



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN403B Apply kinesiology assessment framework

Release: 1

HLTKIN403B Apply kinesiology assessment framework

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to interpret information gathered in a kinesiology health assessment and review assessments for 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

PERFORMANCE CRITERIA

1. Analyse and interpret information received

- 1.1 Correlate results of the health assessment with client case history
- 1.2 Recognise the *signs and symptoms* of conditions in the client and identify prerequisites or contra-indications for balances
- 1.3 Assess gathered information and assign priorities in consultation with the client using knowledge, experience and kinesiology principles
- 1.4 Gather, record and organise information in a way which can be interpreted readily by other professionals
- 1.5 Identify client's imbalance/s and related implications by applying muscle monitoring techniques
- 1.6 Use professional judgement to draw sound conclusions from the data collected

ELEMENT**PERFORMANCE CRITERIA**

2. Inform the client

- 2.1 Discuss rationale for the *balances* with the client
- 2.2 Respond to client enquiries using language the client understands
- 2.3 Discuss referral and collaborative options with the client where necessary

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:

- Community resources and support services
- Ethical and legal implications of enquiry
- Indications, possible reactions and contra-indications to kinesiology
- Kinesiology techniques
- Referral process
- The best practice kinesiology principles

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:

- Carry out balances according to the time frame appropriate to the client condition
- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Demonstrate communication skills to gain and convey required information

REQUIRED SKILLS AND KNOWLEDGE

- Demonstrate consideration of the impact of client vitality on selected balances
- Establish urgency for balancing
- Handle complaints effectively
- Identify session options and establish balance regimes
- Interpret investigative findings
- Manage time throughout consultation and session
- Prepare session plans
- Prioritise presenting conditions

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

EVIDENCE GUIDE

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

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 workplace
- 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

Related units:

This unit should be undertaken after or in conjunction with the following unit:

- HLTKIN401B Work within a kinesiology framework

This unit should be assessed in conjunction with the following related competency unit:

- HLTKIN405B Apply kinesiology balances

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

- Signs and symptoms of conditions may include:*
- Physical evidence
 - Behavioural evidence
 - States of disorder
 - Sensations
 - Onset
 - Duration
 - Location
 - Causation
 - Ameliorating and aggravating factors
 - Symptom qualities (intensity, severity, nature of complaint)
 - Functional disturbances
 - Emotional phenomena
 - Social phenomena
 - Spiritual phenomena

RANGE STATEMENT

- Balances may include but are not limited to:*
- Any method in which the practitioner has been trained to a competent standard
 - Procedures, which are conducted according to legislative and regulatory requirements

Basic kinesiology techniques 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
- 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

RANGE STATEMENT

- turning forks
- tibetan figure 8s
- chakra balancing
- auric balancing

continued ...

*Balances may include but are not limited to:
(contd)*

- Nutritional balancing techniques:
 - nutrient imbalances and bioavailability
 - supplementation
 - food sensitivities
 - digestion
 - excretion imbalances
 - toxicity balancing
 - nutritional issues
- Neurological balancing techniques:
 - psychological accessing techniques
 - neuro vascular technique
 - neuro lymphatic technique
 - cross crawl integration
 - 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
 - meridian energy flow technique

Unit Sector(s)

Not Applicable