

PROSPECTUS

6 The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered in darkness, and struggle to reach the light. Sandra Kring

As we are awaiting restrictions to be lifted due to Covid-19, dates on the website and in this document are provisional. We are following the guidelines & recommendations in full. PPE, Hygiene and Ventilation will be adhered to with students and tutors. Any student not wishing to adhere to these guidelines will be asked to leave and a refund will not be issued.

WWW.HEALTH-SCHOOL.CO.UK



INTRODUCTION

Health School is the educational arm of my clinic business, Down To Earth Health.

The kinesiology courses I teach are professional, dynamic and easy to learn. We all learn in different ways, as a teacher I aim to bring out the best of each of my students, thus encouraging you to share your gifts both with the other students and with the people in your life.

I share information in a variety of ways. Demonstration of techniques and observation of you work-shopping are probably my favourite way of imparting knowledge, however, technology is advancing and creating new, exciting and dynamic ways of getting information across whether in quizzes, apps, videos etc. For me, this is a learning curve and I am expanding my comfort zone.

Expanding our comfort zone is something we all have to do at times and expansion is less scary than just leaping out of it. So, I want to guide you in your expansion of your comfort zone in your new found knowledge until you become confident and competent in kinesiology.

Teaching for me is very much a learning process too which is just as well as I am a life-long learner. Learning starts in my head, once I become more confident, it moves to my heart and sits there for a while percolating. Then when competence and confidence start entwining the flow happens and it comes through my hands. I hope this will happen for you too as I think it makes for the best kind of practitioner. I also want you to know, I expect it to take some time for that knowledge to become automatic for you.

I so look forward to meeting you online and in person at one of the courses.

Health Through Your Head, Heart and Hands.

Rosemary

G There is a tricycle in man. He knows, he feels and acts. He has emotion, intellect and will. He must develop head, heart and hand.

Sivananda



MEET ROSEMARY



Working as a practitioner and tutor for the last 20+ years has brought joy and inspiration into my life. Before coming to the health world I had a wide range of experience in retail, admin, secretarial and other roles. This gave me a good background in dealing with a variety of people (from Harrods Account Customers to people who hadn't received their "giro's" in a south London UBO). All of them had one thing in common, they wanted "their needs meet".

Clients generally know what their needs are, they want to feel better! As students you may not be quite so specific, you often want something different but may not know exactly what, like me, back in 1998.

It could be that:

You may want to make a difference to your own health You may want to make a difference to the health of those you love You may want to make a difference to the world around you But generally it is wanting to "make a difference" is the common theme.

My own experience as a student and teaching students has been useful in helping me develop an approach to teaching that puts you "the student" in my focus. I want to give you the best I can in:

- the course materials,
- telephone/skype calls & tutorials,
- homework feedback and of course
- in my teaching.

I am delighted to say I have been involved with the re-writing of the Muscle Book for the Foundation Course and some of the Modules for the Kinesiology Association so from 2021 they will be used nationwide by our Tutors. This makes the courses visually easier to learn from and helpful for the student.

These are my wants, hopes and dreams for Health-School, and I am also a human being and fallible. So if I don't get it all just as you want it, let me know, I will listen or read it, take it on board. If it is right for me, I will change it and thank you.



WHAT BROUGHT ME TO KINESIOLOGY:

Natural Health has been a lifelong thing for me. Born in Ireland, with a liver imbalance the paediatrician who looked after me was very special. He encouraged my Mum to keep me "clean" and away from medication, vaccinations etc as he didn't know how they would react with my liver. I had to take one specific medication to help stimulate it and he felt that was enough. Watch, Wait and See was his motto.

On moving to London, I worked during my 20's and 30's in various jobs most of which I enjoyed up to a point. However, I got to a place in my life where a lot was going on personally, and I wanted a couple of hours a week to call my own so I went to join a yoga class. Classes in three different venues were full, I wanted to stamp my foot in a very un-yogic way!

I picked up the prospectus in the 3rd college and vowed I was enrolling on something.... A page opened and I saw this thing called Balanced Health and what I read fascinated me....

Kinesiology, Muscle Testing, Food Intolerances, Meridians, Acupuncture points, Massage and more - all rolled into one thing.

Enrolment form completed, I was on my way. Three weeks later, my heart was singing..... I had found what I wanted to do in life. I wanted to be a kinesiologist and help people bring their health, vitality, energy, emotions, back into some level of balance.

That was back in 1998, I have trained in many other therapies since: Homeobotanicals, Holistic Massage, Nutrition, Advanced Clinical Massage, Myofascial Technique and they all bring me joy, enthusiasm and passion. I love sharing information with clients and when I started teaching the Kinesiology Foundation Course in 2000, I also discovered the joy of sharing the information with students so they could go out and share it with the people in their lives.

Teaching the Kinesiology Foundation since 2000 has brought joy and inspiration to me.



ADMIN TEAM

That's Rosemary also at present. The ongoing administration is looked at regularly. I will do my best to answer your admin requests in a timely manner. If it should ever happen that I don't, then please give me a gentle nudge and I will get on it speedily.







WHAT IS KINESIOLOGY?

Kinesiology, is the fusion of physical, chemical, emotional and energetic ways of balancing the body. Kinesiology or Manual Muscle Testing is easy-to-learn, however it does take practice to become proficient. There are many techniques that show you where stress and imbalance is in the body. Muscles are like monitors and a bio-feedback loop occurs during the muscle testing to show where imbalance is and when balance is restored. It is done through clothing which can be a great advantage for some people.

This course is ideal for anyone who has:

- an interest in their own health or others around them
- a clinical practice and wishes to expand their range of modalities.
- a wish to begin your career in this amazing subject, that is the body.

You may have heard about words like "energetic," "meridians," "chakras," "food intolerances," and may wish to explore these aspects of your body to restore balance.

The emphasis for the Foundation Course is for you to consider the body as a layered whole. When one aspect or part of it is out of balance, how that has knock-on effects in so many other parts of the body, especially if it's not brought back into balance regularly.

You learn the art of manual muscle testing using 47 muscles in the body, a large variety of techniques and become practiced at doing this on a daily basis so you become confident.

Being willing to muscle test others and be tested and do the corrections is a requirement of the course. Kinesiology is done through clothing and easy to move in clothing is recommended. (skirts and dresses may not be appropriate for some techniques).

These balancing techniques can create huge changes and shifts in how a person feels. You will workshop a lot in class so you will be experience these changes as they happen in your body and also hear about the changes in other students. This is helpful feedback to give you a wider range of the potential that kinesiology has.

If you feel that this is your path, step up now, make the commitment and together, let us shine our light in the world in the most positive life-affirming way. Why not give me a call or email me and let me know your reason, I would love to connect with you. Rosemary - Mob: 07773 634 884 Email: learn@health-school.co.uk

This is Vibrational Energy work, let your light shine and achieve your potential. Just as your finger-print is unique, so is your energetic vibration and the world needs your unique gifts, now more than ever in history.



Be prepared for this course to change your life...

REDISCOVER BALANCE

WHAT'S INCLUDED IN OUR FOUNDATION COURSES?...



KINESIOLOGY FOUNDATION COURSE – 6 MODULES

TUTOR

Rosemary Tarrant (Dip KA, ACMT & ITEC AP&M, Cert Nutr & HbT)

Serve the world by being you!

All of these are included in your course fee:

- 120-page comprehensive colour Muscle book by Rosemary Tarrant
- Kinesiology Foundation Folder Handouts 200 pages approximately
- Access to support training Foundation material incl. videos
- Foundation membership of the KA for up tp 12 months
- Group online tutorials in between modules
- Test Kits from several nutrition companies
- All teaching with Rosemary over 12 days
- Final Assessment and Certification
- Marking of Multiple Choice Exam
- Subsidised seminars & webinars
- Student Log Book
- Human Atlas Book
- Marking of homework
- Magnet





BREAKDOWN OF WHAT YOU LEARN ON THE KINESIOLOGY FOUNDATION COURSE?

(MODULAR WEEKEND AND INTENSIVE - Not every technique is mentioned below, but it's a good guide.)

MODULE	 8 Muscles Tests Introduction to their Neuro Lymphatic & Neuro Vascular points and Meridians Background of Kinesiology The art of muscle testing Concept of a Strong Indicator Muscle and Locked/Unlocked Response Energising Meridian Massage Emotional Stress Relief Technique (ESR) Techniques to help with reading, writing Visual Inhibition Check for dehydration Cross Crawl (X-Crawl)
MODULE	 7 additional muscles; their tests, associated points, nutrition & meridians Seven Factors of the IVF Introduction to MEI/Tonification points Pulse Synchronisation Diaphragm Breathing Test Fears & Phobias Introduction to 14 muscle Wheel Balance Gaits and Figure 8 Energies Food Testing Protein & Mineral Checks Cramp Relief
MODULE	 7 new muscles; their tests, associated points, nutrition & meridians Self-Talk and Balanced Affirmations Emotional Tissue Memory Scanning Technique Introduction to Chinese Five Elements Wrist Pulses for Over Energy Checking using Priority Mode ESR - Past, Present and Future Energetic Switching Music & Stress Relief Breast Congestion Technique Pause Lock





- 7 new muscles; their tests, associated points, nutrition & meridians
- Realms Finger Modes
- Over Energy for Emotions
- Goal Setting
- Fixations: Piriformis, Psoas & Hamstrings
- Fix-In-Motion
- Thymus Tap
- Putting it all together



- 10 new muscles; their tests, associated points, nutrition & meridians
- Pause Lock Stacking & Two-Pointing
- Emergency Modes
- Spindle cells & Golgi Tendons
- Introduction to Alarm Points



- 5 new muscles; their tests, associated points, nutrition & meridians
- Surrogate Testing
- Origin & Insertion Massage



NECESSARY REQUIREMENTS TO RECEIVE YOUR FOUNDATION CERTIFICATE:

(MODULAR WEEKEND AND INTENSIVE)

- Attendance at each and every day or arrange a catch-up with tutor (up to 1 full module). There is a separate fee for catch-ups and will be arranged with your tutor.
- Completion of recommended reading prior to each module where required.
- Completion of written homework at the end of each module
- 5 case studies to be done after each of the first Five Modules (25 in total)
- Completion and passing multiple-choice assessment & practical
- Associate membership of KA (Kinesiology Association)

Finally, as this is studied on a part-time attendance basis, it is required that students do the homework as part of the course and it is required that this is done in between the modules. It is important to keep up to date with your homework as it is also a requirement of the course if you want your certificate.

Do not leave your homework until after the course is finished as the feedback given during the modules will be as valuable as the homework itself.

This 6 module Foundation Course (Modular weekend or Intensive) is the pre-requisite if you wish to go on and do the professional Diploma.



BENEFITS OF THE MODULARWEEKEND KINESIOLOGY FOUNDATION COURSE?

- Gives time to absorb the information
- Helpful if you have family commitments and can't make the Intensive
- If you want to budget the fee and make use of the monthly payment plan
- The best way if you like to learn in bite-sized pieces and then practice what you have learned

FACT FILE:

- No formal entry requirements
- Is the pre-requisite to the Kinesiology Diploma
- Attendance is four or six weekends or as laid out in the Attendance Dates
- If you are already insured you can practice kinesiology on receipt of your Foundation Certificate
- Accredited by the Kinesiology Association
- Foundation alongside Diploma Courses are now accredited by the CNHC (Complementary & Natural Healthcare Council)

Prior To Course or at Course Commencement, you will receive:

A&P book as a helpful guide **At the beginning of the Course, you will receive:** Course Manual & Muscle Book Magnet Test Kits (delivered from nutritional companies - instructions in Student Handbook) **Throughout the Course you will receive:** Home Study Assignments Case Study Templates

Recommended Reading for following Module

Assessment is by in-class workshopping, written assignments, practical assessment and multiple choice test.



YOUR INVESTMENT FOR THE MODULAR WEEKEND FOUNDATION COURSE

Secure your place to avoid disappointment later - these courses do have a limited number.

Catch the Early Bird Price, and you pay £1,111 in total, this saves you £139

A deposit of £350 is required initially to book your place. This is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Payment by card costs Health School a service fee so the deposit will be returned minus this fee should the tutor have to cancel.

The Early Bird Offer stops 8 weeks before Module 1 begins and the full amount has to be paid by that time.

or Full Price: £1,250

If paying the Full Price, (£1250) there is an instalment method of paying available if that is helpful and the total amount has to be paid in full by Module 4.

WHO SHOULD ENROLL ON THIS COURSE?

Anyone wanting to learn about body energies, to increase vitality & experience balanced wellness.

Practitioners in other therapies who wish to add Kinesiology to their skill-set.

If you wish to be a professional Kinesiologist then this is the pre-requisite to the Diploma.



KINESIOLOGY INTENSIVE FOUNDATION COURSE

TUTOR

Rosemary Tarrant (Dip KA, ACMT & ITEC AP&M, Cert Nutr & HbT)

Enter a new world, Explore your Energy, Develop Your Potential with the Kinesiology Intensive Foundation Course. Immerse Yourself in a new and amazing learning experience.

THIS IS AN INTENSIVE COURSE AND NUMBERS ARE VERY LIMITED.

I am so delighted to be dedicating 14 days to a few lucky people who want to achieve their 6 Module Foundation Course in Kinesiology in a new and vibrant way.

I will guide the group through the Kinesiology Intensive with passion and energy. By being part of it, you will benefit from my 20+ years of knowledge and experience since I started my own incredible journey in this modality. You will get the chance to completely immerse yourself in the art of Kinesiology with a small group in an amazing location here in the Scottish Borders surrounded by a small vibrant town and the beautiful rolling hills.

Spend the day developing your skills and becoming confident in the techniques of Kinesiology. We will also be doing some additional activities such as walks around the Loch at the Haining Estate, a colour walk, maybe some yoga etc.

I trained in Kinesiology with a myriad of instructors who over the years including: Rosemary Webb, Brian Butler, Stephanie Skarrett (Mills), Sally Prestwich, Gek Bee Prout, Marek Ubanavich, Dr Sheldon Deal, Dr Nick Wise and others and I am thankful to all of them for their knowledge & gifts they imparted. I am still totally passionate and committed to this amazing modality that is still growing and developing each year and decade.

I do want to say this loud and clear about THE INTENSIVE COURSE:

"You must be willing, passionate, dedicated and ready to throw yourself into this incredible course. It truly is an Immersion Course so be prepared to eat, drink and sleep Kinesiology, however fun will also be high on my agenda for you. We will be starting early and finishing late on some evenings. I want to share this time, energy and bounty of information with you if you choose to come on this journey with me."



INTERESTED? READ ON...

This is your chance (and the only one of it's kind that I know of!) to study Kinesiology in this way and also to find out what you are actually capable of, which is often far more than what we think.

You will learn the art of muscle testing, numerous techniques and become practiced at doing this on a daily basis so you become confident and proficient. You must be willing to muscle test others and be tested and do the corrections. Kinesiology is done through clothing and easy to move in clothing is recommended. (skirts and dresses may not be appropriate for some techniques).

Begin your journey in Kinesiology - doing it as an Intensive allows you to complete all 6 modules speedily and effectively.

The full 6 modules of the Foundation Course, details covered in the previous pages will be covered in full including all the relevant 47 muscle tests, corrections and techniques needed to return balance to the body. In addition to the clinical skills learned and due to the fact that kinesiology looks at the body from physical, emotional, energetic and chemical elements, we will also look at some evening activities to enhance your learning.

OUTLINE OF LEARNING DAYS:

Days will vary according to learning needs, however, you must be available every day 8.30am to 6pm. There will be a morning and afternoon break as well as time for lunch. Learning happens on weekdays and weekends, at present it is hoped that you will have a study day on both Wednesdays, and these are meant to be study and review days where you wouldn't be attending class. However, they are not guaranteed to be study days and may be integrated into the course.

A few practical evening sessions may take place from 7pm to 8.30pm. These may be group sessions or individual tutorials to answer any questions you may have about the course or if you want to know more about the Diploma.

Energy, Vibrancy and Enthusiasm are the key words for this course as well as Commitment.

The Intensive is a smaller group so you receive even more focus and attention for your learning experience.



BENEFITS OF THE KINESIOLOGY INTENSIVE COURSE?

- No time to forget information or time to get get into bad habits
- Evening sessions to bring information together and ask extra questions
- Intensity gets it into the neural pathways and memory speedier
- Helpful if you have work commitments and can use holiday to get a new qualification

WHO SHOULD ENROLL ON THIS COURSE?

Anyone who wants the experience of their lifetime.

Anyone who wants to learn more about their body.

If you live a distance away and don't want to have repeat journeys doing the weekend course.

Practitioners in other therapies who wish to add Kinesiology to their skill-set. If you wish to become a professional Kinesiologist then this is the pre-requisite to the Diploma. Foundation Homework has to be fully completed before you can start on the Diploma.

FACT FILE:

- · No formal entry requirements
- Is the pre-requisite to the Kinesiology Diploma
- Attendance is 14 consecutive days as stated in the Attendance Dates
- Insured in a modality, you can then practice kinesiology on receipt of your Foundation Certificate
- Accredited by the Kinesiology Association
- Foundation & Diploma Course are accredited by the CNHC (Complementary & Natural Healthcare Council)



Prior To Course or at Course Commencement, you will receive:
A&P book as a helpful guide
At the beginning of the Course, you will receive:
Course Manual & Muscle Book
Test Kits (delivered from nutritional companies - instructions in Student Handbook)
Magnet
Thoughout the Course you will receive:
Home Study Assignments
Case Study Templates
Recommended Reading for following Module

Assessment is by in-class workshopping, written assignments, practical assessment and multiple choice test.

Accredited by the Kinesiology Association

All homework, case studies, assessments still have to be completed before your receive your certificate.

YOUR INVESTMENT FOR THE INTENSIVE FOUNDATION COURSE

Secure your place to avoid disappointment later - this course has a very limited number.

Catch the **Early Bird Price**, and you pay £1,995 in total, this saves you a **MASSIVE £800**. (The Early Bird Offer ends and payment has to be made in full before by the 16th July 2021).

A deposit of £600 is required initially to book your place. This is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Payment by card costs Health School a service fee so the deposit will be returned minus this fee should we have to cancel.

The Early Bird Offer stops 8 weeks before Day 1 of the Intensive and the full amount has to be paid by that time.

or **Full Price:** £2,795 after the 17th July 2021

If paying the Full Price, (£2,795) there is an instalment method of paying available if that is helpful and the total amount has to be paid in full by Module 4.



WHAT YOU LEARN ON THE KINESIOLOGY DIPLOMA COURSE...



KINESIOLOGY DIPLOMA COURSE 12 MODULES = 24 DAYS

Using the curriculum re-written and revised in 2020, I am delighted to offer the **FULL Kinesiology** Diploma to you. This professional course enables you to use the accredited Diplomate status (Dip KA) after your name once you have fully completed the course, assessment and required homework. This is accredited by our governing body, KA (Kinesiology Association) and enables you to become a fully qualified Kinesiologist. This diploma complies with and exceeds the Kinesiology National Occupation Standards (KNOS) as outlined by the KA (Kinesiology Association).

It is now also accredited with the CNHC (Complementary & Natural Healthcare Council) since January 2021.



Registered Charity No: 299 306



The Diploma course is an information-packed 12 module course and covers 24 days. If you are serious about practicing professionally and want to have a thorough knowledge of Kinesiology, then it should be undertaken.

NB: KA stipulates that Students who have successfully completed a diploma course but have not yet completed the following:

- anatomy and physiology course
- the nutrition course
- the first aid course

are qualified to use the title Certificate of Advanced Kinesiology. (Cert. KA). Once all these are requirements are met, you can then use Dip KA and will be registered on the KA website as full Diplomate.

Prerequisite for study of the KA Diploma: Kinesiology Foundation course level 1 – 6 (Modular or Intensive Foundation).



Learning weekends for the Diploma will be 4 days (Friday - Monday inclusive), there will be 6 of these extended weekends and they will be 6 weeks apart. Therefore we will cover 2 modules per extended weekend.

The timing between the extended weekends is a little longer than usual to allow you study time for both modules covered and the extra case studies. It's long enough for you to digest and practice the information but not so long that you will forget it. There will also be tutorials online in between these long weekends to ensure continuity. Many students travel for this course so having the extended weekends cuts down on travelling time and accommodation is generally cheaper when booked for several nights.



WHAT'S INCLUDED IN OUR DIPLOMA COURSE?...



KINESIOLOGY DIPLOMA COURSE – 12 MODULES

TUTOR

Rosemary Tarrant (Dip KA, ACMT & ITEC AP&M, Cert Nutr & HbT)

"The Healer within can be approached from without"

Dr George Goodheart (Founder of Applied Kinesiology)

All of these are included in your course fee:

- 270-page comprehensive colour manual by Terry Larder
- Kinesiology Diploma Folder with additional handouts
- Associate membership of the KA during your course
- Access to support training material incl. videos
- Practical Assessment with External Assessor
- Group Online Tutorials in between modules
- All teaching with Rosemary over 24 days
- Marking of Multiple Choice Exam
- Subsidised seminars & webinars
- Marking of homework
- Additional Test Kit
- Student Log Book

Additionally, as part of your Diploma course you will also have access to an online business support to help you build a sustainable clinic. This is now an obligatory module.



BREAKDOWN OF WHAT YOU LEARN ON THE KINESIOLOGY DIPLOMA COURSE?

(EXTENDED WEEKENDS EACH CONTAIN TWO MODULES = 4 Days)



MODULE 1 - Two Days

This module is rich in techniques and information helpful for you to develop as practitioners and then to use with your clients. We also review and consolidate aspects of the Foundation Course and add to your skills, of different types of Muscle Testing and when to use them.

PRACTICE MANAGEMENT	GENERAL	TECHNIQUES
Starting your Practice/Belief in Modality	Overview of Modules 1-12	Finger Modes
Role of Holistic Practitioner	Glossary of Terms	Activating Filters
Promoting Kinesiology - Marketing Examples	Red Flag & Medicine Act	Stacking
Blocks to Setting Up Practice -		Difference between:
Thinking Hats		Static
		Dynamic
		Challenge
Client Management		Gamma 1 & Gamma 2 Testing
Code of Ethics		Hypertonicity - Powers of Stress
Communication Skills		





MODULE 2 - Two Days

Breaking old habits and worries will be looked at here and many techniques will be learned, helpful for you to develop as practitioner and then to use with your clients. There are some lovely centring grounding techniques which are so helpful to keep you healthy as a practitioner. Working with various energies in the body and developing your skills in how to work with them to combine them in your sessions with structural, emotional and chemical.

ELECTRICAL TECHNIQUES	GENERAL TECHNIQUES	STRUCTURAL TECHNIQUES
Electrical Realm - Finger Mode	Pre-Stressing	Gait
Cloacals	Pulse Synchronisation	
Hyoid	Accidental Self Surrogating	
Centring		
Blood Chemistry		
lonisation		
Alarm Points		
Keeping your own energy in balance:		
Subtle Bodies		
Aura		
Meridians		
Crystals		
Music		
Harmonics		





MODULE 3 - Two Days

A module combining Emotional, Electrical and Chemical techniques. This is a great reminder of how all aspects of the body has an effect on others. This is a beautiful module that can bring about massive shifts of energy. Prepare to ring in the changes.

EMOTIONAL TECHNIQUES	CHEMICAL TECHNIQUES	EMOTIONAL/ STRUCTURAL	ELECTRICAL TECHNIQUES
Verbal Challenges - Alarm Points for Emotion	Biochemical Finger Mode	Spondylogenic Reflex to the Diagram	CX meridian and feeling introverted
Psycological Reversal: Eye Rotations I Release Affirmations	Nutrition Review		Scars
Self- Esteem & Self-Talk	Hypochlorhydria Digestive Insufficiency		Tuning Forks
Temporal Tap	Riddlers Points		Chakras and Aura Leaks
Phobias and 9BP			
Emotional Bruising			





MODULE 4 - Two Days

So you can take it that this is getting to the "guts" of the Diploma. (Pardon the little joke, if you are one of my students, you will get used to them!). The Gut, otherwise known as the Bowel, Large Intestine, the Colon, is looked at thoroughly joined by some of its friends. One of the techniques taught this weekend - the lleo-Caecal Valve is an extremely common condition and can be a causative factor in a long list of symptoms. If you want a healthy body, this can be the foundation for so many people.

CHEMICAL	CHEMICAL/ STRUCTURE	GENERAL	EMOTIONAL
Carbohydrate (CHO) Intolerance Tests	lleo-Caecal Valve - ICV	Test Vials & Double Checking Findings	Past Trauma Recall
Digestion Handout: Heartburn Heliobacter Pylori Crohns UC IBS SIBO Leaky Gut Die Off Metabolism etc	lleo Brake Challenge		
Contraindications: Drugs Herbs Vitamins etc Pregnancy Number & Timings of Supplements	Gastro-Colic Challenge		
Allergies, Histamine	Atlas		
Psychological Reversal & Food Intolerance			
30 Second Allergy Balance			
Energy Mismatch			
Saliva, Blood, Urine			





MODULE 5 - Two Days

Toxicity, detox pathways, the liver and other elimination pathways are the focus of this module. Little friends who like to start a party in the body eg. parsites, yeasts and bacteria will also be investigated. We also look deeply at the Endocrine system and the hormonal imbalances that can occur and what we can do for them. We have given the endocrine glands their own column here but they are very chemical in nature but MCPE will still be valid as always.

ENDOCRINE TECHNIQUES	CHEMICAL TECHNIQUES	STRUCTURAL TECHNIQUES
Thyroid	Liver & Toxicity	Hiatal Hernia
Anterior & Posterior Pituitary	Detox Pathways	
Thymus	Liver & Thymus Tap including	
	Visceral Referred Pain	
Pineal	Kidney, Lung, Colon Support	
Parathyroid	Extracellular Matrix/Lymph	
Hypothalamus	Tests for: EFAs Inflammatory Prostaglandins Free Radical Excess	
Pancreas	Heavy Metal Toxicity	
Adrenals	Mercury & Amalgam	
	Test Vials - Candida	
	Leaky Gut	
	Microbiome	
	Fungus, Parasites, Viruses & Biofilms	
	Immune System & Thymus Tap	
	Hypo-Glycaemic Tendency - Fluctuating Blood Sugar - Insulin	
	Parotid, Salivary Gland	
	Homocysteine Test: Cholesterol Heart Salt Sugar	





MODULE 6 - Two Days

Structure is the focus of this module, the jaw, the jaw, vertebrae and much more. Alignment, Diagonal links are great for unwinding the body and experiencing how it feels.

STRUCTURAL TECHNIQUES	GENERAL TECHNIQUES
Postrual Analysis	Injury Recall Technique (IRT)
Vertebra/Organ Involvement	
(Moving Bones)	
Subluxations (Spinal Alignment &	
Lovett Brother)	
Vertebral Fixations	
Spinal Torque	
Dural Torque	
Temporal Mandibular Joint (TMJ)	
Ligament Interlink & Ligament	
Stretch	
Retrograde Lymphatics	
Anterograde Lymphatics	
Walking Gait	
STO Technique	
Shock Absorbers	



MODULE 7 - Two Days

Looking at acupuncture points and the nervous system and different ways to balance the sacrum so involved in our core both structurally and emotionally.

ELECTRICAL TECHNIQUES	STRUCTURAL TECHNIQUES	ELECTRICAL/ STRUCTURAL
B&E Points (Hypothalmic Fuse)	Vagus Nerve	Alarm Points Again
B&E Neurotransmitters	Chronic Valves	
GV20	Reactive Muscles	
B&E IRT	Sacrum Balancing - 5th Lumbar Fixation	
Location/Quality of Pain		





MODULE 8 - Two Days

Going deeper and deeper with structural techniques. This has some big techniques so time is allowed to them so you can practice and feel confident with them. Bringing things together.

STRUCTURAL TECHNIQUES	GENERAL TECHNIQUES
Digging Deeper Handout	
Cranial Faults	
Categories/NOT	



MODULE 9 - Two Days

A valuable module of various techniques that can be really helpful for many people and can bring about shifts of a fundamental nature.

ELECTRICAL TECHNIQUES	GENERAL TECHNIQUES	STRUCTURAL TECHNIQUES	STRUCTURAL/ GENERAL
PRYT	Self-Testing	Uterine Lift/ Ptosis	Sagittal Suture Spread & Tap
	Peripheral Vision	Abdominal Floor	
	Blood Pressure	Cystitis Technique	
		Lateral Sway	
		Vision:	
		Far & Near Sighted	





MODULE 10 - Two Days

This module is allowed for any techniques that haven't been covered. It's also a time for catch up, review and clarify where uncertainty. Mock assignments and test will happen. A sharing of the Learning Journals can also happen for those who wish to share. There will still be new information shared here. Review happens here so that you still have an additional module in case you need any further review of techniques or information.



MODULE 11 - Two Days

Useful techniques are shared in this, that won't be part of the final assessment or required in the practical. However, these are techniques and tools that are really useful in practice.

ELECTRICAL TECHNIQUES	GENERAL TECHNIQUES	STRUCTURAL TECHNIQUES	EMOTIONAL TECHNIQUES
Left Brain Right Brain, Brain Integration Learning Difficulties	Silent Rapport	Sustained Testing	Setting Goals & Metaphors
Biological Clock: Now Time Now & Then	Surrogating a Muscle	Bilateral Glutius Maximus	Luscher Colour Cards Test: Emotions & Bach Flowers
		Carpal Tunnel: Wrist Neck Knee Shoulder Teeth	
		Aerobic & Anaerobic Muscle Testing	

MODULE

MODULE 12 - Two Days Your final review, Exam and Assessment



ADDITIONAL INFORMATION:

Prerequisite is to have successfully completed and fulfilled all the requirements of the 6 module Foundation course or an equivalent course.

Completion of all 12 modules, all assessments and passing the practical and written exam will give you a completion certificate. In order to upgrade to Diplomate status you will in addition be required to have:

- successfully completed a Nutrition and A & P course up to ITEC standards (Level 3)
- hold a current first aid course certificate
- have insurance.

More information can be found on the KA website. It is also a requirement to belong to KA as an associate member and this is included in your course fee, while studying and we strongly recommended that you become a professional member on qualifying.

Assessment is continual throughout your Diploma. You will be required to complete homework related to each topic and to hand them in for marking and feedback.

It is all DO-ABLE!

The aim of the homework is to encourage you to read and evaluate all the information given on each topic whether by demonstration, work shopping, discussion or in the supplementary notes.

In this way you:

- become proficient in addressing each area in different ways
- learn to evaluate topics
- recognise linkages between techniques and topics
- become creative in your thinking
- whilst remaining able to apply and focus on the muscle testing findings and balancing choices.
- It encourages and helps you to develop self-directed learning, to seek out new and relevant information.

Due to this being a Professional course there is an exam and practical assessment with an external assessor at the end of the course during Module 12.



WHO SHOULD ENROL FOR THIS COURSE?

Anyone who wishes to become a professional Kinesiologist and have a varied and vibrant career. You need to have completed the Foundation 6 modules. (please note, if you have completed a 4 module Foundation with another tutor then you would have to attend an additional Levels 5&6 to bring you up to the level required) Please get in touch with Rosemary for clarification if you are unsure.

YOUR INVESTMENT FOR THE PROFESSIONAL DIPLOMA COURSE

Secure your place to avoid disappointment later - this course has a limited number.

Catch the **Early Bird Price**, and you pay £3,995 in total, this saves you a **FABULOUS £455.** (The Early Bird Offer ends and payment has to be made in full before by the 2nd April 2021).

A deposit of £700 is required initially to book your place. The balance is then divided by the number of months remaining but ensuring all monies are paid by November 2021. The deposit is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Payment by card costs Health School a service fee so the deposit will be returned minus this fee should we have to cancel.

The Early Bird Offer has been extended due to Covid-19 restrictions so it now expires just 5 weeks before course commencement and the full amount has to be paid by that time.

or Full Price: £4,550 after the 3rd April 2021

If paying the Full Price, (£4,550) there is an instalment method of paying available if that is helpful and the total amount has to be paid in full by November 2021 so you are fully paid to do your final assessment and exam.

Please note, due to the exam having an external assessor, if you are not able to attend for your assessment there will be an additional charge and it could be as much as £650 as the assessor will have travel & accommodation costs.



FACT FILE:

- Entry Requirements: Completion of the full 6 modules of the Kinesiology Foundation as taught by Rosemary Tarrant and other KA tutors nationally
- Attendance is 24 days in a twelve-month period usually, the extended weekends mean you complete this Diploma in 9 months but with the same number of study days.
- 180 hours of supervised teaching plus home study and homework requirements.
- Offers a practitioner level Diploma (the highest standard accredited by KA)
- Case studies will be required each month, this means that you:
 - You will complete a portfolio of clinical experience
 - You will be a student member of KA while completing the course

OTHER USEFUL INFORMATION?

PAYMENT PLAN AVAILABLE - INTEREST-FREE (0% INTEREST)

To help during Covid-19 a payment plan on the full course price can be put into place if this helps you with your finances. A deposit of non-refundable deposit of £700 will be required as above followed by 6 monthly payments of £625 so you still only pay £4,450.

The one stipulation is that all fees are paid before November 2021, or your qualification and certificate is withheld until full and final payment is made. This has a knock-on effect on your insurance etc.

ACCREDITATIONS

All the kinesiology courses offered are Accredited with the Kinesiology Association and the CNHC - Complementary & Natural Healthcare Council.

PROFESSIONAL INSURANCE

Insurance is recommended for anyone setting up as a Kinesiologist. KA have a block insurance scheme with Balen's, a company highly thought of in the health world.



Health-School and the Kinesiology Association value your development both as a human being and as a practitioner therefore we don't want our relationship to end with your certificate or diploma. To support you and your ongoing journey we offer a range of services specifically aimed at continuing professional and personal development.

FACEBOOK GROUP

The Kinesiology Association have facebook groups where you can interact with other Associate Kinesiology people and ask questions etc.

CONTINUOUS PROFESSIONAL CPD AND PERSONAL DEVELOPMENT COURSES

The KA run a variety of workshops, seminars and talks and will keep you posted as they are arranged.



IF YOU'RE STILL NOT SURE WHAT TO DO NOW?



Health School reserves the right to change the contents of this prospectus at their discretion.



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