



In uniqueness there is no equal and no competition

ICK Newsletter August 2010

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Is RPL - Recognition of prior learning – the answer to the new laws in fitness?

The following letter was received from a concerned student who successfully completed a fitness course some time ago:

Dear Ed, I'm sure I am not the only one who is receiving communication via email from *individuals* who express concern, seemingly out of the blue, for various laws that are being called into being. Some of us are a bit puzzled by these bizarre emails full of bamboozle. Initially I thought zilch of the emails, but my TA tightened quickly when I was reading about the call for "mass action". I did not know when to inhale or exhale. The thought of joining such a spectacular move, was rattling my old skeletal system. The visions of me, holding a sign above my head while hopping up and down, like a sort of male animal specie in mating season, pop up every time I do my morning meditation. Is this possible and why? What I am concerned about, a concern prompted by all these emails, are the facts and issues around these new laws? Should I change my career or is there hope for all of us! I have happily been teaching my Pilates classes for some now and simply want to know can I become accredited so that I can continue doing what I so love doing!!

So what is the answer to this?

Jannie Claassen, MD International College of Kinesis writes:

Any educator in any sector in this country should be fully aware of the South African Qualifications Authority Act No 58 of 1995. It is important to note that the SAQA ACT was signed by both Ministers – Education and Labour as the Act and the National Qualification Framework (NQF) have a great deal to do with the education system and with people in employment, in work. In an important sense, educators have to read and interpret the legislation that specifically refers to their domain in the light of the SAQA Act. We as International College of Kinesis (ICK) have done that. As educators of various disciplines including Pilates and Yoga, we followed the Act and are proudly accredited. Over the years we have been familiar with education and training structures that were characterised by their separateness. The SAQA Act and Skills Development Act and associated Levies Act are an attempt, and a very challenging and wide-ranging attempt to



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break down the “separateness” in a number of ways, in order to create the opportunity for the development of individuals towards the creation of a fairer and more productive society. The fact is that any educator in any sector should respect this law. If you don’t, then it is your duty to tell those whose money you have been accepting in business that you are not accredited and that you do not comply with the law. Attempts to be separate, in whatever capacity, is a clear indication that you do not want to comply with the broader spectrum of South African Qualification Standards. The issue then becomes whether you have a voice to represent you?

Where does RPL come into all of this?

Recognition of Prior Learning is a form of assessment that recognises that not all learning takes place within the formal education sector. What makes RPL significant in the South African context is that it is a means to recognise knowledge and skills of candidates that would otherwise not be assessed. In order for RPL to be effective in South Africa, it needs to be holistic and developmental in nature.

A holistic approach to RPL seeks to realise real benefits to all stakeholders who support implementation by:

- ⇒ Reducing the cost of training and duration by recognising what the candidate already knows and can do;
- ⇒ Promoting self esteem and confidence of learners in the recognition of their skills, knowledge and competencies against registered standards and qualifications, and thereby contributing to the motivation of the candidate;
- ⇒ Promoting economic and social benefits in workplaces and communities

It therefore implies that through the process of RPL you, as a qualified Pilates instructor or any other qualified fitness instructor for that matter can become accredited and *ICK* can assist you because we are proudly Accredited.

Apply today by email info@collegeofkinesis.com or dial 082 550 5889 and become accredited, sooner rather than too late.

**Check out the workshop on Page 3, book early,
NUMBERS WILL BE LIMITED**



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WORKSHOP!!! wOrkShop!!! WORKSHOP!!!

**EARN YOUR CREDITS! – Prepare for RPL-assessment –
Upgrade your current qualifications**

THERAPEUTIC EXERCISE FOR TRAINERS

Techniques for Intervention

Presented by: JANNIE CLAASSEN

The International College of Kinesis presents the First “How To” therapeutic exercise guide specifically for Trainers. This two day training course will give you knowledge and skills to effectively implement client treatment plans, using therapeutic exercise techniques.

Detailed descriptions are provided for the gamut of therapeutic exercise; including:

- Foundations of Therapeutic Exercise
- Mobility: ROM; Stretching Activities for Increasing Muscle Flexibility
- Strength and Power: Principles, OCR and CKC, PNF, Plyometrics
- Balance Training and Reactive Neuromuscular Training
- Functional Progression for the Spine and for the Extremities

DETAILS: Saturday 6 of November 09:00 – 16:00, Sunday 7 of November 08:00 – 14:00

VENUE: Movement Therapy Centre, 6 Pongola Avenue, Sandown Estate , SANDTON

STUDENT RECEIVES:

- ✓ Attendance Certificate
- ✓ Digital Manual (Please note: this will be posted to student before the start of the course) so please book early
- ✓ Training DVD

COSTS: R999 – if you register before 22 October 2010

or R1199 – if you register after 22 October 2010

LAST DAY FOR REGISTRATION: 29 October 2010

Application forms on page 5 or available online at www.collegeofkinesis.com, click on short courses and workshops or request an application by email me at, info@collegofkinesis.com.



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Set-up and positioning on the indoor bike

1. **Seat is too high:** Power of the leg muscles are diminished because lower limb muscles must work beyond their optimal length-tension range.
2. **Seat is too high:** Excess stress on the posterior structures – back of legs: hamstrings, gastrocnemius and posterior knee joint capsule.
3. **Seat is too high:** Your hip will extend excessively which causes loss of the stable pelvic core. Your pelvis will rock and other muscles such as adductors (inner thighs) gluteal (buttocks) spine and upper body will fatigue quicker.
4. **Seat is too low:** Stress on the knee. Your knee will flex too much throughout the pedal cycle and increases patellofemoral and suprapatellar bursal loading.
5. **Seat is too low:** Places the hamstring, gluteal and gastrocnemius muscles in sub optimal length-tension relationship – it means they can not contract effectively.
6. **Ideal position:** This position should allow the rider to attain a knee angle of 20 degree flexion at the extension of pedal stroke without pelvic tilt and with the foot in neutral (parallel with floor).
7. **Fore/aft position:** The front of the leg should align over up to 2 cm behind the pedal axis when the cranks are in the horizontal position.
8. **Fore/aft position:** The nose of the saddle should be 3-5 cm behind the bottom bracket.
9. **Wrong fore/aft position:** Poorly placed cleats can affect the position and any ineffective position will increase patellofemoral loading. It will also affects the hip flexion and the gluteal-hamstring muscle length.
10. **Seat is too far back:** Hamstring and gluteal muscles will be over lengthened and affects force production.
11. **Seat is too far forward:** The knees become too flexed, the hips more extended and the muscles of the lower limb are at a less than optimal length – tension relationship.
12. **Seat inclination:** It has been recommended that the seat be flat.
13. **Correct seated position:** The pelvis is tilted forward to ensure that the spine is not kinked or rounded. Shoulders are not rounded, but retracted and relaxed. There is a space between the ears and shoulder line.
14. **Position of arm/hands:** Elbows are slightly bent and turned in with hand relaxed on handlebars. The wrist joint needs to be held in neutral, not flexed or extended. Keep the hands on the handle bars at all times.
15. **The forward drop:** The larger the forward drop of the trunk, the more demands are placed on the musculature of the trunk. This position can only be effective if the rider has the postural strength, stability and flexibility to control the position. A more upright position is recommended for BACK PROBLEMS.

HAVE YOUR SAY!!

Email your comments on any of the articles in this newsletter or any previous newsletters to info@collegeofkinesiology.com

we might just publish it

Want to know how our Electronic courses work?

Email me, at admin@collegeofkinesiology.com for your **free copy** of the DEMO DVD which will show you how easy it is to study in the privacy of your own home. Please provide your postal details as the DVD will be posted to you free of charge. The information provided on this DVD will also show how easy it is to do the short courses i.e. the Indoor cycling course.

Job Opportunities

If you are the owner of a gym or fitness studio and require the services of fitness personnel then let us know by email, admin@collegeofkinesiology.com and we will place your ad in the June 2010 issue free of any charge. The International College of Kinesiology accepts no responsibility for the accuracy of the advertisements placed.

Advertisements are placed solely as a free service to the fitness and related industries. The ICK team.



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THERAPEUTIC EXERCISE FOR TRAINERS

WORKSHOP REGISTRATION FORM

Name and Surname: _____

Contact Tel no: _____

Email Address: _____

Amount paid: R999 Payment before 22 October 2010, please fax proof of payment with this registration form

R1199 Payment after 22 October 2010, please fax proof of payment with this registration form

Payment details:

Paid by: Internet transfer: Credit card: Cash Deposit:

Please DO NOT EMAIL YOUR CREDIT CARD DETAILS we will contact you if you choose to pay by credit card.

If you are paying by cash or internet transfer then please send proof of payment as well.

Bank Details: International College of Kinesis (Pty) Ltd. ABSA Cheque account no: 405 462 3913.

Branch code: 632 005

Email proof and registration for to admin@collegeofkinesis.com or

Fax proof and registration form to 086 648 0102

Book now space is limited !!!!!.

Venue: Movement Therapy Centre, 6 Pongola Avenue, Sandown Estate , SANDTON