



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN405B Provide kinesiology balances

Release: 1

HLTKIN405B Provide kinesiology balances

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide kinesiology balances according to the philosophy and practices of the kinesiology framework

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. Manage the session

- 1.1 Explain *factors which may interfere with the effectiveness* of the session
- 1.2 Explain *mode of administration* and management of the session to the client
- 1.3 Request client to monitor reactions and to contact practitioner if required
- 1.4 Ensure *consent* is obtained for the kinesiology session
- 1.5 Ensure kinesiology techniques are provided according to the session plan

2. Apply kinesiology *techniques*

- 2.1 Apply kinesiology techniques to achieve specific outcomes
- 2.2 Recognise reactions to the techniques and respond promptly if necessary
- 2.3 Determine balancing sequence, location and corrections by assessment indications
- 2.4 Explain time, location and content of future sessions to the client
- 2.5 Document recommendations

ELEMENT**PERFORMANCE CRITERIA****3. Advise and resource the client**

- 3.1 Answer client queries are with clarity and using the appropriate language
- 3.2 Use honesty and integrity when explaining session plans and recommendations to the client
- 3.3 Use appropriate interpersonal skills when explaining session plans and recommendations to the client
- 3.4 Promote client independence and responsibility in the session

4. Review the session

- 4.1 Evaluate progress with the client
- 4.2 Identify and record effects of previous sessions
- 4.3 Review previous session plans
- 4.4 Evaluate need for ongoing and/or additional sessions
- 4.5 Negotiate changes to the session plan with the client to ensure optimal outcomes
- 4.6 Discuss the practical techniques to maintain optimal health

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:

- Basic knowledge of anatomy and physiology of the human body with more detailed knowledge in the areas of:

REQUIRED SKILLS AND KNOWLEDGE

- Best practice kinesiology principles
- Common medical terminology
- Ethical and legal implications of kinesiology enquiry and balancing
- Kinesiology's philosophical approach to health
- Legislative and regulatory requirements
- Lymphatic system
- Musculoskeletal system
- Nervous system
- Organisation of the body
- Possible reactions and contraindications for kinesiology
- Technical and practical knowledge of kinesiology balances
- The acupuncture meridian system of the body
- The effect 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:

- Apply basic kinesiology principles and practices
- Apply commonly used kinesiology techniques listed under the range of variables
- Apply kinesiology techniques according to the individual, the condition and the presence of complicating factors
- 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
- Handle complaints effectively
- Manage time throughout consultation
- Prepare for the session according to kinesiology principles
- Suggest alternative health care professionals when case is outside practitioners competence
- Undertake basic counselling

Evidence Guide

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 undertaken after or in conjunction with the following unit:

- HLTAP401B Confirm physical health status
- HLTKIN401B Work within a kinesiology framework
- HLTKIN404B Apply a kinesiology assessment framework
- This unit should be assessed in conjunction with the following related competency units:

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

Factors which interfere with the effectiveness of balancing may include:

- Other treatments being undertaken
- Client's physical and psychological readiness and /or wellness
- Cultural and/or religious factors
- Contraindications to the balancing such as:
 - pain
 - infection or infectious diseases
 - fatigue
 - 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
- Post session activities
- Age, fragility
- Physical/emotional flexibility

Mode of administration may include:

- Muscle monitoring
- Gently holding/pulsing/rubbing various points on the body
- Using a surrogate
- Using other techniques such as vibrational therapies
- Variations in application intensity
- Requirement of specified positioning of client
- Creative imagery
- Requirements for feedback and interaction

RANGE STATEMENT

Reactions may include:

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Muscular spasms
- Sensitivity to balancing
- Temperature discomfort
- Emotional release
- Ongoing mental/emotional/physical/energetic changes

Responses to reactions may include:

- Adjusting sessions accordingly
- Seeking appropriate expertise or referral
- Discussing responses with client
- Adhering to clinic guidelines for response to accidents and emergencies
- Using first aid procedures
- Maintaining a senior first aid certificate which is renewed at least every three years
- Accessing local, emergency service
- Responding effectively to client feedback and complaints

Consent for balancing refers to:

- Informed consent according to the local and national regulations and legal guidelines
- In the case of a minor or ward of the state that an appropriate adult be present during any examination

RANGE STATEMENT

Kinesiology techniques:

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 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
 - structural deviations such as scoliosis, frozen shoulder, carpal tunnel etc

Continued ...

Kinesiology techniques Cont:

- Vibrational balancing techniques:
 - Chinese Law of 5 elements
 - The 7 elements of Chinese acupuncture
 - Tibetan figure 8s
- Nutritional balancing techniques:
 - nutrient imbalances and bioavailability
 - supplementation
 - food sensitivities
 - digestion
 - excretion imbalances
 - toxicity balancing

RANGE STATEMENT

- 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 and 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

Assessment indications may include:

- Indicator muscle monitoring
- Circuit locating
- Finger/hand modes
- Indicator points
- Meridian indications
- Level of pain via muscle monitoring feedback

Advise and resource the client refers to:

- Providing relevant literature or information material
- Referring clients to other information sources
- Providing advice regarding self care
- Advising client of suggested resources
- Providing details which help to fully inform client of relevant information
- Providing referrals to other health professionals
- Availability of products required or suggested
- Postural Correction advice

RANGE STATEMENT

Evaluating progress includes:

- Presenting symptoms
- Duration of symptoms
- Location of symptoms
- Sensations

Effects of previous session may include:

- Client is better
- Client is worse
- No change
- New state is emerging

Practical techniques that promote and maintain optimal health may include:

- Postural improvement strategies
- Discussion/questioning
- Simple follow-up activities and/or strategies to work on between sessions
- Activities and/or tasks to avoid
- Home reinforcement activities and protocols

Unit Sector(s)

Not Applicable