



*In uniqueness there is no competition and no comparison*

**INTERNATIONAL COLLEGE OF KINESIS  
COURSE 902/3K**

**National Diploma - Kinesiology inclu. National Fitness Certification**

**CAREER OPPORTUNITIES INCLUDE**

**A Career in Kinesiology; Practice as a Personal Trainer, Fitness Instructor,  
Group Trainer, or Kinesiologist, incl. a Pilates Teaching Component**

<b>VENUE</b>	Sandton Campus	<b>E-mail</b>	<a href="mailto:info@collegeofkinesis.com">info@collegeofkinesis.com</a>
<b>Phone</b>	0114440761	<b>Office Hours</b>	MONDAY – FRIDAYS 09:00 – 16:00
<b>NQF LEVEL</b>	LEVEL 5		

This course is intended for the individual who has a passion for fitness and who is interested in building a career in the fitness industry. Why not kick start your career as a Kinesiologist - study Kinesis at the International College of Kinesis, for National Diplomas in Fitness and Kinesiology. Requirements to attend this course are: a Grade 12 certificate, Be involved in some form of fitness activity, be healthy and able to take part in some physical activity.

**COURSE NATURE:**

A three year course. New students should enrol for 901 or 902 as first year during 2009. Second/Third year students should make an appointment with Course Leader to discuss structure, costs and timetables.

**TIME PERIOD:**

February to December

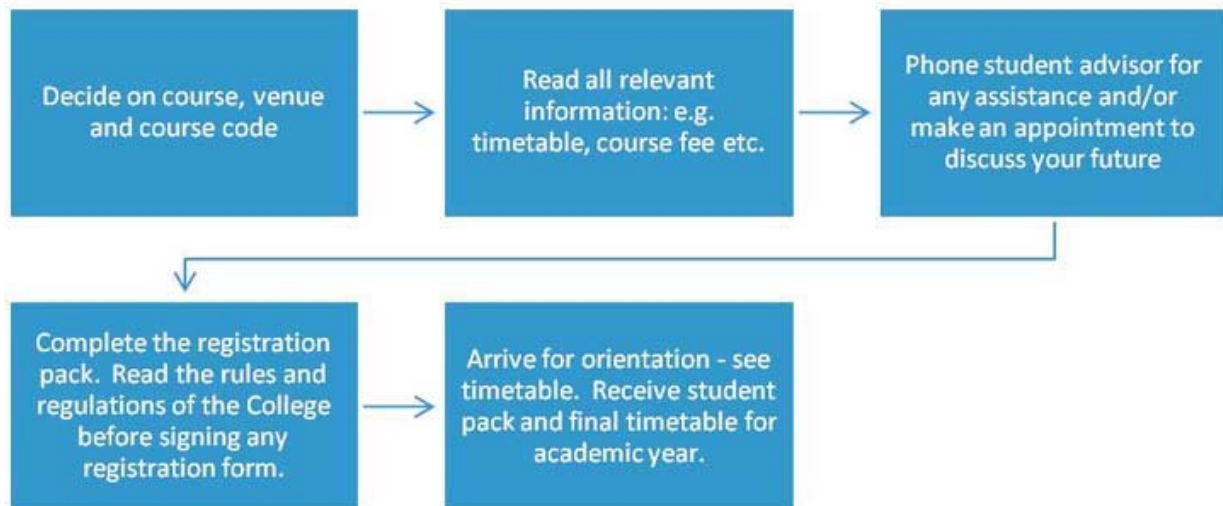
**QUALIFICATIONS OBTAINED:**

National Certificate in Fitness ( including Pilates as a teaching component)  
Work in the industry as a Personal Trainer and/or Group Trainer teaching various class formats to music.  
ICK's National Diploma - Kinesiology  
Practice as a Kinesiologist

**REQUIREMENTS FOR INTERVIEW/ENTRANCE TO COURSE:**

Grade 12 qualification  
Good health and physically fit  
Exercise experience and/or sports interests  
Currently participating in various exercise programs

**PROCESS TO COMPLETE THE COURSE:**

**EVALUATION OF KNOWLEDGE, SKILLS AND ABILITIES:**

The evaluation process is continuous and consists of a combination of learning outcomes. It is important that the student completes an outcome which relates to the result of a learning process, a process of acquisition that enables a student to perform in given contexts to given standards. The explanation of this process is in the student pack.

**COURSE SCHEDULE: Each course direction will offer:**

<b>FUNDAMENTAL LEARNING</b>	<b>CORE LEARNING</b>	<b>ELECTIVE LEARNING</b>
Means that learning which forms the grounding or basis needed to undertake the education, training or further learning required in obtaining a qualification.	Means that compulsory learning required in situations contextually relevant to the particular qualification	Means a selection of additional credits at the level of the NQF specified, from which a choice may be made to ensure that the purpose (s) of the qualification is achieved
The three categories will be at a similar levels and therefore of similar degrees of complexity in each of the categories.		
A qualification is to be made up of a certain number of credits. SAQA speaks of one credit being the rough equivalent of the hours of learning. For the whole qualification, the credits are the total number of credits that a student via the UNIT STANDARDS achieves.		
<b>FUNDAMENTAL LEARNING</b>	<b>CORE LEARNING</b>	<b>ELECTIVE LEARNING</b>
The profession of Health and Exercise Management	Wellness, Fitness and Lifestyle Management	<b>Structural Bodywork:</b>  An Overview  What is structural bodywork  Human Maps  The techniques of structural bodywork  The connective tissue network  The oscillatory properties of the fascial network  The muscular system  Common postural dysfunctions  Practicum: assessment, technique and strategy in structural bodywork  Balancing structure

Health Benefits and recommended amount of physical activity	Components of a Program and Program Variables	<p>Neuromuscular Therapy</p> <p>Integrated Functional anatomy</p> <p>Muscles, Fascia and Kinetic Chain</p> <p>Trigger Points</p> <p>Kinetic chain anatomy and Patient assessment</p>
Activating the community	Metabolic Fitness Training and Energy Costs of Physical Activities	<p>Deep Tissue Massage</p> <p>General theories</p> <p>Reading the body</p> <p>Refining your touch</p> <p>Pain</p> <p>Direction of strokes</p> <p>Stroke strategies</p> <p>General Techniques</p> <p>Specific Techniques</p> <p>Your role in looking out for the health of your clients</p> <p>Therapeutic strategies for addressing common complaints and injuries</p> <p>Planning your session</p> <p>Practice Business Skills</p>
The health and fitness Industry	<p>Essentials of Strength Training and Conditioning of the total body</p> <p>Mobility, Stability and Flexibility for total muscular Fitness</p>	<p>Introduction to Craniosacral therapy</p> <p>Why craniosacral</p> <p>The fluid medium: CSF</p> <p>The craniosacral membrane system</p> <p>The craniosacral skeleton</p> <p>Craniosacral rhythmic impulse</p> <p>History of craniosacral concept</p> <p>Stress storage in the membrane system</p> <p>Reciprocal tension</p> <p>The nature of palpation</p> <p>Fundamental principles</p> <p>Unwinding</p> <p>Dural Tube</p> <p>The diaphragms</p> <p>Cranial Adjusting</p> <p>The ten step protocol</p>
Introduction to health and fitness management	Anatomy	Kinesiology Muscle Testing and Energy Balancing for health and well-being

		Polarity Therapy
Front of the house management	Physiology	Mind and Body Connection: Greatest Laws of life A common Purpose Whole Mind Integration Commitment and responsibility Love and Possession Cause and Effect The ties that Bind Faith and Prayer Energy
Back of the house management	Kinesiology and biomechanics	Mind and Body Connection: Listen to your physical Body Disease and Accidents Food for Thought The ideal weight Sexuality Physical Essentials
Physical Activity, Fitness and Health	Health Screening, Client interviewing and required evaluation and testing	Mind and Body Connection: Listen to your mental body The value systems The ego False Masters Mental Essentials
Aerobic Fitness	Exercise Prescription; Program Design and Management	Mind and Body Connection: Listen to your emotional Body Emotional Expression Fear and Guilt Emotional Essentials
Muscular Fitness including body conditioning, flexibility and ball programs	Principles of Injury Prevention and Treatment	Mind and Body Connection Spirituality Harmony and Balance
Activity and weight control	Principles of Nutrition and Management of  Body Composition	Introduction to NLP Main Ideas of NLP How we use our senses internally to think States of mind Thinking in terms of systems

		How language sets limits on our experience
		NLP patterns
		NLP in therapy and personal change
		Thinking strategies
Performance in Work and sport	Weight management	
Vitality and longevity	Stress management	
Wellness for life	Substance use and abuse	
Exercise Leadership	Exercise and Children	
Behavior Modification	Exercise and Older Adults	
	Exercise and Obesity	
	Exercise and Diabetes	
	Exercise and Coronary Heart Disease	
	Exercise, Asthma, and Pulmonary Disease	
	Exercise and Women's Health	
	Movement Fusion program including: step, aerobics, spinning, yoga and pilates matwork	
	Music Training	

Visit our website [www.collegeofkinesis.com](http://www.collegeofkinesis.com)

If you have a comment, or a suggestion, or a question, do not hesitate to call us on (+2711) 444 0761

If you have any queries or would like to send us an email please email us on [info@collegeofkinesis.com](mailto:info@collegeofkinesis.com)