



**Australian Government**

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

# **HLTKIN507B Plan an advanced kinesiology session**

**Release: 1**

## **HLTKIN507B Plan an advanced kinesiology session**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit of competency describes the skills and knowledge required to prepare for an advanced kinesiology session with clients and to negotiate a healing management plan with them

### **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

### **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 *kinesiology principles* to determine the session strategy

1.1 Determine appropriate kinesiology techniques of balancing in accordance with the client assessment and within the skills of competence of the practitioner

1.2 Ascertain *contraindications* to balancing and possible complicating factors and modify strategy according to kinesiology principles

1.3 Take into consideration treatment, information and advice provided by other health care professionals in determining the strategy to be used in balances

1.4 Select appropriate session strategy for delivery of kinesiology techniques according to the client's condition and supported on the basis of established kinesiology practice

1.5 Take into account possible *client compliance* issues

1.6 Consider client constitution in selecting strategies

**ELEMENT****PERFORMANCE CRITERIA**

- |                                                               |                                                                                                   |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 2. Discuss the kinesiology session strategies with the client | 2.1 Allocate sufficient time to conclude sessions at a pace appropriate to the client             |
|                                                               | 2.2 Discuss session strategies according to the client's needs                                    |
|                                                               | 2.3 Negotiate client compliance                                                                   |
|                                                               | 2.4 Clarify discrepancies between the practitioner's and the client's perception of the condition |
|                                                               | 2.5 Explain any perceived risks of the clients condition and balances                             |
|                                                               | 2.6 Discuss responsibilities of practitioner and client within the session strategy               |
|                                                               | 2.7 Negotiate management of selected balances in relation to any other current therapies          |
|                                                               | 2.8 Discuss evaluation strategies                                                                 |

**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:

- Anatomy and physiology of the human body, with developed knowledge in the areas of:
  - cardiovascular system
  - digestive system
  - endocrine system
  - immune system
  - lymphatic system
  - musculoskeletal system

## REQUIRED SKILLS AND KNOWLEDGE

- nervous system, including the special senses
- organisation of the body
- reproductive system
- respiratory system
- urinary system
- Community resources and support service
- Critical information required for appropriate health assessment according to kinesiology framework
- Ethical and legal implications of service delivery
- Kinesiology's philosophical approach to health
- Possible obstacles to balancing
- Possible reactions and contraindications for kinesiology
- Symptomatology and pathology
- 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:

- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Comprehend common medical terminology
- Demonstrate communication and negotiation skills
- Demonstrate communication skills to gain and convey required information
- Handle complaints effectively
- Identify and describe a balance outcome using accepted medical terminology
- Identify balance options and establish balance regimes
- Manage time throughout consultation
- Prepare session plans
- Read medical reports
- Transcribe assessment findings and balances in a client history using accepted medical terminology
- Use equipment and technology effectively and safely

# 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 in conjunction with the following related units:

- HLTKIN506B Perform an advanced kinesiology health assessment
- HLTKIN508B Apply an advanced kinesiology assessment 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.

### *Kinesiology principles refers 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



## RANGE STATEMENT

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

- Clients physical and psychological (lack of) readiness and/or wellness
- Cultural factors
- Post session activities
- Unwillingness to accept self responsibility model
- Situations where client expects treatment for named medical disease or condition
- Client expects practitioner to test for medically determined pathology parameters e.g. pregnancy, blood count, blood cholesterol, blood sugar etc.
- Kinesiologists are not expected to diagnose any conditions but must be able to recognise the indications and contraindications of conditions
- Kinesiology is contraindicated in all infectious diseases suggested by fever, nausea and lethargy until a diagnosis is received and recommended by a medical practitioner
- Always refer for diagnosis when symptoms do not have a logical explanation. Indications for referral include:
  - pain
  - infection or infectious diseases
  - fatigue
  - lumps and tissue changes
  - inflammation
  - 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
  - fatigue, exhaustion
  - irregular sleep patterns

## RANGE STATEMENT

*Advanced kinesiology techniques may include:*

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 advanced 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
  - tuning 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
- Advanced kinesiology techniques*
- Cont:*
- Neurological balancing techniques:
    - psychological accessing techniques
    - neuro vascular technique
    - neuro lymphatic technique
    - meridian energy flow technique
    - acupressure holding points technique
    - emotional stress release
    - hydration technique
    - central&governing meridian energy technique
    - neurological switching technique
    - spinal related techniques
    - skeletal balancing techniques
    - muscular balancing techniques
    - breath balancing techniques
    - colour balancing technique
    - sound balancing technique
    - neurological accessing technique
    - cross crawl integration
- Client constitution refers to:*
- Tolerance of pain
  - Muscle tone
  - Fitness
  - Mental attitude
  - Age, fragility, flexibility
- Client compliance refers to:*
- Ability to follow instructions/suggestions
  - Willingness/motivation to follow instructions or suggestions

## RANGE STATEMENT

*Discrepancies may include:*

- Client is unaware of the immediate danger of their condition
- Client is over anxious about their condition
- Client is unaware of maintaining causes acting on their condition
- Practitioner is unaware of some implications of the clients condition
- Practitioner and client have different views of what the main problem is

*Discussion may include:*

- Face to face discussion
- Electronic communication
- Telephone discussion
- Handling client complaints

*Practitioner responsibilities may include:*

- Isolating the sick person
- Providing advice on public health matters
- Commitment to the session plan
- Discussing the relevant contraindications or potential complications to balancing
- Review of session plan

*Client responsibilities may include:*

- Following instructions/advice during and post sessions
- Advising practitioner of any relevant contraindications or potential complications to balances
- Advising practitioner of compliance issues
- Commitment to the healing strategies

*Evaluation strategies may include:*

- Discussion and review of response to balances
- Review achievement of session goals
- Monitoring time frame for achieving wellness goals

## Unit Sector(s)

Not Applicable

