotional/mental connectivity of muscles
 - biochemical connectivity of muscles
 - muscle recruitment of synergist or other muscles
- information from the client's perspective that informs muscle monitoring:
 - sensing of change between lock, unlock and vice versa
 - role of mental/emotional resource created by thoughts and feelings
 - importance of own experience of muscle monitoring to inform practice and the role experience plays in achieving consistent results
- differences between information from the practitioner and client perspectives
- ways to educate clients for awareness of indicator muscle responses
- kinesiology techniques to clear inhibited and over-facilitated muscles

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable, facilities, equipment and resources, including hand sanitiser and/ or hot running water for washing hands

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 2 years current clinical experience working as a kinesiologist providing services to the general public
- hold practising membership of an Australian professional body that represents kinesiologists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>