

The HLT53415 Diploma of Kinesiology

The Diploma of Kinesiology is the first level of nationally recognised training in kinesiology. The training plan delivered by the NK Institute has been designed to provide students with a quality education program and practice opportunities for our students to excel as practitioners. Our material covers the broadest range of health conditions and the necessary holistic concepts to facilitate powerful healing.

Our training is organised into

1. Specific kinesiology focused workshops (Classroom delivery)
2. The nationally required units for the health training package (Independent study via workbooks)
3. Prac Nights and Online tutorials at fortnightly intervals March – Nov
4. Student Clinics

The kinesiology training for specific kinesiology techniques is delivered in the classroom. The units are completed in your own time alongside the practical training. They will inform your kinesiology practice with the additional theory and experience necessary to become a professional kinesiologist. Supervised prac sessions and student clinics will enable you to gain the experience you require to master the skills and knowledge of kinesiology practice.



The HLT53415 Diploma of Kinesiology consists of 19 units of competency, divided between 13 core components and 6 elective units. These required common units of competency include 5 kinesiology and 4 specialised kinesiology units. Completion of all units and attendance at all kinesiology workshops is required to obtain the qualification.



The Diploma of Kinesiology qualification allows professional membership with the Australian Kinesiology Association (AKA) as Registered Specialised Kinesiology Practitioner (RSKP).

Other requirements of the membership include the completion of 500 kinesiology hours (100 hours as CAT A and 200 hours as CAT B) 40 hours each of nutrition, communication studies and practice management 100 hours of anatomy and physiology.

Current First Aid certificate must be provided

After the first year of Diploma training all students will be able to obtain

**Please call 1300 556 029
for further assistance**

Specific Kinesiology Focused Workshops

Courses (Year 1)	Courses (Year 2 & 3)
Principles of Kinesiology 1	Chakra Hologram 2
Principles of Kinesiology 2	Celestial Chakra Hologram
Principles of Kinesiology 3	Neuroemotional Pathways 2 & 3
Principles of Kinesiology 4	Neuroemotional Pathways 4
Brain Formatting	Body Structure Hologram 1
Chakra Metaphors	Body Structure Hologram 2
Balancing with the 5 Elements	Hormone Hologram
Physiology Formatting	Immune & Vaccination Pathways 1
Chakra Hologram 1	Nutrition Hologram A
Neuroemotional Pathways 1	Dietary Pathways

The Health Package Units

Code	Unit	Category
HLTKIN001	Develop kinesiology practice	Kinesiology
HLTKIN002	Conduct indicator muscle monitoring	Kinesiology
HLTKIN003	Perform kinesiology assessments	Kinesiology
HLTKIN004	Provide kinesiology balances	Kinesiology
HLTKIN005	Monitor and evaluate client progress	Kinesiology
HLTAAP003	Analyse and respond to client health information	Anatomy & Physiology
CHCCOM006	Establish and manage client relationships	Communication
CHCDIV001	Work with diverse people	Communication
CHCLEG003	Manage legal and ethical compliance	Business
CHCPRP003	Reflect on and improve own professional practice	Business
HLTWHS004	Manage work health and safety	Business
HLTHPS010	Interpret and use information about nutrition and diet	Nutrition
BSBSMB403	Market the small business	Business
BSBSMB404	Undertake small business planning	Business
QLD256NEK06A	Provide specialised Neuroenergetic kinesiology endocrine system balances	Advanced Kinesiology Anatomy & Physiology
QLD256NEK07A	Provide specialised Neuroenergetic kinesiology structural balances	Advanced Kinesiology Anatomy & Physiology
QLD256NEK08A	Provide specialised Neuroenergetic kinesiology energetic structure balances	Advanced Kinesiology Anatomy & Physiology
QLD256NEK09A	Provide specialised Neuroenergetic kinesiology neuroemotional balances	Advanced Kinesiology Anatomy & Physiology
HLTAID003	Provide First Aid	First Aid

Provide First Aid HLTAID003 is to be completed externally