

THE  
NIDANA  
COLLECTIVE

COURSE OUTLINES

**INTERNATIONAL CERTIFICATE  
OF PROFESSIONAL KINESIOLOGY  
&**

**INTERNATIONAL DIPLOMA  
OF PROFESSIONAL KINESIOLOGY**

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### **QUALIFICATION BACKGROUND:**

The International Diploma of Professional Kinesiology with The Nidana Collective offers the most diverse and flexible programme available today.

Grounded in the fundamentals of Kinesiology, Traditional Chinese Medicine, Anatomy & Physiology, Nutrition, NLP & Counselling, this extensive programme enables students to integrate and proficiently utilise the full spectrum of advanced human change techniques.

This comprehensive qualification has been developed over eighty years of expertise and research since its inception with Dr George Goodhart in the 1960's. The International College of Professional Kinesiology Practices (ICPKP) Certificate and Diploma are now taught in over 20 countries around the world, at 40 different national & international colleges. The Nidana Collective our proud to be part of the leading Kinesiology qualification in the world. In conjunction with ICPKP, we provide students with an enviable opportunity to graduate with a qualification which enables them to enjoy a successful career both in Australia and many international destinations.

### **THE LEARNING ENVIRONMENT:**

We incorporate a range of teaching methods aimed to cater for all learning styles and lifestyles. A combination of modified lectures (both face to face and online) utilising visual aids, workbooks, handouts, class and group discussions, demonstrations & practical exercises ensures an engaging and fun learning environment.

There is a focus on teaching students both the physical and metaphysical (energetic and beyond) aspects of each technique, ensuring graduate's mastery in working holistically with each client.

We embrace an adult learning environment which is inclusive, enjoyable and encouraging. Our modules are delivered over 4-day blocks from Friday to Monday to ensure momentum and integration of learning. We have a strong emphasis on supporting our students to the highest standard of competency and professionalism. This is reflected both in the classroom and our student clinic via summative and formative assessment methods.

## **WHY STUDY WITH US?**

As a boutique learning centre with a maximum of 10 students per intake, we have the time and the space to meet each student where they are at and to guide them in the direction of their chosen outcome. In essence, we succeed only when you do.

With our 'earn as you learn' pathway, students have the ability to start seeing clients professionally at the end of their International Certificate training while studying the International Diploma modules.....a wonderful way to fast track your career and financial goals.

As college owners we collectively have over 35 years of successful clinic, teaching and mentoring experience. You could say 'we know our stuff' but more importantly, we love what we do and we are committed to sharing this incredibly rewarding and fulfilling career with you.

## **QUALIFICATION OUTLINES:**

The **International Certificate of Professional Kinesiology** contains 12 modules (detailed below) and the **International Diploma of Professional Kinesiology** adds a further 16 modules to your skill base:

### **INTERNATIONAL CERTIFICATE OF PROFESSIONAL KINESIOLOGY MODULES**

#### **BKP101-en:**

#### **Energisers and Self Care**



This workshop introduces you to the practice of self-testing and balancing using some easy to learn acu-points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) as well as powerful meridian techniques.

You will use walking gait reflexes, cross crawl self-integration, vision and hearing energy techniques. You will learn simple emotional stress release techniques and will start working with the importance of goals and how they affect us at the quantum level.



**BKP102-en:**

**Proficient Manual Muscle Testing**



People completing this unit will be able to use muscle testing accurately and perform a Kinesiology energy balance on others.

They will be able to work with dehydration, ionisation, neurological disorganisation (switching), central meridian integrity and thymus energy imbalance.

They will learn some effective foundational muscular techniques and will also learn ways of applying objective pre and post evaluation procedures.

**BKP103-en:**

**Introduction to the Law of 5-Elements**



This unit develops an understanding of and skill in using basic 5-Element principles for energy balancing.

Those completing this unit will be able to work with sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating; use the TCM 5-Element principle to perform an eight-muscle energy balance and select the priority balancing procedure for the individual.

**BKP104-en:**

**The Body's Superficial Energy Connections**

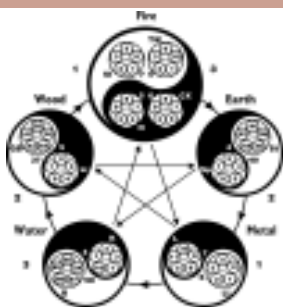


This unit introduces an understanding of the philosophy, principles and history of Kinesiology; to extend the understanding of meridians and their related energetic /organ systems and to develop proficiency in a holistic 14 muscle /meridian wheel energy balance.

Those completing this unit will also be able to work with a surrogate enabling competency and professionalism when working with clients online or when working with people (like children) or animals who are able to be tested directly.

**BKP105-en:**

**The Law of 5-Elements in Depth**



This unit extends the understanding of, and skill in using, the 5-Element principles and 5-Element emotions for energy balancing. It develops understanding and facility in using alarm points, Luo points, acupressure holding points, yin/yang principles; to support the flow of meridian energy.

Those completing this unit will be able to perform a powerful 5-Element one-point goal balance using a wide range of techniques.

**BKP106-en:**

**Professional Skills, Balancing Protocol with Database**

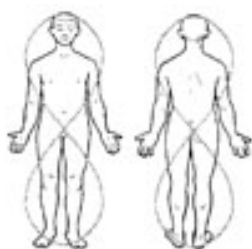


This unit develops skill in the use of the unparalleled ICPKP Protocol. A brilliant resource that enables students to follow a comprehensive process encompassing all possible aspects of the client's pathway to their chosen results.

Those who complete this module will be able to skilfully utilise effective listening /coaching skills; the ICPKP finger mode database (a diverse 'menu' of ways to balance the body enabling each client to connect with what they individually require physically, emotionally, spiritually & biochemically); age recession (to work with what needs to be shifted in both the present time and any other related times).

**BKP107-en:**

**Pain Reduction**



This unit develops skill in using Kinesiology techniques to reduce physical pain. Students completing this module will be able to access a full spectrum of techniques working with meridian energy, nutrition, marine spiral energy, muscular balances, integrative skills, emotional tools and much more.

**BKP108-en:**

**History / Balancing with Food**



This unit extends an understanding of the development (philosophy and principles) of Kinesiology. It develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, biocidal substances; to construct a diet using 5-Element, food family and food rotation principles; to develop skill in using C1 and ear acu-point sensitivity tests. What we put into our bodies is so important and this module opens students up to the full range of bio individuality related to food and nutrition.

**BKP109-en:**

**Advanced Muscle Techniques, Reactivity and Posture**



This unit develops skill and understanding in correcting reactivity in muscles and meridians with (and without) circuit retaining or reactive modes. To develop skill in observing postural imbalance; to extend techniques in balancing energy in muscles. Students completing this module will have great skill in shifting the bodies old physical patterns and empowering clients to work with the underlying causative factors on all levels.

### BKP110-en:



### Using Client Health Records

To establish, utilise and update a client health record; communicate in a professional manner and set clear boundaries in a kinesiology practice; establish personal ethical behaviour and respect client's rights in a health care context. Those who have completed this unit will be able to thrive in a professional health care setting; it is here that we start to consolidate the non-kinesiology specific skills required to be a successful practitioner like setting clear boundaries, communicating with individuals and groups in a professional manner, ethics/ codes of conduct and legalities.

### RBT201-en:



### Clinical Body Contact and Palpation

The purpose of this unit is to develop professionalism, skill and understanding in using Kinesiology techniques related to body contact.

Those completing this unit standard are able to: prepare for and establish clinical body contact; maintain clinical body contact; describe and demonstrate palpatory senses; use palpation to assess the client muscle state; and integrate palpatory findings into the management of the client in a kinesiology clinical practice setting. There is also a strong focus on the vibrational aspect side of touch.

### EMS201-en:



### Mastery of Emotional Stress Release

The purpose of this unit is to develop skill and understanding in the use of the frontal/occipital stress release technique which is based on the neuro-scientific model of the Triune Brain. This extensive range of techniques (many based on NLP and other counselling models) include the application of active listening and role play.

Those who have completed this unit will be able to use frontal/occipital holding in conjunction with powerful processes, assist the client: to use the neuroplasticity of the brain to create new paradigms that align with their chosen outcome.

### SSC:

### Supervised Student Clinic experience

Comprises 50 hours of supervised student clinic experience at our professional clinic facility. This is both highly effective and fun, a great way to integrate the skills students have gained through the programme. Students will complete 50 hours at Certificate level and an additional 50 hours at Diploma level ensuring professional competency at every level.

**PKS:**

**Personal Kinesiology Sessions**

Students are required to have a minimum of 5 personal kinesiology sessions during the course.

Sessions must be taken with a Nidana Collective approved ICPKP Diploma graduate.

This is such a fantastic way to both experience profound shifts as a client and to see the diverse ways that the skills learnt in class can be applied in professional practice

**A&P1:**

**Anatomy and Physiology 1 - Home Study Unit**

This unit provides a simple, basic introduction to Anatomy and Physiology (160 hours) and teaches the use of medical terminology to communicate with clients, fellow workers and health professionals.

Those completing this unit will be able to describe in simple anatomical terms the respiratory, integumentary, urinary, cardiovascular, digestive, reproductive and nervous systems with special reference to the brain and special senses; describe the human skeleton and types of joints; explain muscle structure and describe the origin, insertion and action of major muscles of the body on a regional basis; use specific/medical terminology to communicate with clients, fellow workers and health professionals.

**OCT202-en:**

**First Aid and Resuscitation - SFA**



This unit is not taught by your College. You are required to undertake First Aid and Resuscitation training and obtain a Red Cross, St Johns or similar certificate.

Please give your certificate to your College so they can credit you with this unit.

**Important Note: To pass this unit you need to have taken your First Aid course within the last three years.** This is because most countries require health practitioners to take First Aid courses on a regular basis as part of maintaining their registration. (For example, in New Zealand it is every 2 years, in Australia every 3 years.)



## INTERNATIONAL DIPLOMA OF PROFESSIONAL KINESIOLOGY MODULES

### MST201-en:

### Muscles, Skin and Touch



The purpose of this first Diploma unit is to deepen skill and understanding in identifying meridian energy imbalance related to muscles, muscle circuits and skin and applying corrective procedures.

Those who have completed this unit will be able to evaluate and balance for skin stretch response; scar reintegration; hyoid/centering mechanisms; blood chemistry; thymus-spleen energy imbalances; cranial and hand stress receptors; intercostal muscle reset; shapes of structure; under-facilitation or over-facilitation; myotomes; dermatomes; use temporal tap, eye rotations and will expand on the PKP database with balancing protocol to include more exploration and shifting in the subconscious mind.

### MST202-en:

### Shoulder, Arm and Hand Muscles



The purpose of this unit is to develop skill and understanding in analysing muscle energy imbalance in the shoulder girdle and upper limb.

Many people come to Kinesiology for insight into their physical issues. The MST modules give practitioners a highly effective system to create tangible results physically, emotionally and biochemically. People completing this unit will be able to use muscle tests and corrections to facilitate increased function and performance in the shoulder girdle and upper limb.

### MST203-en:

### Hip, Thigh, Leg and Foot Muscles



(See MST 202 above)

The purpose of this unit is to develop skill and understanding in analysing muscle energy imbalances in the hip and lower limb.

People completing this unit will be able to use manual muscle tests and corrections to facilitate increased function and performance in the hip and lower limb.



**MST301-en:**

**Head, Neck, Torso Muscles**

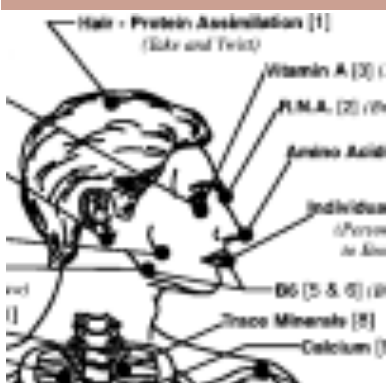


(See MST 202 above).

The purpose of this unit is to develop skill and understanding in analysing energy imbalances in the head, neck and torso. People completing this unit will be able to use manual muscle tests and corrections to facilitate increased function and performance in the head, neck and torso including the tongue, lingual diaphragm & vocal cords (highly effective for speech challenges and dyslexia), abdominal and intravertebral muscles (great for back challenges).

**ECO201-en:**

**Lifestyle and Dietary Modification**



The purpose of this unit is to take the foundation created in BKP 108 to further develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to dietary / nutritional needs.

Those completing this unit will be able to use balancing techniques like integration of organ energy, addition and/or deletion of specific foods and/or herbs and/or supplements, nutritional analysis, slow/fast vibratory foods, rehydration, sleepers, Riddler points, blood sugar balance, liver function, dysfunctional tissue techniques, and assess the need for lifestyle change.

**ECO202-en:**

**Immune Mismatch Response - Allergies & Hypersensitivity**



The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to allergies and hypersensitivity to food and/or other environmental factors. Those completing this unit will be able to use allergy (sensitivity) modes to identify stressful substances; resolve allergy causal factors. Such a relevant unit in our world today.

**ECO302-en:**

**Cleansing and Detoxification**



The purpose of this unit is to develop skill in rebalancing body energy affected by organisms, foreign chemicals or toxicity in the body and an understanding of detoxification and biochemical pathways. Those completing this unit will be able to identify and resolve excesses of supplements, drugs or medications, foreign chemicals, overgrowths / candida, bacteria, viruses, parasites or heavy metals using physiology processes, biochemical pathways and detoxification processes.

**EMS302-en:**

**Subconscious Self-Perception**



The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to subconscious self-perception.

Those completing this unit will be able to use self-image, reactive roles, conflict and reversal, sabotage programme, misunderstanding, misperception, stress statement and hypnotic techniques to transform limiting subconscious and conscious patterns.

**PIB203-en:**

**Brain Integration Technique Level I**



The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to neurological blind-spots caused by fear, pain and self-doubt, and shifting learning disabilities and dyslexia.

Students completing this module will have great skill in effectively working with clients to move beyond old learning patterns and into new chosen ways of integrating information. A brilliant unit for working with both child and adult clients.

**JAF201-en:**

**TMJ and Cranials**

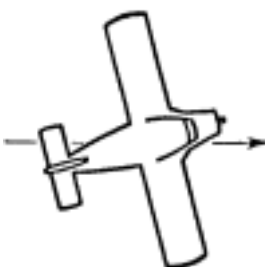


The purpose of this unit is to develop Kinesiology techniques to correct meridian energy imbalance in cranium and temporomandibular joint.

Those completing this unit will be able to balance energy dysfunction of the cranium and temporomandibular joint, using rebreathing, neuro-lymphatic-neurovascular work, cranial reset, sagittal suture-cerebrospinal fluid and inferior occiput techniques.

**JAF302-en:**

**Inflexibility**



The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to inflexibility on a physical and emotional/ mental level.

Those completing this unit will be able to use the AK based injury recall, pitch, roll and yaw, strain/counter-strain, unwinding, homolateral muscle, specific exercise selection, CIA stretch and shock techniques.

**MST302-en:**

**Touch**

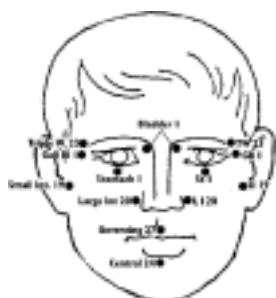


The purpose of this unit is to further develop skill and understanding of the effect of touch over people.

Those who have completed this unit will be able to: discuss touching in relation to culture and contact; identify the adverse effects of past and/or present situations involving deprivation, inappropriate or excessive touch; to use intuitive touch in a healing setting and manner; use Kinesiological procedures to defuse associated meridian energy imbalance and assist the client develop a future action plan in relation to touch

### ECO301-en:

### Adrenal, Geopathic and Life Energy



The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to increase energy, vitality and high level wellness. Adrenal stress is such a big part of chronic disease in our society so this unit is vital to the effective practitioner.

Those completing this unit will be able to use balances such as adrenal dysfunction & lifestyle change enablement techniques and monitor geopathic and geo-spiritual stress.

### EMS301-en:

### Emotional Stress Release - Advanced



The purpose of this unit is to develop further skill and understanding in Kinesiology emotional stress release techniques to enhance total body energy.

Those who have completed this unit will be able to assist the client:

- to express life events in terms which do not decrease body energy
- to recognise in themselves behaviours that are similar to those of either parent or which are a negative reaction to the behaviour of either parent and to be at choice
- to make positive adaptive responses and see positive possibilities in their future.

Students completing this unit will use meridian-based affirmations to relieve the energy drain of a wounded spirit and have skill in balancing the stresses of reactive emotion responses in the meridian system. They will be able to construct and use a genogram to make meaning of family events and use the sentic cycle as a reprogramming/stress diffusion technique.





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**JAF301-en:**

**Ligaments and Joints**



The purpose of this unit is to expand on skills and understanding in using Kinesiology techniques to correct energy imbalance in joints.

Those who have completed this unit will be able to use shock absorbers, local ligament stretch, general adrenal ligament stretch, contralateral joint ligament interlink techniques to aid clients to shift structural imbalance holistically and use the sentic cycle as a reprogramming /stress diffusion technique.

**MST303-en:**

**Emotional Anatomy and Intelligence**



The purpose of this unit is to develop skill and understanding using Kinesiology techniques to relieve stress associated with body shape, stance and response to life stressors; develop emotional intelligence; clear deeply imbedded amygdala emotions.

This unit is highly practical and lots of fun as we enter the world of psychotherapy and further explore the world of emotional empowerment.