

AN INSPIRATIONAL JOURNEY

KINESIOLOGY PROSPECTUS

NATIONAL RTO PROVIDER NUMBER 51242



O'Neill
KINESIOLOGY COLLEGE

PROSPECTUS

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HISTORY

For more than 20 years Nicolie O’Neill has been a champion for the practice and teaching of Kinesiology in Western Australia. In the early stages she dedicated herself to learning all available Kinesiology modalities as well as learning from and building relationships with key industry founders. From successfully partnering with these leaders, including her daughter Tania and Dr Charles Krebs, the O’Neill Kinesiology College training program was designed. Add in over 22 years of clinical practice, and together Nicolie and Tania created a uniquely integrated, professional and accredited program that provides profound long lasting results.

Nicolie has always been commitment to offering world class training and recognised the need for high level accredited programs that would allow Kinesiologists to fit alongside other health care professionals. This dedication has led to what is today the most advanced and leading edge Kinesiology training program in Australia. O’Neill Kinesiology College is the only Registered Training Organisation (RTO) in Western Australia offering two levels of accredited world class Kinesiology; a Diploma and Advanced Diploma of Kinesiology.

Guided by a consistent focus on excellence, and with the addition of a premier graduate training course, the O’Neill Kinesiology College continues lead the industry providing flexible and fully supervised programs to support all current and future Kinesiologists.

“Our aim is to make a difference to people’s physical and emotional health, while at the same time provide an opportunity for individuals to embark on an exciting and highly rewarding career that is both financially and personally rewarding”.- Nicolie O’Neill

THE COLLEGE

O’Neill Kinesiology College is a small, dynamic college committed to high quality training.

The College provides:

- Over 12 years of experience and knowledge
- Government accreditation
- National Industry accreditation

We Offer:

- Introductory Workshops
- Diploma of Kinesiology
- Advanced Diploma of Kinesiology
- Further Education and graduate programs

www.oneillcollege.com.au



WHAT IS KINESIOLOGY?

Kinesiology is a holistic approach to long-lasting health and vitality, with results that can be felt immediately. It melds ancient eastern energetic healing arts with western physiological healing sciences to address a wide-range of physical, emotional, mental, nutritional and spiritual issues.

What makes kinesiology unique is that the Kinesiologist is not the dispenser of healing knowledge to the client but rather the facilitator of the body's own intelligence to be healed and whole. Kinesiology uses muscle monitoring to access all the physical, emotional, cellular and mental systems of the body. Every muscle in the body is connected to our central nervous system (brain) and when our brain registers stress this interferes with the neurological circuit and causes a muscle response. It is from this muscle response that the practitioner can identify all the stresses involved in the clients issue whether it be physical, emotional, mental, nutritional or a combination of these.

Using the same muscle response the practitioner can also identify what corrections the body needs to come back into balance. These corrections can include meridian and acupressure stimulation, emotional stress release techniques, muscle stimulation, sound therapy, flower essences and specific exercises.

Kinesiology is a holistic approach to long-lasting health and vitality, with results that can be felt immediately.

Everyone can benefit from kinesiology, from the unwell to the very fit. Adults, children, men and women use it to improve performance in many areas of their life such as education, sports, business, finance and relationships.

While Kinesiology helps a wide range of health issues you don't need to be sick to see a kinesiologist. It can help you make positive changes and improve your overall health and wellbeing.



TESTIMONIALS

We asked our students about their journey at O'Neill Kinesiology College and this is what they said:

“

O'Neill Kinesiology College offers a superior range of topics covered comprehensively. They keep abreast of the latest up to date developments in their field which is then included into the course material.

”

Life changing

This course has been life-changing, satisfying and empowering. It has been a challenging journey and very rewarding.

Enjoyable & fun

The course has been an amazing experience from day 1. The delivery of information is well structured yet enjoyable and fun. A fantastic learning and growth environment.

Up-to-date

O'Neill Kinesiology College offers a superior range of topics covered comprehensively. They keep abreast of the latest up to date developments in their field which is then included into the course material.

Supportive

I have not experienced this all round level of support in any other course I have completed. With tutors available at all practice sessions you quickly gain confidence in your own skills and ability.





Hands On – Practical

They are very practically orientated courses. The practical and theoretical integration of material is seamlessly done.

Inspirational

The college and staff have an awesome vision, strength and determination which is an inspiration to us all to achieve and make our kinesiology ambitions a reality.

Career Possibilities

When you complete the Advanced Diploma you have the skills and ability for a professional career. You are able to get to the core of people's ailments and issues. By going beyond the surface (the 'peel') you create real change that is effective for the long term!

Flexibility

The course is affordable, flexible and accessible. Being from the country they have given due consideration to all our travel and study needs.



WHY DO ACCREDITED TRAINING?

As a student looking for a career in Natural Therapies, Government Accreditation is extremely important, and there are a number of reasons why:

- Nationally Recognised Training provides a standard against which courses and colleges can be assessed.
- It assures the student that the course is of an appropriate standard.
- It assures the student that the educational techniques and principles of the college are sound.
- It promotes recognition of courses between training organisations and ensures that they meet government guidelines for courses.
- It ensures students are studying a course that is recognised and carries credibility with both government and professional bodies that register and regulate practitioners.

By becoming a Registered Training Organisation O'Neill Kinesiology College has made a commitment to the future of Kinesiology and its practitioners. It offers accredited training with qualifications that are recognised nationally to ensure all practitioners graduating from the programs maintain high standards of Kinesiology practice.

With some 20 modalities of Kinesiology being taught throughout Australia, there is a need for integrated and professional training that enables practitioners to combine the different Kinesiology approaches in a competent manner. Therefore, the fundamental skills of working as a Kinesiologist are taught in the Diploma and the Advanced Diploma then builds sequentially on these skills.

The O'Neill Kinesiology College training program has been created to provide professional training with the intention of lifting the standard of Kinesiologists and improving the results received by their clients. The goal of the program is to enhance Kinesiology's reputation as a worthwhile and beneficial complementary therapy.

TRAINING RESOURCES

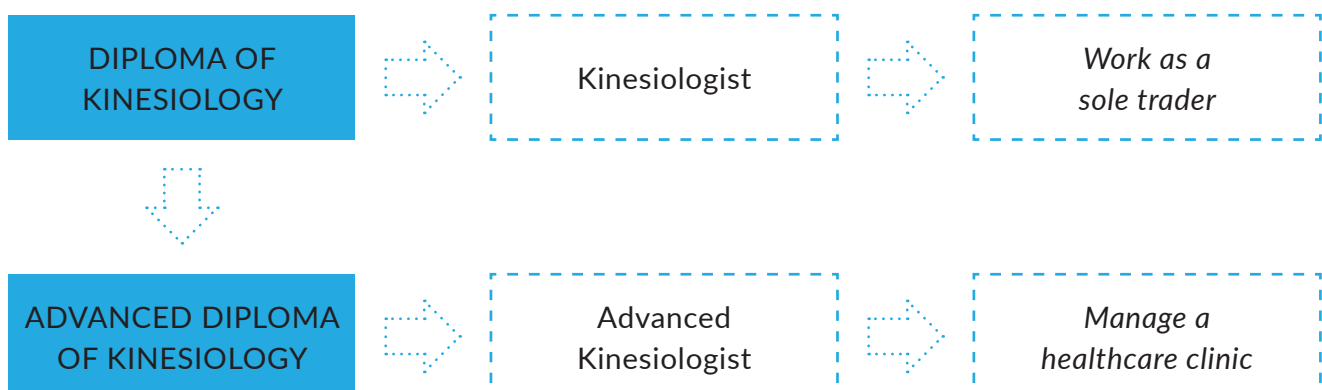
The training program at O'Neill Kinesiology College is the most integrated, dynamic and up-to date program in Western Australia. At O'Neill Kinesiology College we guarantee you:

- On-going supervised practice every week
- Classes combining theory and hands-on experience by qualified and highly skilled trainers and tutors
- Flexible training options including weekend & weekday programs
- High quality training manuals and workbooks
- Relevant, varied assessment methods
- The latest in cutting-edge kinesiology research from around the world
- An enjoyable and supportive environment to learn and grow
- Personalised tuition if required

CAREER OPPORTUNITIES

With the growing movement in complementary health, and the growing interest in Kinesiology, there has been an increase in the number of people seeking Kinesiology therapy with a highly skilled and well-qualified Kinesiologist. A recent review of graduates in Australia found that students who graduate with an Advanced Diploma qualification are **twice** as likely to successfully transition into clinical practice. All the courses delivered by O'Neill Kinesiology College cover a range of Kinesiology techniques not available anywhere else in Western Australia.

Training Pathways Available and their Career Outcomes:





A great opportunity to learn more about kinesiology today...

College Open Days

Come and visit our college at any one of our regular Open Days. You will see demonstrations, find out how and why kinesiology works and can discuss courses and career paths with college staff. Open Days are the perfect opportunity to tour the college. Here you will see:

- **Students balancing**
- **Can attend seminars on timetables, course material & fees**
- **Enrolments Processed**
- **Talk to College staff & students**
- **Experience a mini-balance and**
- **See qualified practitioners demonstrating their skills - the skills you will graduate with when you finish your qualification**

Please call today to find out when our next Open Day will be held.



College Workshops

Come and whet your appetite in our regular Introduction to Kinesiology Workshops.

These workshops run over **2 days (Saturday & Sunday)**

Here you will learn:

- **muscle monitoring**
- **kinesiology pre-checks**
- **hand modes**
- **emotional stress defusion**
- **chakras**
- **and more**

Please call us today to register for our next workshop.

Units of Competence

19 competency units are required for award of this qualification, including: 13 core units and 6 elective units.

Common units

BSBFLM303	Contribute to effective workplace relationships
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB406	Manage small business finances
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
HLTAID003	Provide first aid
HLTHPS010	Interpret and use information about nutrition and diet
HLTINF004	Manage the prevention and control of infection
HLTWHS004	Manage work health and safety

Specialisation Units

HLTKIN001	Develop kinesiology practice
HLTKIN002	Conduct indicator muscle monitoring
HLTKIN003	Perform kinesiology assessments
HLTKIN004	Provide kinesiology balances
HLTKIN005	Monitor and evaluate client progress

Full-time: 2 years

Part-time: 3 years

LEVEL 1 (6 months training)

Energetic Kinesiology
Vibrational Kinesiology
Communication Skills 1
Student Clinic 1

LEVEL 2 (18 months training)

Histological Kinesiology (includes Nutrition)
Musculoskeletal Kinesiology
Neurological Kinesiology
Advanced Energetic Kinesiology
Communication Skills 2
Practice Management
Health Management Skills
Student Clinic 2

52861WA Advanced Diploma of Functional Kinesiology



Prerequisite requirements

The HLT52415 Diploma of Kinesiology is a prerequisite for entry to this qualification

Units of Competence

11 competency units are required for award of this qualification.

Common units

- BSBCMM511 Communicate with influence
- CHCPOL003 Research and apply evidence to practice
- CHCPRP005 Engage with health professionals and the health system
- CHCPRP006 Lead own professional development
- HLTAAP003 Analyse and respond to client health information
- HLTINF004 Manage the prevention and control of infection
- HLTWHS006 Manage personal stressors in the work environment

Specialisation Units

- ADVKIN601 Manage work within a functional kinesiology framework
- ADVKIN602 Take cases within a functional kinesiology framework
- ADVKIN603 Provide functional kinesiology treatment
- ADVKIN604 Adapt functional kinesiology approach to meet specific needs

Full-time: 1.25 years

Part-time: 2 years

LEVEL 3 (15 months training)

- Biological Kinesiology
- Hormonal Kinesiology
- Nutritional Kinesiology
- Communication Skills 3
- Research Skills 1
- Student Clinic 3

DIPLOMA OF KINESIOLOGY

Energetic Kinesiology

This unit of study covers all the fundamental skills and knowledge necessary for working as an Energetic Kinesiologist. These include the use of indicator muscle monitoring, pause lock, hand modes, specific indicator points and acupressure formatting. Students will also learn to perform a Kinesiology health assessment and a range of core Kinesiology balancing techniques. The balancing techniques include balancing with emotions, emotional stress defusion, cross crawl, neurolymphatic reflexes, neurovascular reflexes, flower essences, tuning forks, seven element acupressure, holograms and centering (hyoid, gaits and Cloacals).

Prerequisites: Introduction to Kinesiology

Vibrational Kinesiology

The balancing of the energetic structures of humans, including the meridian system, chakra-nadi system, aura and Tibetan figure 8's will be covered in this unit of study. The theoretic aspects of each of these energetic systems will be covered, including the latest scientific understanding of their structures and how they function. Students will learn to balance: the meridian system using the Five Element Theory of Chinese Acupuncture, the seven major chakras using holographic techniques and the nadi system which interacts with the chakra system. In addition, techniques for balancing both the aura and Tibetan figure 8's will be covered.

Prerequisites: Introduction to Kinesiology

Communication Skills 1

The focus of this communications unit is on developing skills for effective communications both in the workplace and with clients. It covers interpersonal skills, workplace communication protocols, respecting individual differences, seeking and receiving feedback, conflict resolution, establishing professional relationships, active listening, responding to enquiries, handling difficult behaviour, professional integrity, transference and basic counselling skills.

Prerequisites: None

Histological Kinesiology

This unit of study covers basic anatomy and physiology from the histological perspective of each body system. Knowledge of the organisation of the human body from the chemical level, through to the cellular, tissue and organ levels will be covered in detail. The fundamentals of nutrition will also be covered including the essential nutrients and substances necessary for normal functioning and the maintenance of life. The major nutrients of carbohydrates, protein and fats will be covered in depth as well as water, vitamins and minerals. In addition, students will learn to balance body systems from the cellular level to the organ level and nutrient bioavailability, nutrient deficiencies, nutrient excesses and toxicities.

Prerequisites: Energetic Kinesiology + Vibrational Kinesiology

Musculoskeletal Kinesiology

This unit of study addresses the postural and structural aspects of the body. The structure and function of both the skeletal and muscular systems are covered in-depth. It covers muscle balancing for improved posture, health and performance, physical pain balancing using reactivity, and balancing of joints using both structural and energetic techniques. In addition, this unit covers techniques for dealing with structural problems such as scoliosis, frozen shoulder and carpal tunnel; as well as the complex structures of the head (cranial bones), neck and jaw (TMJ) and how they relate to the pelvis through the dura matter to give long-term benefits.

Prerequisites: Energetic Kinesiology + Vibrational Kinesiology

DIPLOMA OF KINESIOLOGY (cont)

Neurological Kinesiology

The procedures covered in this unit of study can make changes in behaviour patterns and responses simply and permanently. The focus of this unit is the central nervous system and it addresses the subconscious fight/flight responses as well as the causes of loss of brain integration to affect amazing results. The brain has many glandular tissues that secrete a variety of hormones and neurotransmitters, and in this unit students will learn to balance basic physiological processes, instincts, drives and emotional responses which largely dictate human behaviour and body function. In addition, the fundamentals of brain integration will be covered including deep level switching.

Prerequisites: Energetic Kinesiology + Vibrational Kinesiology

Advanced Energetic Kinesiology

This unit of study covers the full process to be used in Kinesiology sessions, including the setup, information gathering and correcting phases of treatment. It comprehensively brings together all skills learnt in the Diploma of Kinesiology and prepares students for the Advanced Diploma classes. The unit revisits the Kinesiology corrections learnt in the level 1 training and adds new levels of complexity for deeper results with clients. The unit will also incorporate Energetic Sciences including the latest scientific theories and possible mechanisms for how Energetic Kinesiology can effect positive change in clients.

Prerequisites: Energetic Kinesiology + Vibrational Kinesiology

Health Management Skills

This unit of study covers the skills and knowledge necessary for fulfilling your work health and safety; infection control; and ethical and legal obligations. Students will learn to manage all aspects of a healthcare clinic including policy development, quality standards, work health and safety, infection control, ethical work practices and skill development of self and staff.

Prerequisites: None

Communications Skills 2

The focus of this communications unit is on developing the skills and knowledge required to maintain effective working relationships as well as manage, lead and develop individuals and teams in the workplace. Students will develop leadership qualities and learn how to support a culture of effective communication as well as encourage trust and confidence in their workplace.

Prerequisites: Communication Skills 1

Practice Management

Understanding how to manage a healthcare practice is vital for achieving success in the healthcare industry. This unit of study offers a fresh alternative to management and explores why every professional must take charge of their own life, reconcile their personal vision with that of the organisation and develop the mindset to achieve true success. It includes the preparing of a business plan, fulfilling ethical and legal responsibilities, developing marketing strategies and managing clients and finances. Kinesiology balances are part of the planning process to shift the subconscious blocks and help all students find success in their new career.

Prerequisites: None

ADVANCED DIPLOMA OF KINESIOLOGY

Biological Kinesiology

This unit of study covers the structure and function of the respiratory, cardiovascular and immune systems, all involved in the ongoing maintenance of the physical body. It will involve the anatomy, physiology and pathology of these systems and balancing techniques associated with them. The unit will cover the heart, blood, circulation, lungs and respiration in-depth. It also includes the body's immune system which protects our physical body from invasion, including the spleen, thymus gland, innate defences such as the skin, and the adaptive immune responses.

Prerequisites: Diploma of Kinesiology

Hormonal Kinesiology

This unit of study covers the structure and function of the endocrine system, which coordinates the functioning of all the body's systems and affects most body tissues. It will involve study of all the endocrine glands and the hormones they secrete and learning how to balance each of these glands as well as hormone production and secretion. The endocrine system is important in regulating our daily rhythms and sleep cycles, cellular metabolism, blood sugar regulation, levels of calcium and phosphate in the blood, stress levels and sex hormones. This module also includes balancing the primitive reflexes.

Prerequisites: Diploma of Kinesiology

Nutritional Kinesiology

This unit of study addresses the nutritional and biochemical aspects of the body. It covers the digestion and absorption of nutrients necessary for body metabolism, including the relationship of all ingested substances (water, major nutrients, vitamins and minerals) with the anatomy, physiology, biochemistry and pathologies of the body. The structure and function of the digestive and urinary systems are covered in-depth. This unit focuses on how nutritional processes influence the cellular health of the body for optimum functioning.

Prerequisites: Diploma of Kinesiology

Communications Skills 3

This unit of study will involve students undertaking a Kinesiology process intended to enhance their self-awareness, compassion and ability to remain present with their clients. Students will practice using communication skills as part of their Kinesiology sessions to help support their clients in moving forward effectively in their lives.

Prerequisites: Diploma of Kinesiology

Research Skills 1

In this unit of study students will develop the skills and knowledge needed to access and evaluate research literature. Methods for finding relevant research papers will be explored as well as how to evaluate the quality of papers.

Prerequisites: Diploma of Kinesiology

ENROLMENT FORM

Personal Details

Title: Mr Mrs Miss Ms

Full Legal Name: First Name _____ Surname: _____

Preferred Name: _____

Date of Birth: _____ Sex: Female Male

Mobile Phone: _____ Work Phone: _____

Home Phone: _____ Email: _____

Emergency Contact Name: _____ Relationship to contact: _____

Emergency Contact Number: _____ Facebook name (if applicable): _____

Residential address (your usual residence)

Address: _____

Suburb: _____ State: _____ Postcode: _____

Postal address

Address: _____

Suburb: _____ State: _____ Postcode: _____

How Did You Hear About Us

Radio College Website Street signage Every Woman Expo

Social media Internet search Newspaper Other Expo

Referral By Whom _____ Other source _____

Course Details

Name of course: Diploma Advanced Diploma

Course start date: _____

Enrolment (*please tick*): Weekends Weekdays

Enrolment Level (*please tick*): Full-time Part-time

OR Individual Modules (*please specify*): _____

Fee Details

Deposit amount paid: _____ Date paid: _____

Please tick one of the following methods of payment for the course fees:

- Term payments
- Monthly payments (equal payments commencing on Induction day)

Language and Cultural Diversity

In which country and town were you born?

Country _____ Town _____

Australian Citizenship status? _____

Do you speak a language other than English at home?

- No, English only
- Yes, other. Please specify _____

How well do you speak English?

- very well
- well
- not well
- not at all

Are you of Aboriginal or Torres Strait Islander origin?

- No
 - Yes, Aboriginal
 - Yes, Torres Strait Islander
-

Employment

Of the following categories, which BEST describes your current employment status? (Tick ONE box only.)

- Full-time employee
 - part-time employee
 - self employed – not employing others
 - Employer
 - Employed – unpaid worker in a family business
 - Unemployed – seeking full-time work
 - Unemployed – seeking part-time work
 - Not employed – not seeking employment
-

Schooling

What is your highest COMPLETED school level (tick ONE box only.)

- Year 12 or equivalent
- Year 11 or equivalent
- Year 10 or equivalent
- Year 9 or equivalent
- Year 8 or below
- Never attended school

In which YEAR did you complete that school level? _____

Student Signature

Disability

Do you consider yourself to have a disability, impairment or long-term condition?

- Yes
- No

If Yes, then please indicate the areas of disability, impairment or long-term condition:

- Hearing/deaf
 - Physical
 - Intellectual
 - Mental illness
 - Acquired brain impairment
 - Vision
 - Medical condition
 - Other
-

Previous Qualifications Achieved

Have you SUCCESSFULLY completed any of the following qualifications?

- Yes
- No

Please tick ALL applicable boxes.

- Bachelor Degree or Higher Degree
 - Advanced Diploma or Associate Degree
 - Diploma (or Associate Diploma)
 - Certificate IV (or Adv. Certificate/ Technician)
 - Certificate III (or Trade Certificate)
 - Certificate II
 - Certificate I
 - Certificates other than the above
-

Study Reason

Of the following categories, which BEST describes your main reason for undertaking this course? (Tick ONE box only.)

- To get a job
 - To develop my existing business
 - To start my own business
 - To try for a different career
 - To get a better job or promotion
 - It was a requirement of my job
 - I wanted extra skills for my job
 - To get into another course of study
 - For personal Interest or self-development
 - Other reasons
-

Date



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KINESIOLOGY COLLEGE

9330 7443

75B North Lake Road, MYAREE WA 6154

www.oneillcollege.com.au | info@oneillcollege.com

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