



Australian Government

HLTKIN003 Perform kinesiology assessments

Release: 1

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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. Merged HLTkin402B/HLTKIN403B/HLTKIN404B/ HLTkin506B/ HLTkin507B/HLTKIN508B. Some content in HLTkin002. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to obtain client information, conduct kinesiology tests and correlate client and practitioner perspectives to make an assessment about healing needs. Kinesiologists are not expected to diagnose conditions but must be able to recognise the indications and contraindications of conditions.

This unit applies to kinesiologists.

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. Determine scope of client needs

- 1.1 Explore and clarify client expectations
- 1.2 Provide clear information about scope and limits of services to be provided
- 1.3 Recognise needs that are beyond scope of own practice and make referrals to other health care professionals

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

2. Use indicator muscle monitoring for assessment

- 1.4 Seek client information respectfully and sensitively, using purposeful, systematic and diplomatic questions
- 1.5 Identify and respond to any barriers to information gathering and assessment
- 1.6 Collect accurate, relevant and organised health record and document in a form which can be interpreted readily by other professionals
- 1.7 Manage information in a confidential and secure way according to records management legislative requirements

- 2.1 Provide clear and accurate information about the muscle monitoring process and factors impacting effectiveness
- 2.2 Obtain client consent to proceed with assessment
- 2.3 Follow standard infection control procedures
- 2.4 Follow established modality protocols to physically prepare the client for muscle monitoring
- 2.5 Seek client feedback on comfort levels and maintain client dignity at all times
- 2.6 Use muscle monitoring to investigate physical, mental, emotional, nutritional, energetic, lifestyle and other appropriate contexts
- 2.7 Investigate causes of indicator muscle stress responses in a deliberate, logical and compassionate manner
- 2.8 Use questioning with client to gain further required information
- 2.9 Accurately record findings of muscle monitoring

3. Develop treatment plans

- 3.1 Correlate outcomes of muscle monitoring, other information gathered and case history
- 3.2 Read, interpret and integrate information and reports from other health professionals

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

3.3 Identify and respond to pre-requisites or contraindications to balancing.

3.4 Evaluate and respond to the physical, mental, emotional and lifestyle factors that contribute to successful treatment outcomes

3.5 Identify frequency, duration and possible sequencing of balances to address client needs

3.6 Accurately document proposed treatment plan

4. Confirm treatment plan with client

4.1 Communicate with the client correlations between client history, current client presentation and kinesiology principles

4.2 Discuss with the client possible approaches to treatment based on assessment findings

4.3 Agree priorities and expectations in consultation with the client

4.4 Respond to client enquiries using language the client understands

4.5 Discuss referral and collaborative options with the client according to individual needs

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 HLTKIN003 Perform kinesiology assessments

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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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of kinesiology client consultation work
- prepared for and managed kinesiology sessions for at least 40 different people, 10 of whom must be seen at least 3 times. Clients must include males and females from different stages of life with varied presentations
- selected and used kinesiology assessment procedures according to modality
- collected and recorded information from the client's perspective during consultations relating to:
 - client history:
 - medical
 - surgical
 - family
 - personal
 - cultural
 - lifestyle
 - nutrition
 - goals

- expectations
- presenting issues, chief complaints and symptoms:
 - location
 - quality
 - quantity and severity
 - timing
 - onset
 - frequency
 - duration
 - setting in which they occur
 - aggravating or relieving factors
- stress factors
- base line for comparison measurements - pain, energy levels, flexibility, postural stress
- collected and recorded information from the practitioner's perspective during consultations via all of the following:
 - muscle monitoring
 - static and dynamic postural observation
 - verbal and non-verbal communication congruency
 - weight, skin tone, hair lustre and other detected imbalances of the client and according to modality
 - lifestyle assessment
- interacted effectively with clients:
 - clearly articulated information about services, treatment options and rationale
 - engaged clients in decision making

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:

- scope and limitations of kinesiology
- legal and ethical considerations (national and state/territory) for client assessment and treatment planning:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries:

- working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- work health and safety
- anatomy & physiology - structure and physiological function of all anatomical systems and regions of the body
- factors and barriers that may impact on assessment, including:
 - physical
 - emotional
 - cognitive
 - cultural
- factors that affect individual health status, including:
 - age
 - gender
 - constitution
 - lifestyle
 - diet
 - medications
 - alcohol and drugs
 - allergies
 - personal and medical history
 - values and attitudes
 - balance of rest and activity
 - physical environment
 - social environment
- client information required for assessment and the scope and depth of information needed around:
 - presenting condition - signs and symptoms
 - past health history - medical, surgical, family, personal and social
 - nutritional factors
 - whether other health professionals have been consulted for same presenting condition or other conditions and their remarks
- different ways that signs and symptoms of conditions present, including:
 - physical
 - emotional
 - cognitive
 - social
- kinesiology assessment techniques and considerations and how they are used, including:
 - muscle monitoring
 - techniques for assessment of:
 - gait

- posture
- motion
- gross motor skills
- comprehension
- hydration
- regional/specific assessments
- contraindications to kinesiology balancing and how to respond, including:
 - unwillingness to accept self-responsibility model
 - client expectation of testing for medically determined pathology parameters
 - presence of infectious diseases suggested by fever, nausea and lethargy without receipt of diagnosis from medical practitioner
- referral options for practitioners:
 - professional health services including complementary health modalities
 - community resources and support services
- indicators for referral, including:
 - client expectation of treatment for named medical disease or condition
 - undiagnosed pain
 - infection or infectious diseases
 - undiagnosed lumps and tissue changes
 - unexplained inflammation
 - unexplained thirst
 - oedema
 - mood swings
 - bleeding and bruising
 - nausea, vomiting or diarrhoea
 - fever
 - sudden loss of weight
- factors that may impact on muscle monitoring and assessment, including:
 - age
 - allergies
 - constitution
 - diet
 - energy capacity
 - environment – physical, social
 - gender
 - fragility
 - medications
 - nutritional status
 - fitness levels
 - lifestyle

- personal and medical history
- muscle monitoring pre-checks
- use of alcohol or recreational drugs
- values and attitudes
- the role and limitations of information and reports from other health professionals and how to establish whether the information can be used
- factors for consideration in developing a treatment plan:
 - knowledge of the effect kinesiology has or can have on a person
 - constitutional make up
 - interactions with other treatments
 - relevance of other medical information
 - pain levels
 - improvements from both client and practitioner perspectives
 - presenting issue status
- protocols for treatment plans that support reliable evidence in a consistent, sequential, measured and detailed manner

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - health assessment consultation forms
 - private consultation area
 - massage table/table and chair
 - reference manual
 - hand sanitiser and/or hot running water for washing hands
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 50 of the 200 hours of client consultations. The remaining 150 hours may be completed under the guidance of a mentor. The mentor must either meet the assessor requirements outlined below or be registered with an Australian professional body that represents kinesiologists as a mentor.

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

In addition, assessors must:

- have at least 2 years 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

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