

# Course Prospectus

2010 - 2011 COURSES



# Contents

Our College	3
What is Kinesiology	3
Professional Training	4
Our Lecturers	5
Certificate IV in Kinesiology	6
Diploma of Kinesiology	7
Diploma of Sports Kinesiology	8
Our Short Courses	10
Policies & Payments	13
Getting Started	14

The Australian College of Complementary Medicine is a Registered Training Organization (RTO 3891), accredited and regulated by the Victorian Qualifications Authority and the Australian National Training Authority.

With this accreditation you can feel confident that you are receiving quality training that meets and exceeds national standards.

The Certificate IV in Kinesiology (HLT42807), the Diploma of Kinesiology (HLT 51507) and the Diploma of Sports Kinesiology (21765 VIC) are fully accredited & registered with the Office of Training & Tertiary Education.

# Our College

## ABOUT ACCM

The Australian College of Complementary Medicine (ACCM) is one of Australia's most prestigious colleges in the area of Mind Body medicine and Natural Health. Since 1995 we have continued to grow and expand as leaders in our field, presenting world-class training and development of Kinesiology practitioners.

ACCM was the first college in the world, to establish a fully integrated Diploma of Kinesiology and is the only place in the world to offer the Diploma of Sports Kinesiology. We continue to set the benchmark by producing our fully government-accredited Kinesiology Diplomas, which have international recognition.

This process has launched Kinesiology into a new level of professionalism and needless to say we are very proud to be leading the way in Kinesiology training and practice.

Dedicated to being at the very forefront of Kinesiology and Mind Body Medicine, ACCM sources highly qualified lecturers who are experienced in their field.

Leading edge research in health, energy medicine, sports science and mind body science, is incorporated into all ACCM courses providing the most contemporary curriculum. With a firm grasp on industry trends and course content reflecting new knowledge combined with traditional wisdom, studying at ACCM means your future is in excellent hands.

## WHAT IS KINESIOLOGY?

Kinesiology is a dynamic modality incorporating leading edge science in the fields of energetic medicine, sports science, Traditional Chinese Medicine (TCM) and Complementary Medicine, encompassing both ancient wisdom from eastern traditions and modern knowledge from western science. Kinesiology blends these differing techniques in harmony, creating a potent therapy enabling transformational healing for mind and body.

Kinesiology uses gentle manual muscle monitoring to gain direct feedback from the body to identify underlying stress patterns and their causes. Using Accupoints, neurolymphatic & neurovascular reflexes, affirmations, exercise & energetic techniques to correct these imbalances, Kinesiology allows for positive change to take place on a conscious and energetic level. It is about empowering the client to move through the stressors preventing them from living a more positive fulfilled life.

## BENEFITS OF KINESIOLOGY

Kinesiology can relieve pain, stress, muscular & nervous disorders; improve recreational to elite sporting performances, detect allergies & nutritional deficiencies; assist with psychological & learning difficulties and stimulate energies releasing untapped potential.

# Our College

## PROFESSIONAL TRAINING & CLINICAL PRACTICE

Kinesiology is a practical modality and as such we ensure all of our students are trained in a professional clinic environment. We run supervised practical sessions, as well as an on-site professional training clinic so you gain the experience to work confidently with clients.

The majority of the hours in all our courses are based on campus. We believe that this contact time is imperative for our students to build up the level of confidence and competency needed to work as qualified kinesiologists in the public arena. For such a physical modality, our emphasis on quality contact hours within the college provides invaluable experience for your journey towards clinical practice.

With your kinesiology classes, around half your hours are theory and the other half practice. This means you are fully supported with your learning and have ample opportunity to be tutored by and to make contact with our experienced lecturers/assessors/supervisors.

## CAREER PATHS

Kinesiology is a fast growing area of Mind Body medicine that will provide you with a rich and rewarding career in natural health.

Graduates from ACCM go on to work in multi-disciplinary clinics, commonly with chiropractors, naturopaths, Traditional Chinese Medicine practitioners and massage therapists, establishing their own Kinesiology clinics; and/or establish their own clinical practice.

## OWN YOUR OWN BUSINESS

There is very little initial outlay in setting up your own business as a Kinesiology practitioner. On completion of your course, you will have most of what you need. There are few vocations where you can set up practice immediately after training.

# Our Lecturers

## KERRIE MCFARLANE

### *Principal & CEO*

Diploma of Health Science (Holistic Kinesiology)  
Diploma of Sports Kinesiology  
Advanced Diploma of Health Science (Holistic Kinesiology)  
Board member of the Australian Professional Practitioners Association



Kerrie graduated in Holistic Kinesiology with Academic excellence in 1995. She has been at the forefront in new developments and research within the Kinesiology field since graduating and was given an award for promoting Kinesiology

in the community from the Australian Kinesiology Association in 2000.

Kerrie is co-founder of Energetic Kinesiology which has units taught internationally and in many colleges within Australia. Kerrie has been in clinical practice for the past 15 years specializing in endocrine and immune disorders and recently with professional athletes to assist them with performance.

## JO HARRISON

### *Principle Lecturer*

Diploma in Kinesiology (Holistic Kinesiology)  
Bachelor of Education  
Diploma Health Science (Holistic Kinesiology)  
Diploma of Health Science (Holistic Counseling)  
Cert IV in Feng Shui Consultancy  
Cert IV in Small Business Management



Jo graduated with her Diploma of Health Sciences, Holistic Kinesiology in 1998 with an award for academic excellence for her year. She has been practising ever since then specialising in emotional

health and academic enhancement. She is the senior lecturer of Counseling and Communications within the Holistic Kinesiology Diploma and also teaches extensively within the kinesiology units. Jo has been the student counsellor since 2007 and is available for students to assist them with all aspects of their personal and academic life.

## CARL MONTGOMERY

### *Faculty head for Sports Kinesiology & Anatomy & Physiology*

Diploma of Health Science (Sports Kinesiology)  
Bachelor of Applied Science



Course developer and principal lecturer in Sports Kinesiology, Carl has a Bachelor of Applied Science, sports coaching and administration. He is also a fully accredited exercise physiologist, musculoskeletal specialist

and sports scientist. Carl's passion and enthusiasm for Kinesiology led him to co-develop the Diploma of Sports Kinesiology.

What Carl says of sports Kinesiology it's exciting when you re-empower people, that's what I really enjoy, your giving the power back to the person with the injury or aiding them to improve their recreational or sporting performances.

## KATHY CARMUCIANO

### *Head of Anatomy & Physiology*

Diploma in Kinesiology  
Diploma of Health Science (Holistic Kinesiology)  
Advanced Diploma of Health Science (Holistic Kinesiology)



Kathy graduated with academic excellence in Holistic Kinesiology in 1996 and she has been actively involved in teaching since 1997. Her background in nursing flows through with her today as she lectures in

Anatomy & Physiology and a variety of Kinesiology subjects.

Kathy also continues to teach post-grad nursing students through Latrobe and Austin health and has her own Kinesiology practice in Ivanhoe.

## OTHER LECTURERS

Paul Meldrum, Paul Kenny, Simone Harding, Danish Redman, Philip Williams, Sheana Kilmartin.

# Certificate IV of Kinesiology

HLT42807

**DURATION:** 1 Year full time

**CONTACT HOURS:** 623 normal hours

**PRE-REQUISITE:** None

*The Certificate IV in Kinesiology is a professional, nationally recognized course that comprises 14 units from the Health Training Package. The Certificate IV covers units of study in Kinesiology, Counselling & Communication, Practitioner Preparation, Anatomy & Physiology, First Aid, Business Studies, OH&S, Infection Control and First Aid.*

*The Certificate IV in Kinesiology provides the training & skills that are necessary to enable a student, upon completion, to commence work in the public arena as an ordinary Kinesiology Practitioner, once they are registered with an approved association.*

## UNIT OUTLINE

### Kinesiology Units

Kinesiology Foundations, The Acupressure System, Chinese 5 Element Theory, Flower Essences, Energetic Sciences & Vibrational Medicine, Structural & Emotional Balancing, Finger Modes & Pause Lock and Understanding How Emotions Change Physical Function.

### Counselling & Communications

Promoting good client relationships, understanding client feedback, establishing plans & priorities within a balance, client service, effective communication, confidentiality, client & practitioner boundaries, basic counseling, responding to challenging client behavior, recognizing & avoiding conflict of interest & following ethical guidelines.

### Anatomy & Physiology

Medical terminology, organization of the body, life processes, causes of disease, defense systems, common disorders, structure, physiology & function of the body, body systems.

### Practitioner Preparation

Identifying complementary health care & services, determining need for client referral, consulting with other practitioners and therapists, using modality specific language, practitioner hygiene, duty of care & legal re-sponsibilities, cultural differences & needs, working within OH&S guidelines and legislation, Infection control precautions and procedures.

**First Aid (Level 2 Certificate)** is included as part of the course.

### Business Studies

Business studies will offer an education in managing finances of a business, marketing strategies, human resource strategies, preparing a business plan, cash flow reports, budget setting, business risk, recording financial reports and profit & loss statements.

## Balance

*"This course provides a beautiful opportunity to learn about the energy systems of the body and I know that the skills that I am learning will allow me to bring life-enhancing 'balance' to my family, friends and beyond - that is so exhilarating! There's a lot to take on board but the teachers are very supportive and the course actually teaches us tools with which we can overcome learning blocks!!*

*Sally - Kinesiology Student*

# Diploma of Kinesiology

HLT51507

**DURATION:** 1 year full time

**CONTACT HOURS:** 815 normal hours

**PRE-REQUISITE:** Certificate IV in Kinesiology HLT42807

*The Diploma of Kinesiology is the next level of professional training & qualification in Kinesiology practice. Many health funds now require practitioners to have a Diploma of Kinesiology as a minimum qualification (for client health fund rebates).*

*This continued training ensures that graduates of the Diploma of Kinesiology can become professional, Level 2 accredited Kinesiology practitioners, with unique skills to practice on many varied levels.*

## Confidence

*"This course has given me strong foundations to strive confidently for my dreams. It is a challenging, yet wonderful experience that can enrich your life tenfold. I would encourage anyone of any age to consider this course, regardless of your background. Kinesiology blends with any area of your life and can provide you with a very rewarding career path to follow."*

*Margot - Diploma of Kinesiology Graduate*

## UNIT OUTLINE

### Kinesiology Units

TMJ & Cranial's, Pelvic Imbalances, centering & gaits, principles of human movement & biomechanics, advanced emotional & muscle balancing, Brain Function, Chakra 1&2, understanding energetic medicine & the body/mind connection, fascial trains, working with an aging population, life threatening illnesses & conditions.

### Nutrition

Nutrient deficiencies, nutritional balancing, designing dietary modifications, addressing dietary factors within cultural & religious boundaries & lifestyle factors. All nutrition is integrated with Kinesiology.

### Homeopathy

Understanding the development of homeopathy, homeopathic philosophies & principles, understanding the relationship between homeopathy & other therapies, diagnostic techniques and methods of treatment.

### Counselling & Communications

The impacts of life treating illness & disease, approaches to treatment & care, stages of death, physiological & cultural factors, practical & financial factors for care, timely intervention, conscious language, inner & outer silence, creating a therapeutic healing space, practitioner care and awareness, emotional impacts, processing ethical & moral dilemmas, maintaining client dignity, mainstream & complementary approaches to health.

### Research Skills

This unit is designed to aid development & understanding of traditional, alternative & scientific information, enable students to establish links with other health care professionals, identify research strategies & analyze research reporting.

### Professional Development

The Professional Development unit covers goal setting & targets for self development, peer feedback & reviews, Personal health & awareness, case presentations & literature reviews and reflection of own practice, values & beliefs.

### Business Studies

Business studies will offer an education in managing finances of a business, marketing strategies, human resource strategies, preparing a business plan, cash flow reports, budget setting, business risk, recording financial reports and profit & loss statements.

### Professional Clinic Practice

You will learn how to maintain appropriate documentation, ethical work practice, & pharmacological processes, planning client health services & recognition of findings on available tests, observations & physical assessments.

# Diploma of Sports Kinesiology

21765VIC

**DURATION:** 2 Years full time

**CONTACT HOURS:** 1160 normal hours

**PRE-REQUISITE:** None

*In Western thinking we believe we have gone as far as we can with rehabilitation, sports performance and general health, and wellbeing. Yet when we look at Eastern philosophy, we see an enormous wealth of further knowledge in these areas. When we take the best of both worlds and combine them to create a technique or modality to go beyond what we thought we could achieve, Sports Kinesiology is that modality.*

## INTRODUCTION

Sports Kinesiology takes the most modern ideas, techniques and systems from exercise science, sports medicine, osteopathy, chiropractic, massage, physiotherapy, rehabilitation, sports science, counselling, sports psychology, high performance exercise and training. It combines them with the best and most widely proven techniques, systems and information from Traditional Chinese Medicine such as acupuncture, Kinesiology and muscle monitoring, energy medicine and nutritional science. The result is a series of extremely effective systems that have each in their own right stood the test of time and achieve excellent results. This is true Mind Body medicine

- Your training will equip you to work with an individual on a level previously not attainable, some of these areas are:
- Specifically identify each person's body mechanics and metabolism type
- Identify specific dietary, exercise, training and recovery needs
- Enhance recovery from a work place or sporting injury or training
- Optimise and improve performance and reduce injury risk

## KINESIOLOGY UNITS

Muscle balancing techniques & corrections, energetic corrections & postural alignments, chakra system, acupuncture system, and vibrational healing systems, kinesiology Foundations, 5-element theory, advances structure, Chakara 1+2, Acupressure + TCM, Flower Essences.

### Nutritional Kinesiology

Nutrient deficiencies, nutritional balancing, designing dietary modifications, addressing dietary factors within cultural & religious boundaries & lifestyle factors.

### Fascial trains

The fascial trains system so us how the body is connected on an entirely different level through the myofascia, this system looks at the methods used to navigate this fascial web super highway around the body. This integrates and consolidates much of the knowledge and techniques learnt to date.

## SPORTS SCIENCE UNITS

### Corrective exercise

This identifies the exercises to correct overall and specific imbalances that underlie the symptoms to correct them and also to prevent injuries in the first place

### Postural mechanics,

Posture is the basis of all movement, the more posture deviates from the norm, the greater the risk of injury and the greater the reduction in performance.

### Pelvic imbalances

Mechanically the pelvis is the centre of our skeletal system, when an imbalance or dysfunction occurs here then it ripple throughout the entire body and nothing is left unaffected. Here we look at identifying the dysfunctions and correcting them using a variety of techniques

### Water running

This teaches techniques that use water based training systems to improve fitness and health, recover from impact and excessive tension injuries and well as improve athletic performance.

### Weight training

In this unit we learn about common weight training techniques and methods, the correct way to use them and the limitations of weight training in modern exercise programs

### Stretching & flexibility

Understanding the science behind flexibility and stretching is vital to get the most from this science, here we not only cover the technical information but also the practical application of the stretches and techniques learnt.

### Core stability

All movement emanates from the core musculature, this is why pelvic imbalance and core function are so vital. Here we learn to orthopedically assess, train and treat core dysfunction

### Basic orthopedic testing

A fundamental understanding of the mechanics of the skeletal system is required to get greater depth of understanding of the client's dysfunction

### Motor learning

Here we explore the underlying neurology of how we learn movement, this understanding enhances learning difficulties, poor skill execution and how to fast track the learning experience so as the learner can master the required skills faster and more effectively

## OTHER UNITS OF STUDY COVERED:

Applied Sports Counselling

Drugs in Sport

Anatomy & Physiology

Business Studies

Student Clinic Program

Supervised Practicals

Research Techniques

## Short Courses

ACCM provides a range of short courses and units both in Kinesiology & Sports Kinesiology.

### SPORTS KINESIOLOGY 1 (SK1)

If you are looking to explore the world of mind body medicine then this is the place to be. SK1 explores the use of muscle testing and its related techniques of mind body medicine to make incredible changes to physical structure through the use of the fascial trains system. You will learn about some simple and easy to use orthopedic assessments, plus other physical assessments

**Time:** 9:00am - 6:00pm

**Dates:** 24/25 July, 7/8 August, 16/17 & 30/31 October

**Cost:** \$660

### SPORTS KINESIOLOGY 2 (SK2)

This is the next instalment in the trilogy, this time we explore another series of the fascial trains to get even more effect on the physical body using muscle testing and kinesiology. It includes the functional lines and the arm lines of the body, these have a great effect on how we operate and function.

**Prerequisites:** SK1

**Time:** 9:00am - 6:00pm

**Date:** TBA

**Cost:** \$660

### SPORTS KINESIOLOGY 3 (SK3)

This is the final Sports Kinesiology short course, in this course we explore the deepest of the fascial lines and how it connects the entire body. We also look at how all of this fits together from not only the anatomical functional perspective but also from the Traditional Chinese Medicine (TCM) perspective of the 5 element wheel. It encompasses one of the most dynamic methods to have a positive effect upon the physical, mental and emotional state of the individual. If you are looking to have more rapid, effective results then this is where you need to be.

**Prerequisites:** SK1 & SK2

**Time:** 9:00am - 6:00pm

**Date:** TBA

**Cost:** \$660

Whether you are looking to see what Kinesiology is all about, or a practising Health Professional wishing to add some extra skills and experience to your existing practice; the Australian College of Complementary Medicine has a Short Course designed to suit your needs.

Short courses give you the opportunity to get a taste for Kinesiology, and to learn new skills to set you on the path towards becoming a practitioner of mind body medicine.

All prices include GST.

### SPORTS KIN FOR PERSONAL TRAINERS

Are you a personal trainer or other health care /fitness professional that would like to learn a little more about mind body medicine? If so then this introduction seminar is just what you are looking for.

Over the five hours of this course you will learn how to correctly and accurately assess core muscle function as well as how muscle testing can give you and your client insight as to why they are having issues with their core function. You will also learn how to improve function faster than you thought possible due to the mind body connection. This is an exciting step into the deeper world of the medicine of the future. Come and join us for an incredible view into the future of training, health fitness and medicine.

**Duration:** 5 hours

**Time:** 6:30pm - 9:00pm

**Date:** TBA

**Cost:** \$70

### INTRODUCTION INTO SPORTS KINESIOLOGY

Do you want to learn more about the integration of mind body medicine and fitness and health? If so then this is a great place to start with a scientific view of sports kinesiology and how it works in conjunction with any other health modality. Here you will learn about how kinesiology works to benefit your clients and yourself to get better results from this cutting edge series of techniques. You will learn some very effective orthopedic assessments, soft tissue assessments and of course how to use them with muscle testing to get those results you wanted faster than you first thought.

Come and join us for this five hour workshop and invest in your knowledge.

**Time:** 6:30pm - 9:00pm

**Date:** TBA

**Cost:** \$70

## BODY PSYCHOLOGY

Do you want to know what is behind that constant pain, injury or issue in your body or someone else's? This course will reveal the psychological state behind many physical symptoms that will assist with the healing of the condition. You will receive insight into the mind body connection by learning about the meridian/acupuncture link to specific muscles and body parts.

**Duration:** 2 days  
**Time:** 9:30am - 5:00pm  
**Date:** 14 August  
**Cost:** \$200 (\$170 Concession)

## DEVELOPING YOUR INTUITION

This is an introduction into the world of intuition, covering what it is and how it works. Find out how to develop and use your greatest tool, your intuition, to guide you to where you can be at your greatest. These are simple tools to empower you to move you to the deepest most profound point. Come along and learn to tap into your deeper self and find the answers that only you can provide.

**Time:** 9:00am - 5:30pm  
**Dates:** 18 September, 13 November  
**Cost:** 110 (\$80 Concession)

## UNDERSTANDING ASTROLOGY

Is astrology of great interest to you? Would you like to learn more about this ancient science, if so this is where you need to be.

This one-day course outlines the basic principles of Astrology. Students will learn how to read and interpret their own natal chart.

So if you would like to explore this then come and join us for an eye opening fascinating journey into astrology. There are no pre-requisites for this day.

**Duration:** 1 Day  
**Time:** 9:30am - 5:30pm  
**Date:** TBA  
**Cost:** \$110 (\$80 Concession)

## ASTROLOGICAL KINESIOLOGY

Astrological Kinesiology is a four day intensive workshop that teaches the art of natal chart interpretation and how to understand how this has an effect upon our physical, emotional and spiritual well-being. By combining both kinesiology and astrology we are able to assist the body in changing the way it responds to these planetary influences. *Please note that you will need an astrological chart to bring with you. If you do not have one then please let Kerrie know so one can be arranged for you.*

**Prerequisites:** A basic understanding of kinesiology (Touch for Health, Energetic Kinesiology for Prof, Kinesiology Foundations or equivalent)  
**Duration:** 4 Days  
**Time:** 9:30am - 5:30pm  
**Date:** TBA  
**Cost:** \$660

## ASTROLOGICAL KINESIOLOGY - ADVANCED

The Astrological Kinesiology Advanced course covers a range of exciting ways to work with Astrology and Kinesiology. Students will learn how to work with transits which gives phenomenal insight into physical and emotional conditions by enabling the comparison of the natal chart with the current transit chart. There is also a new and exciting technique to work with the mapping of the chakra's onto these charts and then to balance the body to this pattern via the chakra system.

Medical astrology plays a huge part in this course with specific physical disorders which correspond to the various planets in aspects, and of course to the different astrological signs themselves. This truly gives students a comprehensive method of determining the reason behind many common disease patterns.

Also covered in this course is the method involved in chart comparison, which gives insights into how certain people impact our lives in the way that they do. Chart comparison is a tremendous tool to work with in all relationships, whether they be romantic, family or business oriented.

If you enjoyed the first Astrological Kinesiology then you will truly be impressed with how much deeper the work can go with this advanced course.

**Duration:** 4 Days  
**Date:** TBA  
**Cost:** \$660

## EKP (FOR PROFESSIONALS)

This is the place to begin your journey into the astounding world of kinesiology. Within this course you will learn about correctly and accurately using muscle tests as well as an introduction into traditional Chinese medicine, you will also learn how to help restore balance to those around you for many of life's stressors and complications.

**Duration:** 4 Days  
**Time:** 9:30am - 6:00pm  
**Dates:** 4/5 & 10/11 September  
**Cost:** \$660

## FLOWER ESSENCES

Do you have an interest in the art of flower essences? Would you like to learn how and why they are so powerful at aiding change in a person's life? If this interests you then you should be here at this course. Learn how flower essences are made and how to work with them to assist with emotional well-being. This will empower you to help yourself and other around you to move these emotional blockages that are inhibiting the ability to move forward and to create an incredible life.

**Duration:** 2 days  
**Time:** 9:30am - 5:30pm  
**Dates:** 25/26 September, 13/14 November  
**Cost:** \$220 (\$160 Concession)

## FUNCTIONAL APPLIED STRETCHING

This weekend course will give you the insights into the science behind stretching, the myths are debunked and the secrets of stretching are revealed. Not all stretching is equal, which will work in what situation? Not all stretches are beneficial to all people. Learn to identify through correct assessment what individual limitations for certain stretches are.

**Duration:** 2 days  
**Time:** 9:00am - 5:30pm  
**Dates:** TBA  
**Cost:** \$220 (\$160 Concession)

## FUNCTIONAL PARTNER STRETCHING

This weekend will introduce you to the world of partner based stretching, this is a topic not covered often these days. What are the safest and most effective partner based stretches you can do and have done for you? You will look at the science behind the different types of stretching and learn some great simple techniques to enhance your flexibility. A great fun weekend to do together.

**Duration:** 2 days  
**Time:** 9:00am - 5:30pm  
**Dates:** TBA  
**Cost:** \$220 (\$160 Concession)

## UNDERSTANDING AND APPLYING ADVANCED EXERCISE PROGRAMMING

Ever wondered about the secrets to real advanced exercise programming? This is a proven scientific approach to designing exercise programs for people from all walks of life, from rehabilitation to elite high performance. Carl Montgomery has nearly 20 years of elite performance training including multiple national level sporting clubs, international and Olympic athletes and several Olympic teams. Come and learn to analyse and develop a truly individual based program for your clients needs.

**Duration:** 4 Days  
**Time:** 9:00am - 5:00pm  
**Date:** TBA  
**Cost:** \$660

## UNDERSTANDING CHAKRAS

Learn the history, science and philosophy behind the Chakra system and how they affect our physical bodies via the endocrine (hormone) system. This is a fantastic day for anybody who is curious about Chakras.

**Duration:** 1 Day  
**Time:** 9:30am - 5:30pm  
**Date:** TBA  
**Cost:** \$120 (\$80 Concession)

## FAT LOSS FOR WOMEN

Why do so many women have problems controlling and losing body fat? Simple there is inadequate information from a scientific perspective to stimulating the individual requirements for women to metabolise body fat. Most training methods are designed and programmed for males. Men and women are vastly different. This course will enlighten you to find out how to get your individual metabolism revved up to burn that fat and keep it off. This is not a one-size fits all program. Each participant will learn how to identify their individual foods, exercises and requirements to empower themselves to make the change as well as remove the emotional blocks that have sabotaged their efforts before.

**Duration:** 2 Days  
**Time:** 9:30am - 5:30pm  
**Dates:** 21/22 August, 9/10 October  
**Cost:** \$220 (\$160 Concession)

## STAYING RELAXED WHILE EXERCISING

This simple course will teach you why many people have an aversion to exercise and intense exercise and how to get better results without the pain and stress. Did you realise that many people don't get to their goals of health, body weight and sporting performance because their training is in the way. Did you know that you can exercise without the stress yet achieve your goals easier and faster with ancient methods that will shock you as to how simple they really are. Once relaxed during exercise this will carry over into your daily life and improve your quality of life, health and performance.

**Duration:** 1 Day  
**Time:** 9:30am - 5:00pm  
**Date:** TBA  
**Cost:** \$120 (\$80 Concession)

## APPLYING CORE STABILITY

There are so many course out there on core stability so why another one? Simple this debunks many of the myths and misunderstanding of what it is and how it works. You will gain the knowledge of how to apply this information rapidly and effectively and to use it with superior, more integrated exercise movement patterns from a neurological perspective. This will rapidly increase the speed and effectiveness of results for you, and/or your clients. This is a neurological based approach to designing applied integrated core stability programs into integrated exercise and movement programs.

**Duration:** 2 days  
**Time:** 9:30am - 5:30pm  
**Date:** TBA  
**Cost:** \$160 (\$120 Concession)

# Policies & Payments

## GOVERNMENT ASSISTANCE

The Australian Government can provide financial assistance for the Diploma course through: Youth Allowance, Austudy/Abstudy & the pensioner Education Supplement.

These allowances will vary according to individual circumstances. Please contact Centrelink by phone on 132 490 or visit [www.centrelink.gov.au](http://www.centrelink.gov.au)

## DEFERRED STUDENT LOANS

Full Time Certificate IV & Diploma students can apply for a Tertiary Student Package (TSP) loan from the National Australia Bank. The loan is available for full time students over the age of 18 and allows students to borrow from \$500 to \$20,000 to cover the cost of their course fees.

You must be an Australian citizen and other lending criterion apply. For further details please visit [www.nab.com.au](http://www.nab.com.au) or contact 13 22 65. Please apply to the bank at least one month prior to course commencement as ACCM cannot hold your place pending loan approval.

## CHANGE TO ENROLEMENT/ REFUND POLICY

All registration fees are non refundable & non transferable. If you wish to defer or withdraw from the course you have commenced study in or you wish to change the course you are enrolled in you must notify Student Administration in writing as soon as possible. Full course fees apply up to the date the College receives written notification of any deferral or withdrawal. Where you are withdrawing or deferring from the course, you remain liable for payment of 10% of the total contracted fees, payable on withdrawal or deferral, unless otherwise agreed in writing by the College. Any fees paid in advance may be refunded less an amount of 10% of your total contracted fees, unless otherwise agreed in writing by the College.

Where you are deferring your studies, any changes in fees between the time of deferral and the resumption of your studies will apply to you at the time you resume your studies. An administration fee of \$100 will also apply at the time you resume your studies.

We will issue refunds on fees paid in advance in certain circumstances, including when:

- the College has cancelled a course;
- a student gives us written notice prior to commencement of course;
- a review of an RCC/RPL/RIL/MR application indicates that a student does not have to undertake part of the course (application is made prior to commencement of the course); and
- a student is unable to attend due to extended hospitalisation/illness, and/or pregnancy/ childbirth and provides the college with an appropriate medical certificate.

# Getting Started

## STEP ONE

Contact ACCM via our website & register your interest online, or call the college directly on (03) 9349 5488 our friendly course advisors will be able to inform you of your course & study options. You may also like to attend one of our Training days to learn more about Kinesiology & our college before progressing into a course.

## STEP TWO

ACCM's staff will work with you to establish your study goals, assisting you to make the enrolment process easy. They will chat with you further about your study options, administration, college procedures & policies and enrolment requirements. The course advisor can recommend study pathways and guide you through the process of commencing study in Kinesiology. Please note that not all students are required to attend an interview.

## STEP THREE

Once you have decided which course you would like to enrol in and have discussed your study pathways with a course advisor, it's time to enrol. To secure your place in a course a non-refundable registration fee is payable and an enrolment form completed & returned to ACCM.

## STEP FOUR

Congratulations, you are now a student at ACCM. Once your enrolment form & registration fee have been received your enrolment will be processed with Student Administration. You will receive an enrolment confirmation, student contract, payment advice, book list & class schedule of your chosen course in the mail. Fill out all forms and return back to ACCM so that it can be processed. Your next step is to make an appointment with Student Administration. This is where you will return your paperwork to us and provide passport photos for a student ID card