



CHI KINESIOLOGY SCHOOL

COURSE GUIDE 2023



Are you ready?

- To have a career you love that really makes a difference?
- To earn fantastic money working for yourself?
- To choose the hours you work to fit around your family?
- To learn in a fun, supportive and flexible environment with other amazing people?
- To be part of something bigger than yourself?



Welcome to Chi Kinesiology School

Hi I'm Nicole,

I have been a Kinesiologist and Teacher for the best part of two decades. In that time, I have had the pleasure of helping thousands of people change their lives and achieve goals beyond what they thought was possible.

I started Chi Kinesiology School in 2015 when my first son was only 6 weeks old. I quickly realised that returning to work- even to a job that I adored- was not going to be easy with a new baby. I was torn between doing what I love and looking after the family I love. I wondered how everyone else did it and found that the answer was - not easily! So, I decided to change that and find a way I could do both.

I created a school that is flexible, fun, accepting and supportive, while giving my students all of the tools they need to become incredible and successful practitioners, and still meet the demands of their busy lives.

I deliver my classes as a mixture of entertaining online webinars and fun face-to-face classes that my students can fit around their schedules. Weekday classes are scheduled around school hours and holidays. Weekend classes are offered to suit those who work full time.

When I hear my students talk about how much they love studying with me, and I see the successful practices they have created for themselves, it fills me with such pride and gratitude that I have achieved what I set out to do. They have created their dream career. I would love to help you do the same.



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The Chi Difference

Chi Kinesiology School is unique in that I have transformed the traditional method of teaching Kinesiology developed in the 90's, into a modern, accessible and fun format that is more suited to the demands of our busy lifestyle.

I am very proud of my Online Learning Platform which gives you the opportunity to access your learning material whenever you need it. It means you can learn the way that suits you at a time that fits your schedule.

It has also been an invaluable tool during the unpredictability of the last couple of years, and meant that we could continue our studies online when face-to-face classes were not an option.

Thankfully we are now back to Face-to-face classes, but it's great to know we are ready to pivot again if we need to in the future.



Courses

Level 1

Basic Kinesiology Program (BKP Series)

This is a 12 month program that teaches you the basic Kinesiology techniques that you will use for the rest of your career. A brilliantly solid foundation from which you will build upon.

Powerful and inspiring, you will be able to practice as a Student Practitioner upon completion of this level, and enrolment into Level 2.

Level 2

International Diploma of Kinesiology

This course consists of 23 units taught over a further 2.5 years. Once finished you will be a fully qualified and registered Kinesiologist with the skills to make some profound changes to your clients lives. You will be astounded by what you can achieve at this level.

Level 3

International Graduate Diploma of Kinesiopractic

This is where the Masters hang out. 20 units taught over a further 2.5 years, you will learn advanced Kinesiology techniques that will ensure you will be a practitioner in high demand.

At this level it becomes more than a job. The wisdom you gain here will transform the rest of your life.

Course Delivery

Face-to-face classes are scheduled in line with the school holidays. We start in February and finish in early December, with an Easter break and another one in June, July and September.



Text Book

Your textbook is available to download on your iPad at the start of each new unit. This enables you to thoroughly read and study the unit content before the teaching starts. I have found that this gives you the confidence and knowledge you need to then absorb the information in the webinar and get the most out of the teachings.



Webinars

Using your login details you will access the Online Learning Platform where I have created webinars and teaching videos. The purpose of the webinar is to cover the theory component and to thoroughly explain each of the individual techniques you will learn during our practical class. I also give you video demonstrations as well as case studies of real client experiences. This is all accessible 24/7.



Face-to-face Classes

Our Face-to-face classes are fun and are all about hands on learning. I teach the technical elements to the unit and you get to practice them yourself with my support. Each technique will be recorded and loaded onto the Online Learning Platform for our future reference. The practical days are compulsory, but if you can't make the scheduled time we can schedule a tutorial or you can come next time the unit is offered.

- **WEEKENDS:** One Sunday per unit/month
- **WEEKDAYS:** One Thursday per unit/month

Course Delivery



Q&A Sessions

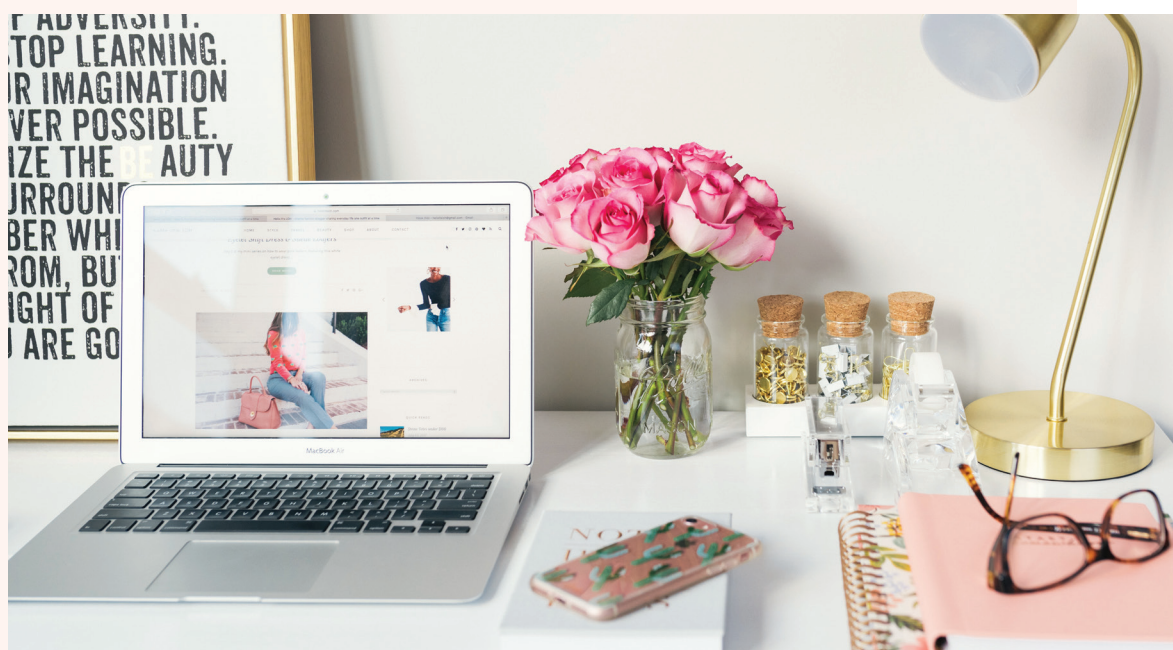
If you have any questions regarding the current unit, previous units and questions in general, you can email me and they will be answered in a regular Q&A recording sent to your class so everyone gets the benefit.



Student Clinics

I hold regular student clinics where you have the opportunity to see real life clients under supervision. These clinics are voluntary for Levels 1 and 2, and compulsory for Level 3. These are free clinics where you can perform a session on clients who are on my personal waiting list. I encourage you to rebook these clients into your own personal clinic for paid sessions. This is one of the many ways I help you build your business.

I also arrange Level 1 students to have free session with senior students throughout the year.



Course Cost

LEVEL 1	\$7,260 incl. GST	11 units over 12 months
LEVEL 2	\$15,180 incl. GST	23 units over 2.5 years
LEVEL 3	\$13,200 incl. GST	20 units over 2.5 years

The cost of each unit for all levels is \$660 incl. GST.

Keep in mind that you are able to start charging for your services after the first 12 months. Many level 2 students and all level 3 students pay their course fees from the income they have earned seeing clients. Once your business is registered, your course fees are also tax deductible.

Payment options:

- OPTION 1** You can pay in FULL upon enrolment and receive a **10% DISCOUNT**. (Please note: you only pay for the level you are enrolling in, not all levels at once).
- OPTION 2** You are invoiced and pay for your units as you receive them, which is \$660/month during the school year.
- OPTION 3** You can go on a payment plan of \$440/month. You will be signed up to a direct debit agreement for this.

Enrolment Process

How do I apply for this course?

1. Please download and fill in your enrolment form [here](#)
2. Email to nicole@chiKinesiology.com.au

I will then book in a phone call with you so you can tell me about yourself and what you want to achieve for your studies. This is an opportunity to ask any other questions and just generally get to meet each other. Once we both agree this is the course and my school is for you, I will process your enrolment.

Program and Units

The following section is a full list of all three courses and the units required to complete each level.

Level 1 - Basic Kinesiology Program (BKP)

Prerequisites: None

- **BKP 101** Energisers and Self Testing
- **BKP 102** Manual Muscle Testing
- **BKP 103** 5 Element Introduction - Yin Balance
- **BKP 104** Kinesiology and Superficial Connections
- **BKP 105** 5 Elements - In-depth
- **BKP 106** Professional Skills, Balancing Protocol with Database
- **BKP 107** Pain Reduction
- **BKP 108** History/Balancing with Food
- **BKP 109** Advanced Muscle Techniques, Reactivity and Posture
- **BKP 110** Client Health Records and Professional Relationships
- **AP1** Anatomy & Physiology 1
- **OCT 202** First Aid & Resuscitation (Sourced externally)

LEVEL 1	\$7,260 incl. GST	11 units over 12 months
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Program and Units

Continued.

Level 2 – International Diploma in Kinesiology

Prerequisites: Completion of Level 1, Basic Kinesiology Program (BKP) or equivalent

- **ECO 201** Lifestyle & Dietary Modification
- **ECO 202** Immune Mismatch Responses: Allergies & Sensitivities
- **EMS 201** Mastery of Emotional Stress Release
- **EMS 301** Genetic & Meridian Emotional Release
- **EMS 302** Subconscious Self Perception
- **EMS 303** Dreams, Goals and Attitudes
- **HMR 201** Hypertonic Muscle Release
- **JAF 201** TMJ & Cranials
- **JAF 301** Ligaments and Joints
- **JAF 302** Injury, Strain and Inflexibility
- **MST 201** Muscle & Skin Activation
- **MST 202** Shoulder, Elbow, Hand Muscle Protocol
- **MST 203** Hip, Leg, Foot Muscle Protocol
- **MST 301** Head, Neck and Trunk Muscle Protocol
- **MST 302** Touch, Clothes and Environment
- **PIB 203** Basic Brain Skills
- **RBT 201** Clinical Body Contact
- **VEF 201** Flower Essences
- **VEF 301** Gems & other Vibrational Energy Fields
- **VEF 302** Metaphysical Energy Fields
- **ECO 301** Adrenal, Geopathic and Life Energy
- **ECO 302** Cleansing and Detoxification
- **MST 303** Emotional Anatomy & Intelligence

LEVEL 2	\$15,180 incl. GST	23 units over 2.5 years
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Program and Units

Continued.

Level 3 – International Graduate Diploma of Kinesiopractic

- **BVL 301** Valves, Viscera and Blood Vessels
- **BVL 302** Breast and Other Lymph Clearing
- **EMS 304** Releasing Limiting Stress Responses
- **EMS 305** Colour and Sound
- **EMS 306** Rituals and Motivational Messages
- **EMS 401** Co-dependency and Role Reversal
- **EMS 402** Compulsive Behaviours
- **EMS 403** Spiritual Issues
- **HMR 301** Hypertonic Release - Arms and Legs
- **HMR 302** Hypertonic Release - Head, Neck, Torso
- **MHP 301** Meridian Energy Techniques
- **MHP 302** Holographic Reflexes and Perceptions
- **OCT 302** Diagnosis and Treatment vs. Kinesiology Protocol (Red Flags)
- **PDG 301** Pelvic Postures and Sacral Balancing
- **PDG 302** Pelvic Diaphragm
- **PIB 201** Behavioural Genetics I - Personology and Physiognomy
- **PIB 202** Behavioural Genetics II - Further Personology and Physiognomy
- **PIB 301** Brain Integration Skills 2
- **PIB 302** Personality Typing
- **RBT 301** Trigger Points

LEVEL 3	\$13,200 incl. GST	20 units over 2.5 years
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What Students Say

“...Nicole has the ability to let those around her feel heard and loved. She says it how it is, with grace...” **Kathy**

“...Even whilst discussing the darkest or most difficult of topics, Nicole has this uncanny ability to somehow acknowledge the negativity but also shine positivity to the situation...” **Kim**

“...Nicole’s confidence helps me to trust myself in what I’m doing...” **Erin**

“...I believe Nicole is capable of healing and teaching future woman and men how to be better humans in this world...” **Irene**

“...Nicole’s belief in others has a huge weight and influence on them, and there is something special about the way she teaches that stays with you as a student...” **Kate**

“...Nicole is an incredible teacher. She makes the content not only relatable but she has a way of breaking things down so that we learn them well. She takes any complicated language out and infuses such wisdom and ease. Best teacher I’ve had...” **Catherine**

“...Nicole has a natural ability to read people and situations very well and act according to their needs. She’s also very funny...” **Larni**

“...Nicole’s care and support are just next level. I personally always feel very seen and very supported by her. She is extremely encouraging and she honestly makes me feel like I could do anything.” **Ashley**

“...Nicole has the ability to see people’s strengths when others can’t...”
Naomi

Q: What if I miss a face-to-face class?

A: That's ok. I record every class so you will be able to watch what you missed in your own time. We can then arrange a one on one tutorial to catch you up, or you can repeat the practical class next time it is run. In fact, I encourage all of my students to repeat classes more than once. You are always welcome and it is always free to repeat.

Q: I have a young family. Can I do this course around them?

A: Yes you can. I created this school with a 6 week old baby, and before long I had two babies under 2. We are a very family friendly school and we understand that your family is your number one priority. That is why it is so flexible and supportive. I used to bring my second son to class with me when he was 5 weeks old. If you have a small baby, they are more than welcome to join us in class. As long as I get to have a cuddle.

Q: How much does the course cost? And what are your payment terms?

A:

LEVEL 1	\$7,260 incl. GST	11 units over 12 months
LEVEL 2	\$15,180 incl. GST	23 units over 2.5 years
LEVEL 3	\$13,200 incl. GST	20 units over 2.5 years

The cost of each unit for all levels is \$660 incl. GST.

There are three payment options you can choose from, and I offer generous payment plans. Full details are on [page 9](#).

Keep in mind that you are able to start charging for your services after the first 12 months. Many level 2 students and all level 3 students pay their course fees from the income they have earned seeing clients. Once your business is registered, your course fees are also tax deductible.



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