



UPCOMING COURSE

ICPKP® Professional Kinesiology Practice International Certification Program

September 2025 – Weekend Class (v1)

Level 1 - Wellness Certificate commences:- Saturday 13th & Sunday 14th September 2025

WELLNESS CERTIFICATE SCHEDULE (WC)

Wellness - International Certification in High Level Wellness & Vitality Therapy				Wellness Certificate
2025		Program		
Saturday – Day 1	Sunday – Day 2	Unit	Description	
13 Sep	14 Sep	BKP101	Basic self-care kinesiology skills	
25 Oct	26 Oct	BKP102	Proficient manual muscle testing	
6 Dec	7 Dec	BKP103	Intro to the law of 5 elements	
7 Feb	8 Feb	BKP104	The body’s energetic connections	
7 Mar	8 Mar	BKP105	The law of 5 elements in depth	
Online Session (Pre Recorded) *		RBT201	Clinical body contact (3-hour session)	
* Link available from Tues 9 Dec 2025		Dates & times subject to change		

For students continuing onto Level 2 - Foundational Professional Program (FPP) an updated schedule with course dates will be made available during the Wellness Certificate. If there is a brief hiatus between Level 1 & 2 (WC and FPP) this allows our students to focus on completing their Student Assessment Journals.

The schedule for the next Level 3 - International Diploma of Professional Kinesiology Practice course will be published prior to the conclusion of the next Foundational Professional Program.

HOW TO ENROL?

We are currently taking applications for our forthcoming **Weekend Intake**. To register your interest, please visit our website and complete the online form [here](#) and we will contact you to discuss your application to enrol.

CONTACT US

College / Clinic Contact Details:

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Student Clinics Contact our office to register your interest in attending a clinic.

Looking for a Kinesiology Practitioner?

Find a PKP™ practitioner in your area at www.kinesiology.com.au/practitioner-database/

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Facebook via this link: www.facebook.com/kinesiology.com.au/

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COURSE CONTENT & UNIT DESCRIPTIONS

Wellness Certificate

BKP101: ENERGISERS AND SELF CARE

This workshop introduces you to three different easy to learn self-energiser trigger points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) and the powerful meridian energiser trace. Also, students will use walking gait reflexes, cross crawl self-integration, vision and hearing energy techniques.

Students will learn a simple emotional stress release technique and emotional trigger words. You will enjoy the energising power of a specific goal and be able to perform a 'time of day' Kinesiology energy balance for self-care using whole body testing. You will also be able identify basic anatomical parts and planes of the body and define kinesiology.

BKP102: PROFICIENT MANUAL MUSCLE TESTING

Students completing this unit will be able to use muscle testing accurately and perform a Kinesiology energy balance on others. You will also be able to identify dehydration, ionisation, neurological disorganisation (switching), central vessel integrity and thymus energy imbalance.

Students will also be able to perform origin/insertion and spindle/golgi energy techniques, understand cautionary measures in evaluating body energy, apply pre- and post-evaluation procedures, demonstrate clear- circuit muscle testing and muscle facilitation/inhibition and you will know the bones of the skeleton.

BKP103: INTRODUCTION TO THE LAW OF 5-ELEMENTS

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

Students completing this unit will be able to demonstrate skill; apply sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating and the challenge; use the 5-Element principle to perform an 8-muscle energy balance and select the priority balancing procedure.

BKP104: 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 organ systems and to develop proficiency in a 14-muscle wheel energy balance.

Students completing this unit will be able to perform a 14-muscle goal balance and utilise the More and Priority modes. They will be able to work with surrogates, describe body movements in anatomical terms and create a simple record of a client balance.

BKP105: THE LAW OF FIVE 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; to extend the range of meridian energy indicator muscle tests; demonstrate their surface anatomy and recognise the muscles' action in sport and exercise. Students completing this unit will be able to use the 5-Element principles, alarm points, Luo points, acupressure holding points and the yin/yang principles to perform a 5-Element one-point goal balance.

RBT201: CLINICAL BODY CONTACT & PALPATION (unit delivered online)

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

Students completing this unit will allow you to prepare, establish, maintain and cease body contact in a Kinesiology setting, describe and demonstrate palpatory sense, use palpation to assess the client muscle state and integrate palpatory findings into the management of the client in a kinesiology clinical practice setting.