



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN401C Work within a kinesiology framework

Release: 1

HLTKIN401C Work within a kinesiology framework

Modification History

HLT07 Version 4	HLT07 Version 5	Comments
HLTKIN401B – Work within a kinesiology framework	HLTKIN401C – Work within a kinesiology framework	Unit updated in V5. ISC upgrade changes to remove reference to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively within a kinesiology framework

Application of the Unit

Application

The application of knowledge and skills described in this competency unit relates to functions necessary for working within a clinic as a kinesiology practitioner

Work at this level may be undertaken independently or under guidance and/or supervision

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Demonstrate commitment to the central philosophies of *kinesiology*

1.1 Define kinesiology and the origin and *modalities* upon which kinesiology is based

1.2 Provide an overview of the historical development of kinesiology

1.3 Identify and explain kinesiology *principles*

1.4 Draw on kinesiology philosophy to interpret imbalances

2. Identify and describe the principles and practices of kinesiology

2.1 Identify and describe kinesiology assessment techniques

2.2 Identify and describe major methods of balance used in kinesiology

2.3 Identify and describe other complimentary health practices

ELEMENT	PERFORMANCE CRITERIA
3. Develop knowledge of other kinesiology practices	<p>3.1 Provide information on <i>other complimentary therapies</i></p> <p>3.2 Describe the <i>characteristics between an allopathic and a kinesiological approach</i> to balance</p> <p>3.3 Identify the relationship between therapies</p>
4. Represent kinesiology framework to the community	<p>4.1 Explain the practices and principles of kinesiology in an easily understood way</p> <p>4.2 Clarify enquiries and provide appropriate information</p> <p>4.3 Request client to bring relevant data to the consultation</p> <p>4.4 Discuss alternative sources of information/advice with the client</p>
5. Work within <i>clinic and regulation guidelines</i>	<p>5.1 Access and follow clinic guidelines</p> <p>5.2 Assess and follow legal and regulatory guidelines</p> <p>5.3 Undertake <i>relevant documentation</i></p>

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Different forms of recognised modalities of kinesiology

REQUIRED SKILLS AND KNOWLEDGE

- Kinesiology
- Kinesiology's philosophical approach to health
- WHS requirements in the workplace
- The effects of kinesiology on the person
- The ethical issues in complementary and alternative therapies
- The history and development of kinesiology
- The range of alternative and complementary therapies

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Appropriately record details of client session
- Communicate in group and one on one settings
- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Correctly identify client needs
- Explain relevant products and services
- Handle complaints effectively
- Provide clients with required information
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the kinesiology framework

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a

EVIDENCE GUIDE

unit:

simulated workplace (defined as a supervised clinic)

- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment must be undertaken by an assessor who is formally recognised by an Australian kinesiology peak body
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

Context of and specific resources for assessment:

- Resources essential for assessment include:
 - qualified assessor who is also recognised by an Australian kinesiology peak body
 - relevant texts or medical manuals
 - relevant paper-based/video assessment instruments
 - appropriate assessment environment

EVIDENCE GUIDE

Method of assessment

- Observation in the work place
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting. If successful, a second assessment is to be conducted during workplace application under direct supervision
- Questioning
- Role play simulation
- Short tests and essays

Access and equity considerations:

- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
- All workers should develop their ability to work in a culturally diverse environment
- In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
- Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Kinesiology may be defined as:

- Kinesiology is a system of health care that emphasises health maintenance, client education and client responsibility, and identifies causative influences triggering health imbalances

Kinesiology modalities are:

- A kinesiology form which is formally recognised by a recognised Australian kinesiology peak body

RANGE STATEMENT

Kinesiology principles may include:

- Self-responsibility
- The concept of the Triangle of health
- Chinese Law of the Five Elements
- A holistic approach health for self and clients
- Balancing the vital energy of the client
- Relevant code of ethics documents/policies, regulations and guidelines, national, state/territory or local kinesiology Association or organisations
- Relevant national, state/territory or local government regulation and guidelines
- Accepted preventative practices adopted by self or peers to minimise safety hazards and risks in the same or similar situations
- Individual responsibility to others regarding the reasonable standard of care
- Delivering the highest professional care to all clients with consideration for the medical, ethical, social and religious needs of the client
- Principles of client confidentiality
- Respect of boundary issues such as compliance with kinesiology industry code of ethics and practice in relation to:
 - informed consent
 - hygiene
 - the scope of practitioner/client relationship
 - advertising
 - maintenance of equipment
 - social/cultural morals
 - equal balance of all clients
 - psycho/emotional wellbeing of clients
 - referral of clients who wants personal care outside the scope of the available services
 - dealing appropriately with difficult clients

RANGE STATEMENT*Imbalances may include*

- Muscle imbalances
- Physical pain
- Emotional stress
- Structural deviations
- Energetic/vibrational imbalances
- Learning difficulties
- Nutritional/biochemical imbalances
- Sensitivities
- Performance below desired levels
- Other health issues

RANGE STATEMENT

Major methods of kinesiology energy balancing techniques and concepts may include:

- Muscle monitoring:
 - accurate indicator muscle clearing
 - contraindications for muscle monitoring
 - over/under facilitated muscles
 - established clients definition of locked and unlocked muscle monitoring outcomes
- Digital indicators
 - circuit locating
 - circuit retaining mode/pause lock
 - finger/hand modes
 - challenging
 - indicator points
- Pre-checks for optimal energy balancing
 - neurological organisation
 - hydration
 - meridian energy flow
 - ionisation
 - centring
- Kinesiology balancing techniques
 - muscle techniques
 - emotional techniques
 - structural techniques
 - vibrational techniques
 - nutritional techniques
 - neurological techniques
 - physiological techniques

RANGE STATEMENT

Complementary health practices may include:

- Fresh air
- Pure water
- Fresh whole foods
- Healthy eating plans
- Detoxification
- Herbs
- Sunlight
- Rest and relaxation
- Exercise
- Hydrotherapy
- Massage
- Meditation
- Stress management
- Aromatherapy
- Reflexology
- Acupressure
- Flower essences

Kinesiology assessment techniques include any method in which the practitioner has been trained to a competent standard and procedure according to any registration requirements, and may also include:

- Muscle monitoring
- Observation
- Discussion/ questioning
- Practical muscle monitoring
- Observation of variations of posture
- Listening skills
- Procedures which are conducted according to regulatory and legislative requirements

Information on other complementary therapies may include:

- Massage
- Aromatherapy
- Reflexology
- Acupressure/acupuncture
- Naturopathy
- Homeopathy
- Aromatherapy
- Traditional Chinese medicine
- Energy therapies

RANGE STATEMENT

Information on other complementary therapies may include:

- Historical development
- Current availability
- Tools and techniques
- Interactions between different therapies
- When therapies may be used
- Underpinning philosophy

Definition of allopathic and kinesiology:

- Allopathic - western medical model in which a disease or an abnormal condition is treated by creating an environment that is antagonistic to it ie. a system that emphasises balance of disease
- Kinesiology - system of health care that emphasises health maintenance, client education and client responsibility, and identifies that causative influences triggering health imbalances

Relationship between therapies may include:

- Contraindications of treatments
- Effects of one approach over or with another
- Balances according to stage of condition

Enquiries may require explanation of:

- Definition of kinesiology
- Duration of session
- Expected sessions outcomes
- Contra-indications
- Possible approaches to kinesiology session
- Estimated cost of session
- Professional status of practitioner
- Availability of home visits
- Availability of health fund rebates
- After hours service
- Provision for hospital visits
- Ongoing balance

RANGE STATEMENT

Appropriate information may include:

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options

Clinic's guidelines may include:

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics and/or practice
- Level of competency and degree of supervision
- Partnership/ group decisions and agreed practice

Legal and regulatory guidelines may include:

- WHS Guidelines
- Anti-discrimination legislation
- Privacy Act
- Infection control
- National/ State/ Territory/ Local association guidelines

Relevant documentation may include:

- Nature of enquiry
- Client contact details
- Recording of incidents
- Risk, hazard assessment
- Appointment details

Unit Sector(s)

Not Applicable