



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTKIN402B Plan the kinesiology session**

**Release: 1**

## **HLTKIN402B Plan the kinesiology session**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit of competency describes the skills and knowledge required to prepare for a basic kinesiology session with clients and to negotiate a health management plan

### **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. Use <i>kinesiology principles</i> to determine the session strategy | <p>1.1 Determine appropriate kinesiology techniques in accordance with the client assessment and within the skills of competence of the practitioner</p> <p>1.2 Ascertain <i>contraindications to kinesiology</i> balances and possible complicating factors and modify strategy according to kinesiology principles</p> <p>1.3 Select a strategy which is appropriate to the clients condition and supported on the basis of established kinesiology practice</p> |
| 2. Discuss the kinesiology session strategy with the client            | <p>2.1 Allocate sufficient time to conclude sessions at a pace appropriate to the client</p> <p>2.2 Negotiate <i>client compliance</i></p> <p>2.3 Explain any perceived risks to the clients condition</p> <p>2.4 Discuss <i>responsibilities of practitioner</i> and client within the session strategy</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:

- Basic knowledge of anatomy and physiology of the human body, with more developed knowledge in the areas of:
  - body organisation
  - lymphatic system
  - musculoskeletal system
  - nervous system
- Ethical and legal implications of service delivery
- Health terminology
- Kinesiology's philosophical approach to health
- Possible reactions and contraindications for kinesiology
- The acupuncture meridian system
- The effects of kinesiology on the person
- The history and development of kinesiology

#### *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:

- Apply kinesiology assessment framework
- Apply technical and practical knowledge of kinesiology healing techniques
- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Demonstrate communication and negotiation skills to gain and convey required

## REQUIRED SKILLS AND KNOWLEDGE

information

- Handle complaints effectively
- Identify balance options
- Identify contraindications to the kinesiology session
- Manage time throughout consultation and session
- Transcribe assessment findings and balances in a client history using accepted health terminology

## 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 unit:*

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

## EVIDENCE GUIDE

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

*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

## EVIDENCE GUIDE

- 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.

## RANGE STATEMENT

*Kinesiology principles refer to:*

- Principles and practices of the kinesiology therapy framework including
  - relevant code of ethics or code of conduct documents/policies, regulations and guidelines including those developed by a recognised Australian kinesiology peak body.
  - relevant national, state/territory or local government regulations and guidelines
  - accepted preventative practices adopted by self or peers to minimise safety hazards and risks in the same or similar situations
  - current and past good practice demonstrated by self or peers in the same or similar situation

*Contraindications to kinesiology balances and possible complicating factors may include:*

- Kinesiology is contraindicated in all infectious diseases suggested by fever, nausea and lethargy until a diagnosis is received and recommended by a medical practitioners
- Kinesiologists are not expected to diagnose any conditions but must be able to recognise the indications and contraindications of conditions
- Always refer for diagnosis when symptoms do not have a logical explanation. Indications for referral may include:
  - pain
  - infection or infectious disease
  - fatigue
  - inflammation
  - lumps and tissue changes
  - oedema
  - mood alterations e.g. depression, anxiety
  - changes in habits such as appetite elimination or sleep
  - bleeding and bruising
  - nausea, vomiting or diarrhoea
  - temperature - hot or cold
  - sudden loss of weight



## RANGE STATEMENT

*Basic kinesiology techniques may include:*

Basic kinesiology techniques may include, but are not limited to the list below. At least four types of balancing techniques outlined below must be demonstrated to an industry standard.

- Muscle balancing techniques:
  - posture analysis and balancing
  - goal balancing
  - meridian energy assessment
  - acupressure points
  - reflexes including spinal, neurolymphatic and neurovascular
  - reactive muscle energy patterns
  - proprioception: spindle cell mechanism and golgi tendon organ
- Emotional balancing techniques:
  - emotional stress release
  - emotional defusions
  - affirmations
  - balancing with scan lists
  - age recession using muscle monitoring
  - reactive stress
  - the amygdala fear/pain control circuit
- Structural balancing techniques:
  - centring: hyoid, gait and cloacal reflexes
  - cranial faults
  - the temporomandibular joint
  - pitch, roll, yaw and tilt
  - structural deviations such as scoliosis, frozen shoulder, carpal tunnel etc
  - balancing regions of the body
- Vibrational balancing techniques:
  - Chinese Law of 5 elements
  - The 7 elements of Chinese acupuncture
  - flower essences
  - turning forks
  - tibetan figure 8s
  - chakra balancing
  - auric balancing
- Nutritional balancing techniques:

## RANGE STATEMENT

- nutrient imbalances and bioavailability
- supplementation
- food sensitivities
- digestion
- excretion imbalances
- toxicity balancing
- nutritional issues such as candida, diabetes etc

*continued ...*

*Basic kinesiology techniques  
(contd):*

- Neurological balancing techniques:
  - acupressure holding points technique
  - breath balancing techniques
  - central&governing meridian energy technique
  - colour balancing technique
  - cortical integrative pathways
  - cross crawl integration
  - emotional stress release
  - hydration technique
  - meridian energy flow technique
  - muscular balancing techniques
  - neuro lymphatic technique
  - neuro vascular technique
  - neurological accessing technique
  - neurological switching technique
  - neuronal integration
  - psychological accessing techniques
  - skeletal balancing techniques
  - sound balancing technique
  - spinal related techniques
  - switching

*Client compliance refers to:*

- Ability to follow instructions/suggestions
- Willingness/motivation to follow instructions/suggestions
- Willingness to make changes where appropriate

**RANGE STATEMENT**

*Practitioner responsibilities may include:*

- Appropriate hygienic behaviour
- Appropriate client relations
- Appropriate sexual behaviour
- Commitment to the strategy
- Providing the treatment and follow-up
- Discussing relevant contraindications or possible complicating factors to treatment
- Adjusting the session strategy
- Reviewing of session strategy
- Effective response to client feedback and complaints

*Client responsibilities may include:*

- Following advice during and post session
- Advising practitioner of any relevant contraindications or possible complicating factors to treatment
- Advising practitioner of compliance issues
- Commitment to the session strategy

**Unit Sector(s)**

Not Applicable