



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN404B Perform the kinesiology health assessment

Release: 1

HLTKIN404B Perform the kinesiology health assessment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to observe the condition of the client and gather information relevant to the case in order to provide a basic kinesiology session

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

1. Determine the scope of the assessment and the client's structural needs

PERFORMANCE CRITERIA

- 1.1 Establish the clients purpose for the session
- 1.2 Explain clearly the techniques to be used and limits of available services
- 1.3 Explore and clarify clients expectations of the session
- 1.4 Explain clearly clients and practitioners roles in the session
- 1.5 Determine client's eligibility for service using clinic policies and guidelines
- 1.6 Identify *factors likely to have a negative impact of the assessment* in consultation with the client and implement strategies to minimise the effects of these factors wherever possible
- 1.7 Refer client to *other health care professionals* where the needs of the client are identified as beyond the scope of services able to be provided, or if in the opinion of the practitioner, the needs of the client are best met by doing so
- 1.8 Identify and promote the legal rights of the client

ELEMENT**PERFORMANCE CRITERIA**

- | | |
|---|---|
| 2. Obtain and record a accurate history of the client | 2.1 Seek information from the client for a client history in a respectful way and make all enquiries in a purposeful, systematic and diplomatic manner |
| | 2.2 Collect and record accurate, relevant and well organised information in a form which can be interpreted readily by other professionals |
| | 2.3 Manage information in a confidential and secure way |
| 3. Prepare the client for the session | 3.1 Respect client's boundaries at all times |
| | 3.2 Seek client feedback on comfort, comprehension and participation levels |
| | 3.3 Carry out pre-checks and/or initial kinesiology protocols in such a way that the client understands clearly and is given ample opportunity for questions and feedback |
| 4. Perform the assessment of the client | 4.1 Obtain informed client consent prior to conducting assessment, in accordance with relevant legislation and regulations |
| | 4.2 Establish, observe and maintain clinical and practitioner hygiene |
| | 4.3 Anticipate <i>potential sensitivities</i> of the client and adapt approach accordingly to take these into account |
| | 4.4 Assess client through indicator muscles and other information gathering techniques |
| | 4.5 Identify contraindications to the kinesiology session |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

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

REQUIRED SKILLS AND KNOWLEDGE

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:

- A range of different kinesiology techniques
- Anatomy and physiology as they apply to kinesiology assessments and balancing techniques
- Best practice kinesiology principles
- Environmental physiology and the effects of drugs on the individual
- Ethical and legal implications of enquiry
- The effects of kinesiology techniques on the person
- The indications, possible reactions and contraindications to balancing
- The theory and practice of the formally recognised kinesiology modalities

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:

- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Demonstrate communications skills to gain and convey required information
- Demonstrate listening skills
- Demonstrate observation skills
- Demonstrate record keeping skills
- Explain kinesiology principles
- Handle complaints effectively
- Manage time throughout consultation
- Observe and identify variations of physical and emotional posture
- Recognise and adjust to contraindications to balancing
- Take client history
- Transcribe assessment findings in a client history using accepted terminology
- Use accurate indicator muscle monitoring
- Use communication skills to gain and convey required information

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 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

EVIDENCE GUIDE

- 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
- 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

EVIDENCE GUIDE

Related units:

This unit should be assessed after or in conjunction with the following related units:

- HLTCOM404C Communicate effectively with clients
- HLTKIN401B Work within a kinesiology framework

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.

Factors likely to have a negative impact on assessment may include:

- Language difficulties
- Inability to understand kinesiology principles
- Disabilities
- Emotional trauma
- Lack of privacy or focus due to additional people being present
- Cultural or gender factors

RANGE STATEMENT

Other health care professionals may include:

- Naturopaths
- Homoeopaths
- Herbalists
- Chiropractors
- Osteopaths
- Physiotherapists
- Medical practitioners
- Counsellors
- Social workers
- Massage therapists
- Energy therapists
- Other allied health care professionals

RANGE STATEMENT

Client history may include:

- Date of presentation
- Identifying personal details
- Source of referral
- Main presenting complaint or reason for session
- Subjective evaluation of present condition
- Maternal/ paternal genetic predispositions
- General state of health
 - physical
 - emotional
 - sensitivities
 - diet and appetite
 - sleep patterns
 - bowel and urinary habits
 - exercise
 - lifestyle
 - menstrual cycle
- Childhood and adult illnesses
- Accidents, injuries, operations
- Vaccinations
- Root canals
- Hospitalisations
- Occupational history and environment
- Family history and relationships
- Other current medical/ alternative health care
- Previous occurrence of current complaint
- Vibrational remedies/ medication/supplements - current and previous /perceived side effects
- Known allergies to medication / supplements
- Social lifestyle including social drug usage
- Primary health care provider

RANGE STATEMENT

Potential sensitivities may include:

- Gender
- Ethnicity
- Language
- Religious beliefs
- Cultural heritage
- Sexuality
- Ability
- Presenting disease state and personal history

Established assessment procedures may include:

- Observation
- Discussion
- Range of motion tests
- Current ability in activity or posture
- Stress challenge with indicator muscle
- Any method in which the practitioner has been trained to a competent standard
- Procedures which are conducted according to legislative and regulatory requirements

RANGE STATEMENT

Contraindications to balancing may include:

- Unwillingness to accept self responsibility model
- Situations where client expects treatment for named medical disease
- Client wants diagnosis and treatment for possible medical condition
- Client expects practitioner to test for medically determined pathology parameters, e.g. pregnancy, blood count, blood cholesterol, blood sugar etc.
- Client presenting with known or possible infectious disease suggested by fever, nausea and lethargy
- Underage client without consent of parent(s)
- Situation that may require referral to other professionals. Indications may include:
 - pain
 - inflammation
 - lumps and tissue changes
 - oedema
 - rashes and changes in the skin
 - infection
 - changes in habits such as appetite, elimination
 - sudden weight loss
 - bleeding, bruising
 - nausea, vomiting, diarrhoea
 - suicidal tendencies
 - mood alterations, depression, anxiety
 - fatigue, exhaustion
 - poor sleep patterns

Unit Sector(s)

Not Applicable