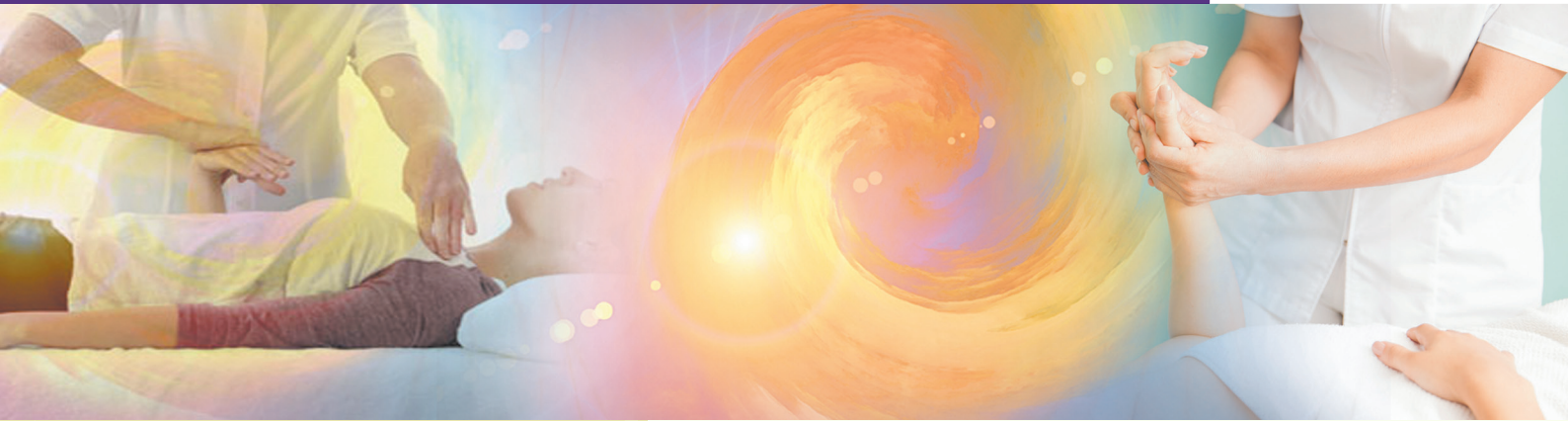




## DIPLOMA OF ENERGETIC KINESIOLOGY



### NATURE CARE COLLEGE DELIVERS STUDY/LIFE BALANCE

#### THE DIPLOMA OF ENERGETIC KINESIOLOGY COURSE CAN BE STUDIED:

- > In one year, with some theory subjects available online

#### COURSE START DATES

- > Term 1, February
- > Term 2, May

#### DELIVERY MODES/LEARNING HOURS:

- > On campus
- Due to the highly practical hands-on requirements of *Applied Kinesiology Techniques & Energy Systems*, these subjects are only available on campus.

This also applies to *Clinical Practice Kinesiology* held at the Nature Care Wellness Centre in Sydney. Some theory subjects are offered via online learning - please refer to the timetable.

The Diploma of Energetic Kinesiology contains 649 hours of training comprising 286 hours of on-campus study, in addition to self-directed study and assignment work.

Students will attend the Nature Care Wellness Centre on campus for 80 hours of Kinesiology Clinical Practice seeing clients under the supervision of a Professional Kinesiologist Practitioner.

### WHAT IS ENERGETIC KINESIOLOGY?

**E**nergetic Kinesiology is a truly amazing modality supported by an extensive body of research, using non-invasive, holistic approaches to support the health and wellbeing of the body, mind and soul. Drawing on both the Eastern and Western healing traditions, Kinesiologists use muscle monitoring, a method of accessing the body's innate biofeedback systems (among other tools), to listen to the body and uncover areas of stress and imbalance. Kinesiologists then identify ways to assist the client to restore this balance and in so doing, open the door to wellness and vitality.

### WHY STUDY THE DIPLOMA OF ENERGETIC KINESIOLOGY AT NATURE CARE COLLEGE?

The Nature Care College Diploma of Energetic Kinesiology integrates several complementary areas of study including ground-breaking research in psychoneuroimmunology, studying interactions between the neural, endocrine the immune systems, vibrational remedies and Traditional Chinese Medicine (TCM) Nutrition.

The content is integrated and comprehensive, taught by some of Australia's leading practitioners and academics in their field.

Their passion and expertise will provide you with an exceptional learning experience and new career practising in one of the most fascinating fields in complementary medicine.



## RECOGNITION OF OUR COURSE

Nature Care College is an approved accredited training provider for this qualification with the IICT.

IICT – The International Institute for Complementary Therapists “Professional membership and insurance for Every Therapist”

Visit: [www.iict.com.au](http://www.iict.com.au)

Once you have graduated with your qualification from Nature Care College you are eligible to join the IICT.

## REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

- We are Australia's most experienced trainer of natural therapists, teaching since 1973
- Course study plans are designed to maximise learning outcomes and allow time for interactive class discussion
- Work-ready qualifications written with industry and expert consultation
- Highly regarded on campus Nature Care Wellness Centre, where students put theory into practice, working with the general public as patients, while being mentored by a specialist practitioner
- Nature Care College graduates are the industry preferred employees
- Practitioner directory where graduates can list their business on the Nature Care website
- Providing study/life balance
- Flexible payment options
- Nature Care College's unique campus atmosphere and wide demographic of students

## SUBJECTS

### Introduction to Energetic Kinesiology Theory and Practice

Kinesiology combines the ancient Eastern philosophies of acupuncture (without the use of needles) with the Western understanding of anatomy and physiology to enable practitioners to treat the whole person. This introductory subject will provide you with a solid foundation on which you can build the skills to become a Kinesiology practitioner. You will be introduced to energetic healing techniques which encompass all aspects of the human being: Mind, Body and Spirit.

### Subtle Anatomy (Energy Systems)

In this subject, we'll explore the systems of anatomy beyond the physical. You will develop an understanding of the major concepts of Oriental Healing and the different perspectives of Western and Oriental approaches. You will gain knowledge of the main meridians in the body and the interrelationship between all parts of the body, as well as the theoretical aspects of energy - qi and its connection to the mind, emotions and the body's state of ill health. Finally, you will also be introduced to energy scanning as it applies to the meridians.

### Anatomy & Physiology Body Structure

The above subject will equip you with knowledge of the structure, general function and organisation of the human body. The subject begins with an introduction to the anatomy and physiology of the human body, then looks into the inner workings of our cells, tissues and organs, followed by the structure of the skeletal system, the structure and functions of our bones, joints, and muscular tissue. Finally we explore the muscular system by introducing the major skeletal muscle groups of the body and how these muscles work together to produce movement.

### Advanced Kinesiology Theory and Practice

This subject will develop your fundamental Kinesiology skills to enable you to identify the signs and symptoms of stress and possibilities for overcoming stressors of all kinds that affect the body's systems and structure. The subject will also introduce you to a range of additional techniques and processes that can be integrated easily into your current knowledge of Kinesiology which will enhance your skills and enable you to provide a more holistic approach to your Kinesiology balancing.

### Body Systems - An Introduction

This subject will enable you to understand the principles and mechanisms involved in physiological function and give you an appreciation of how changes in function can lead to breakdown in health. You will gain an overall understanding of the structure and key functions of all body systems.

### Traditional Chinese Medicine (TCM) Nutrition

This subject will introduce you to the concept of Oriental dietary therapy, which is the appropriate selection of foods and the combination of Chinese herbal traditional medicinal foods. You will learn about diet basics, cooking techniques and properties of food, and how to recognize different symptomatic patterns and problems that require unique dietary solutions.



## Introduction to Psychoneuroimmunology

This subject outlines the research, evidence, mechanisms and practice of relaxation techniques for a range of chronic physical and psychological conditions. It highlights studies in psychoneuroimmunology (PNI) as the scientific framework to understand the benefits of diaphragmatic breathing, progressive muscle relaxation, guided imagery and passive movements and how to apply them in your Kinesiology practice. Students will benefit personally and professionally from the practice of evidence based relaxation techniques and will be able to apply these highly effective techniques with their clients.

## Australian Bush Flower Essences

Learn to apply and prescribe the subtle healing system of Australian flower essences for treating negative states of mind and emotions.

## Applied Kinesiology Practice

This review subject is essential preparation for **Clinical Practice (Kinesiology)** in order to develop confidence to become a skilled Kinesiologist through practice & consolidation of the kinesiology skills and knowledge learned in earlier subjects. Students will practice Kinesiology assessment and treatment as well as monitor and evaluate treatments, in this highly practical subject.

## Clinical Practice (Kinesiology)

Students will put the skills and knowledge learned over the course of their studies into practice, by providing professional Kinesiology consultations to clients, in the Nature Care Wellness Centre (a clinic open to members of the public) under the supervision of a Clinical Supervisor.

## Additional studies include -

### Plan and Manage a Healthcare Business

How to plan and manage your health care business.

### Communicate with Clients

How to apply communication and counselling skills with clients.

### Safe Practices

Covers compliance with infection control policies and procedures that contribute to workplace health and safety.

## YOUR TRAINERS

Your trainers at NCC are professionals who are passionate about their fields of expertise. They bring a wealth of knowledge, clinical expertise and industry experience to provide you with an exciting, engaging and relevant educational experience as you learn the knowledge and skills needed to be a competent and inspiring Kinesiology practitioner.



### Lisa Westerlaken

Lisa is a successful, genuine and experienced Kinesiologist, Psychic and Healer. An experienced practitioner, she heads up her own successful practice. She is also a passionate teacher who prides herself on being authentic, grounded and working with integrity. As an experienced Kinesiology, Psychic and Healer, Lisa holds various qualifications in Kinesiology; Life Coaching; Aromatherapy; Reiki; NLP and Hypnotherapy, including: Diploma in PKP Kinesiology; Resonate Essences Practitioner; Certified Kinergetics Practitioner.

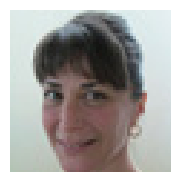


### Martine Negro

Martine Negro has spent 30 years practicing Oriental Mind Body Health and has helped thousands of students understand the energetic dynamics of the human system. Martine is a co-founder and trainer in the Diploma of Energetic Healing at Nature Care College, author, co-initiator and life member of The International Energetic Healing Association and president of the Dowsers Society of NSW.

Martine is the author of the book:

“Hacking the Wellbeing Code through Energetic Intelligence.”



### Dr Judy Lovas

Dr Judy Lovas is a highly experienced, qualified & passionate public speaker, teacher, academic and author. Her classes highlight the science and practice of evidence based Relaxation Therapies to enhance health and decrease chronic conditions. Judy translates Psychoneuroimmunology research into the implementation of relaxation therapies. Judy specialises in offering unique and dynamic classes that combine a scientific and holistic approach.

# COLLEGE & COURSE INFORMATION

## YOUR QUALIFICATION

The Diploma of Energetic Kinesiology provides outstanding holistic training in its grounded and effective application in Kinesiology, incorporating eastern and western philosophies and techniques with a unique focus on the body's energy systems.

Upon successful completion of the qualification, you will have the abilities and confidence to set up a practice as a Kinesiologist.

## CAN I APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL), CREDIT TRANSFERS AND NATURAL RECOGNITION AT NATURE CARE COLLEGE?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed formal study with another provider within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition of prior learning by submitting a request to our Course Advisors.

## ON-GOING EDUCATION – COMPLEMENTARY COURSES

You may also like to consider undertaking the following courses as they complement the Diploma of Energetic Kinesiology:

- Professional Certificate in Meditation Facilitation
- Professional Certificate in Clinical Reflexology
- Diploma of Transpersonal Coaching
- Diploma of Natural Health and Wellness
- Certificate in Ayurvedic Healing
- Professional Certificate in Applied Aromatherapy

## COURSE ENTRY REQUIREMENTS

### Diversity adds to a sense of community

At Nature Care College, we are committed to welcoming, nurturing and developing growth. Nature Care's students have a wide range of backgrounds, from people who come to us from school, to people with life experience but no educational background, as well as G.P's, psychologists and osteopaths.

Admission to Nature Care College is based on program entry requirements. This may include but is not limited to academic merit, knowledge and skills achieved through formal courses of study, work experience, mature age entry and the potential for tertiary study.

### Entry Requirements

#### To qualify for admission course entry is through:

- High school matriculation; or
- Mature age entry of 21 years and over.

### English Proficiency

All Nature Care courses are taught and assessed in English. In order to undertake study with us, all students must have year 12 equivalent written and verbal English proficiency.

## PAYMENT OPTIONS

### Pay Term by Term as You Go

Study plans can be structured to suit your individual lifestyle needs. At Nature Care College you enrol and pay on a term by term basis and fees are dependent on the number of subjects you enrol into each term.

### Spread the Cost of Your Course Throughout the Term

To reserve your place, pay the initial deposit for your first term's tuition fees together with the Professional Training Enrolment Fee. A payment plan provides you with the option of spreading the cost of your terms tuition fee through the whole term in weekly instalments. Twelve weeks of terms and one week recess means you can spread the cost of your terms fees over thirteen weeks.

### Pay Upfront & Receive a Discount

Pay the whole term course tuition fee in full upfront upon enrolment to receive a 5% discount on your fees for the term.

## STUDY PLAN

### ONE YEAR STUDY PLAN

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"><li>• Introduction to Energetic Kinesiology</li><li>• Advanced Kinesiology Theory and Practice</li><li>• Anatomy and Physiology Body Structure*</li><li>• Traditional Chinese Medicine (TCM) Nutrition</li></ul>	<ul style="list-style-type: none"><li>• Plan and Manage a Healthcare Business*</li><li>• Communicate with Clients*</li><li>• Body Systems an Introduction</li><li>• Applied Kinesiology Practice</li><li>• Psychoneuroimmunology Based Relaxation Therapy*</li></ul>	<ul style="list-style-type: none"><li>• Subtle Anatomy (Energy Systems)</li><li>• Australian Bush Flower Essences</li><li>• Clinical Practice A (Kinesiology)</li><li>• Clinical Practice B (Kinesiology)</li><li>• Safe Practices*</li><li>• Provide First Aid (externally)</li></ul>

\*These subjects may be studied in on-campus or distance mode. All other subjects must be studied on-campus.