



**International Certificate of
Professional Kinesiology Practice**

Welcome to The School of Elemental Kinesiology

Professional Kinesiology Training

The School of Elemental Kinesiology is a dynamic and bespoke school located in the northern suburbs of Melbourne with Bianca Jewell leading the way as principal and head instructor.

The School of Elemental Kinesiology was created for students who are looking for an in depth and comprehensive Kinesiology curriculum that addresses all aspects of a person's well-being using a wide range of healing tools as well as an all-encompassing PKP® finger mode data base system of healing.

We offer and provide the opportunity to study from the entry level International Certificate of Professional Kinesiology Practice, the International Diploma of Professional Kinesiology Practice, all the way to the high-end expertise level of Kinesiopractor®.

Upon completion of the 12-month International Certificate of PKP you will be qualified to become a practicing and registered PKP Kinesiology practitioner.

As an affiliate school of ICPKP (International College of Professional Kinesiology Practice) I believe that this beautiful modality stands the test of time and truly addresses and encompasses all aspects of our being – physically, mentally, emotionally, spiritually and biochemically.

PKP is the creation of founders and authors Dr Dewe MD (a medical doctor) and his wife Joan Dewe MA and has been cemented within the international Kinesiology community for almost 40 years as the most comprehensive when addressing the totality of a person's well-being.

The definition of Kinesiology is – *the science dealing with the inter-relationship of the physiological processes and anatomy of the human body with respect to movement.*

This is why in PKP you learn how to muscle test multiple muscles that relate to all of the meridians and the five elements in order to detect and locate stress in the body.

You will learn to use manual correction points, acupressure points, specific Kinesiology techniques as well as utilise the esoteric remedies such as essential oils, flower essences, gem essences and homeopathics in order to activate the body's innate healing energy.

Bianca Jewell

School Principal and Head Instructor

Bianca Jewell - School Principal and Head Instructor

After teaching the full 4-year PKP Kinesiopractor® syllabus for 10 years to thousands of students, Bianca honoured her soul's true path and embraced her own desire for growth and expansion and opened the professional School of Elemental Kinesiology to allow and provide all students with the opportunity to become a successful kinesiology practitioner.

Bianca has earned the reputation of being a sacred space holder within her classes. Within the teaching room Bianca's students have described feeling supported, inspired, heard, encouraged, respected, empowered and included and have described Bianca as knowledgeable, thorough, committed and a natural teacher that is able to break things down into simple knowledge so that you understand the syllabus content and enjoy the learning process.

Bianca has been an accomplished Kinesiopractor® therapist for 15 years and operates a very successful and busy clinic in Greensborough.

After completing the full PKP syllabus herself Bianca is extremely equipped to not only hold space for you as a student, whether this is your first time learning an energetic natural therapy or whether you are already an established practitioner wishing to add more skills to your existing modality and offer more services to your current client base.

My goal and commitment to all of my students has and always will be to inspire, support, guide and mentor you so that you become a practitioner of excellence with a high level of competency. I want to ensure that you are confident to be able to see any client that may come to you for any issue that they present with.

My passion is to honour the Kinesiology lineage and its ancestors who have paved the way for all of us to now learn this magical modality and to maintain the integrity of the process of learning.



International Certificate of Professional Kinesiology Practice

Syllabus

PKP Level 1 – Foundational Principles

Qualification – International Certificate in Professional Kinesiology Practice

In order to graduate and become a qualified and registered PKP Kinesiology practitioner you will need to complete:

- 12 kinesiology modules and 1 anatomy & physiology unit
- attend 50 hours of student clinic
- obtain and provide a First Aid certificate which is valid for 3 years
- complete 5 kinesiology sessions with a qualified PKP practitioner during the course. This is for your own well-being as this course is experiential as well as academic so it is natural that some of your own 'stuff' will surface.

Units

BKP 101 - Energiser and Self Care

This workshop introduces you to three different kinds of easy to learn self-energiser trigger points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) and the powerful meridian energiser trace.

As well, you will use walking gait reflexes, crosscrawl self integration, vision and hearing energy techniques.

You will learn a simple emotional stress release technique and emotional trigger words. You will enjoy the energising power of a specific goal, and be able to perform a 'time of day' kinesiology energy balance for self care using whole body testing.

You will be able identify basic anatomical parts and planes of the body and define kinesiology.

You will also be introduced to the PKP Wheel of Emotions and how to whole body test the emotions related to each meridian.

Foundational Principles – Units

BKP 102 - Professional Touch, Muscle Testing and Basic Kinesiology Procedures

Students completing this unit will be able to use muscle testing accurately, and perform a Kinesiology energy balance on others. They will be able to identify dehydration, ionisation, neurological disorganisation (switching), central vessel integrity and thymus energy imbalance.

They will be able to perform origin/insertion and spindle/golgi energy techniques, understand cautionary measures in evaluating body energy, apply pre- and post-evaluation procedures, demonstrate clear- circuit muscle testing and muscle facilitation/inhibition.

They will know the bones of the skeleton

BKP 103 - The Law of 5 Elements

This unit develops an elementary understanding of and skill in using basic 5-Element principles for energy balancing.

Those completing this unit will be able to demonstrate skill; apply sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating, and the challenge; use the 5-Element principle to perform an eight muscle energy balance and select the priority balancing procedure.

BKP 104 - Meridians, Organ systems, Surrogation, 14 muscle balance, finger modes

This unit introduces an understanding of the philosophy, principles and history of Kinesiology; to extend the understanding of meridians and their related organ systems and to develop proficiency in a 14 muscle wheel energy balance.

Those completing this unit will be able to perform a 14 muscle goal balance and utilise the More and Priority modes. They will be able to work with surrogates, describe body movements in anatomical terms and create a simple record of a client balance.

BKP 105 - The Law of 5 Elements in Depth

This unit extends the understanding of, and skill in using, the 5-Element principles and 5-Element emotions for energy balancing.

It develops understanding and facility in using alarm points, Luo points, acupressure holding points; to extend the range of meridian energy indicator muscle tests.

Those completing this unit will be able to use the 5-Element principles, alarm points, Luo points, acupressure holding points and the yin/yang principles to perform a 5-Element one-point goal balance.

Foundation Principles - Units

BKP 106 - Balancing Protocol with PKP finger mode database, Active Listening

Those who have completed this unit will be able to use effective listening skills to establish client rapport, use finger modes using the PKP database concept, simplified PKP protocol and age recession.

Students will also learn temporal tapping, eye positions/rotations and pre and post phases of the balancing protocol. This unit teaches you how to facilitate a 1 hour client session from start to finish step by step.

BKP 107 - Pain Reduction

After completing this unit you will be able to pre- and post-evaluate pain levels on a standard scale and use emotional and postural stress release, meridian flow adjustment, muscle energy techniques, cross crawl exercise, figure-8, marine spiral energy and food or supplements to reduce physical pain.

You will learn when to refer on cases, and how to client assess the level of pain and restriction of movement so the client observes improvement. You will be able to help reduce pain using ESR and the pain site, as well as working through postures involved in a painful accident situation. You will become proficient at utilizing meridian flow to create several different pain relief techniques. You will learn how to work deeply on a sore muscle as well as specific neuromuscular resets and energy stroking on and above the problem site.

BKP 108 - Balancing with Food

This is a fun unit that challenges our beliefs and habits around foods we habitually eat. You will be experimenting with different dietary programs – food combining, food rotation, eating according to 5-Element food colour and taste – so you can advise from personal experience.

The unit develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, biocidic substances; to construct a diet using 5-Element, food family and food rotation principles; to develop skill in using C1 and ear acu-point sensitivity tests. You will gain an understanding of how food produces energy, and also the process of nutritional transport from eating to elimination.

After completing this unit you will be able to use food to improve 5-Element energy, meridian and muscle function to balance body energy.

Foundation Principles – Units

BKP 109 - Advanced Muscle Techniques, Reactivity and Posture

This is a very satisfying advanced practical skills workshop. The material in this unit sets the PKP practitioner apart from other kinesiologists. You will learn advanced skills in deciphering and correcting perpetual muscle weakness – such as repetitive action, overstretching and hidden muscle failure.

The unit develops skill and understanding in correcting reactivity in muscles and meridians with (and without) circuit retaining or reactive modes. To develop skill in observing postural imbalance; to extend techniques in balancing energy in muscles.

After completing this unit you will demonstrate muscle facilitation and inhibition; identify and correct muscle and meridian reactivity, evaluate posture, apply muscle stretch response, sustained muscle use, hidden muscle failure, specific circuit and contralateral spindle techniques to improve posture and function.

BKP 110 - Functioning as a Kinesiology Practitioner - Ethics / Boundaries / Client rapport

To establish, utilise and update a client health record; communicate in a professional manner and set clear boundaries in a kinesiology practice; establish personal ethical behaviour and respect client's rights in a health care context.

Those who have completed this unit will be able to describe professional health care relationships, set clear boundaries and communicate with both individuals and groups in a professional manner; function in an ethical manner, respect the rights of clients and liaise with other health practitioners in a professional manner; apply client history to establish desired outcomes, maintain client rapport, facilitate client towards self-responsibility model, keep clinical records, make necessary referrals.

RBT - Clinical Contact, Palpation and Draping

Kinesiology professionals must have skill, understanding and respect for their clients when using Kinesiology techniques related to clinical body contact as part of developing the client-practitioner relationship of trust.

After completing this unit you are able to confidently prepare for, establish, maintain and cease clinical body contact in a kinesiology setting and demonstrate the draping of clients in a manner that allows them to stay warm, feel safe, and taken care of.

Foundation Principles – Units

EMS 201 - Mastery of Emotional Stress Release

The workshop, Mastery of Emotional Stress Release addresses the greatest weakness in most kinesiology training programs – stress management. The ESR – emotional stress release – technique taught in BKP 101 or its extension F/O holding is often all kinesiologists have in their tool box. They manage stress by ‘holding heads and hoping’ the brain will sort it out for them. Kinesiologists are not counselors and the use of techniques taught in counseling courses is sometimes far from appropriate in a kinesiology setting.

After completing this unit you will be able to extend the use of basic frontal/occipital holding, and by using the 20 different skills from this workshop you can assist the client: to find new resources, apply the video-rewrite method, brainstorm, make up new possibilities, use their senses and intuition, state what they are feeling, want and are willing to do to achieve this, with or without the use of imagery.

This will include but is not limited to jewels, balloons, grounding rods, picture frames and symbolic encapsulation and the hypothesis of an older, wiser self, to enable the client to defuse stress related, but not limited, to challenges to authority and terminating a relationship. This is applied within, or without, the context of active listening or role play.

This is a fun (and challenging) workshop that properly applied will indeed be the pathway to Mastery of Emotional Stress Release.



The School of Elemental Kinesiology

Class Details

Class Hours

- Weekend classes - 9.00am - 5.00pm
- Week day classes - 9.30am - 5.30pm

There are two scheduled short morning and afternoon breaks and a 1 hour lunch.

Location

The School of Elemental Kinesiology is located at a private healing and wellness space - Eucalyptus Place in North Balwyn.

It is easily accessible by public transport and has plenty of off street parking.

Contact Details

Please contact Bianca Jewell either via email at info@biancajewell.com or on 0400 434 535

Expected Behavior

It is expected that all students are polite, respectful and courteous to all other students and teachers and behave in a way that you would like to be treated.

Punctuality is very important as late arrivals disrupt the teacher and the flow of the class environment.

You are expected to arrive at least 10 minutes before your class starts as well as return from breaks and lunch on time. Please note that some classes may go over time by approximately 10-15 minutes.

Absence due to Illness

If you are unwell and too sick to attend on the day of your scheduled class then you must contact Bianca immediately to advise that you will not be attending.

If there is an emergency and you are unable to make contact every effort will be made to support you during this time.

Attendance

You must attend every scheduled unit in order to qualify to receive the International Certificate of Professional Kinesiology Practice. The class contact hours form part of your assessment and therefore contribute to receiving competency.

If you cannot attend a scheduled unit and there is no other class being held on the same unit then you will be required to attend a 1:1 tutorial for that unit.

Tutorials are approximately 3-4 hours long and cost between \$350 - \$450 and are compulsory to attend.

Assessment of Competency - Practical, Written and online tests

a. **Practical** - this is determined by your performance in class and student clinics

b. **Practical assessment** - This is facilitated at the end of the course and is performed with other students in your class for 1 hour

c. **Written** - you will receive a SAJ - Student Assessment Journal for every unit. The journals are like research journals where you are able to record your practice findings and need to be completed and handed in for marking. They are marked either competent or not competent. The SAJ is returned to you to keep after it's marked.

d. **ICPKP Online tests** - Once your SAJ has been marked and returned to you it will be put up into your academic record on the ICPKP website which will then enable you to complete the 10 multiple choice test for that unit.

Class Participation

All students are required to take part in classroom activities that often deal with private and personal issues. This requires all students to behave in a non judgmental manner with other students and 100% confidentiality is paramount in creating a safe and supportive classroom. Students must be willing to work with others regardless of gender, sexual orientation, religious beliefs and lifestyle choices.

Course Fees and Payment

The full course fee is \$7,888.

There are two methods of payment:

1. **Pay the full course fee in full.** This would require a 50% payment of \$3,944.00 to be paid upon enrolment with the 50% balance of \$3,944.00 paid one month later.

2. **Pay the course in instalments.** This would require a \$888 deposit to be paid upon enrolment with 10 monthly instalments of \$700.00 payable by the 1st of each month.

Payments can be made by either:

1. Via the website www.biancajewell.com through Acuity

2. By special arrangement with Bianca due to personal circumstances which would require a discussion and a contracted agreement put in place. eg. Wanting to pay cash or PayPal.

Frequently Asked Questions

Will I be a qualified Kinesiology Practitioner upon completion of this course?

After successfully completing the 12 month course you will receive the International Certificate of Professional Kinesiology Practice and you will be qualified as a certified PKP kinesiology practitioner as part of the international college.

There is a choice of two professional Kinesiology associations in Australia that you can become members with, they each have differing requirements and levels of membership.

How is this course delivered and when are the classes?

All units are taught face to face with the capability to move studies partially online if needed. There are some additional units that are required to be completed at home and these can be done at your own pace.

All class notes, assessment journals and extra resources are provided online via the ICPKP app which has been specifically designed for easy access and learning.

How am I assessed throughout this course?

Each unit contains a set of class notes and a SAJ (Student Assessment Journal) which needs to be completed.

There is a short online multiple-choice test after every unit which is open book and a practical assessment at the end of the course which you will facilitate on a fellow student.

What if I am unable to attend a face-to-face class?

We highly encourage students to attend all classes as the syllabus is a follow-on modality which means that you will continue working with the previous learned techniques as part of the next module.

We also understand that life events happen so you can either attend the alternative midweek or week end class to catch up, or a private tutorial would need to be arranged in order for you to catch up. Classes are not scheduled on public holidays, long weekends and school holidays to ensure that you are available to attend all units.

What resources do I need?

You will need an iPad as the course curriculum is delivered via the ICPKP app. We recommend purchasing a massage table so that you can practice on people, you will need this after the second unit.

Frequently Asked Questions

Are all Kinesiology training's the same?

No they are not.

Kinesiology has evolved and grown exponentially over the last 10 years with many new Kinesiology workshops now being offered.

PKP was established in the 1980's and uses a unique finger mode database system of priority healing. This system together with muscle testing allows the client's subconscious to communicate to the practitioner what is needed and required for healing.

Within the first 12 months of study you will learn approximately 50 finger mode techniques that encompass the energetic, emotional and structural bodies and also includes basic nutrition, food sensitivities, surrogation, reactivity and much more

How much time do I need to study outside of attending classes?

At least 10-15 hours of practice is required per month per unit but I encourage you to do as much practice as you can. Practicing the learned techniques creates familiarity and familiarity creates confidence.

Do you recognise prior learning in Kinesiology or other related modalities?

Yes. We will need to sit down during the enrolment process and discuss your qualifications and previous Kinesiology and/or complementary studies and what your level of knowledge and experience is.

I'm feeling nervous/anxious in regards to studying and returning to a learning environment, is this normal?

It's completely normal. I have taught thousands of students over the last 11 years across all ages and there aren't many students who have fond and happy memories of high school when it came to learning.

It is natural for these experiences to come back up to the surface when you are thinking of studying again. Studying Kinesiology encompasses a unique blend of learning covering all three learning styles where you are not required to remember anything off by heart and will always be able to refer to your notes and books.

Frequently Asked Questions

Do you offer further training and education after completing the first-year certificate?

Absolutely. The 12-month International Certificate of PKP is a fantastic foundation to enable you to begin working as a PKP Kinesiology practitioner. Ensuring that a strong and solid foundation is built is what Bianca is passionate about and then we can build on from there to develop further techniques and specialties.

Further studies that are offered include:

Diploma of Learning, Metaphysical, Holographic & Vibrational Energies

Diploma of Energy Psychology

Diploma of Musculoskeletal Rehabilitation & Reintegration

Diploma of Dietary and Nutritional Science

Bianca also offers a 6 month Shamanic Kinesiology Mentorship program that incorporates further advanced studies as well as mentoring. Bianca also offers a variety of short half day and one day workshops to build on your foundational studies. that are not offered elsewhere.

Why choose The School of Elemental Kinesiology and what are Bianca's qualifications?

The School of Elemental Kinesiology is a school born from over 16 years as an advanced and specialised practitioner, 12 years as a senior Kinesiology teacher as well as many years of personal self-development, trauma healing, attachment therapy and continuous learning and studying.

Bianca is a qualified Kinesiopractor® after completing the full 4-year PKP syllabus. She then became a PKP teacher in 2012 and has taught thousands of students the full 4 years of PKP Kinesiopractor® training.

Bianca is also a registered Clinic Supervisor and Mentor with the AKA (Aust. Kinesiology Association) and a registered Clinic Mentor with the AIK (Aust. Institute of Kinesiology).

Bianca is also a certified Trainer & Assessor which is a requirement to teach a registered Diploma or Advanced Diploma qualification.

Frequently Asked Questions

Bianca has also trained in TBM (Total Body Modification), Quantum Neurology, Advanced Glands & Hormones and is an initiated Shamanic Magician and Teacher with The White Dragon Lineage as part of Shamanic Energy Training after completing 6 years of full time study and Bianca still receives ongoing mentoring.

Can I call you and have a chat if I still have questions?

Absolutely, you can email me at info@biancajewell.com and I will organize a time to have a chat with you and answer any further questions that you may have.