



Australian Government

HLTKIN001 Develop kinesiology practice

Release: 1

HLTKIN001 Develop kinesiology practice

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. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

Application

This unit describes the skills and knowledge required to establish the foundations of kinesiology practice, evaluate what makes a sustainable practice and then to develop an approach to own practice.

This unit applies to kinesiologists and other practitioners who may use kinesiology as an adjunct to another complementary or allied health modality.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish foundations of kinesiology practice

- 1.1 Identify, access and interpret information about the central philosophies of kinesiology practice
- 1.2 Evaluate the kinesiology system of healing in relation to its application to current health issues
- 1.3 Compare and contrast kinesiology, other complementary health modalities and broader health practice

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

2. Represent the kinesiology framework

2.1 Determine information needs of different individuals and groups

2.2 Identify key messages that represent the philosophy and practice of kinesiology

2.3 Communicate information about kinesiology at a level of depth appropriate to audience needs

3. Determine requirements for sustainable kinesiology practice

3.1 Identify key issues that affect the development and sustainability of professional practice

3.2 Identify economic, environmental, human and social considerations and their impact on professional practice

3.3 Establish a personal health strategy that supports kinesiology practice

3.4 Access, interpret and collate current information that supports kinesiology best practice

4. Develop approach to own practice

4.1 Reflect on professional goals and aspirations

4.2 Identify and assess professional opportunities in kinesiology

4.3 Consider the opportunities and constraints of individual personal circumstances

4.4 Make decisions about practice direction, based on reflection and research

4.5 Develop practical strategies that address own practice goals

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for HLTKIN001 Develop kinesiology practice

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. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

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:

- used critical thinking skills to:
 - review and reflect on information from a range of sources about kinesiology practice
 - evaluate and articulate requirements for sustainable kinesiology practice
- communicated key messages about kinesiology to meet the information needs of at least 3 different individuals or groups
- developed goals for own practice that reflect the values and philosophies of kinesiology

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:

- philosophies and principles of kinesiology:
 - historical development of kinesiology – its origin and the different modalities upon which kinesiology is based
 - central philosophies and principles, including the model of self responsibility
 - the kinesiology approach to client assessment
 - balancing techniques used in kinesiology
 - the role of muscle monitoring in providing neurological feedback from the client

- concept of energetic balance
- types of imbalance commonly addressed through kinesiology:
 - muscle imbalances
 - physical pain
 - stress – physical, mental, emotional
 - structural deviations
 - energetic/vibrational imbalances
 - learning challenges
 - nutritional/biochemical imbalances
 - sensitivities
 - performance below desired levels
- key features of complementary therapies used in conjunction with kinesiology
 - naturopathy
 - reflexology
 - Traditional Chinese Medicine
 - remedial massage
- key features of allied health services and their relationship to kinesiology, including:
 - physiotherapy
 - chiropractic
 - osteopathy
 - counselling
- place of kinesiology practice in the broader health care system
- features and differences of allopathic and natural medicine approaches to health
- professional kinesiology networks and industry bodies
- different models of professional kinesiology practice and their key features:
 - sole practitioners
 - employment opportunities in multi-modality centres
- components of sustainable practice:
 - economic – opportunities and viability
 - environmental
 - human – personal health and professional development
 - social responsibility
- factors for consideration in maintaining personal health for kinesiology practice, including:
 - the need to maintain own energetic awareness and balance
 - techniques for working with own breathing
- legal and ethical considerations (national and state/territory) and how these are applied in individual practice:
 - children in the workplace
 - codes of conduct

- continuing professional education
- discrimination
- dignity of risk
- duty of care
- human rights
- informed consent
- insurance requirements
- mandatory reporting
- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries – responsibilities and limitations
- work health and safety

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources.

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

In addition, assessors must:

- have 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>