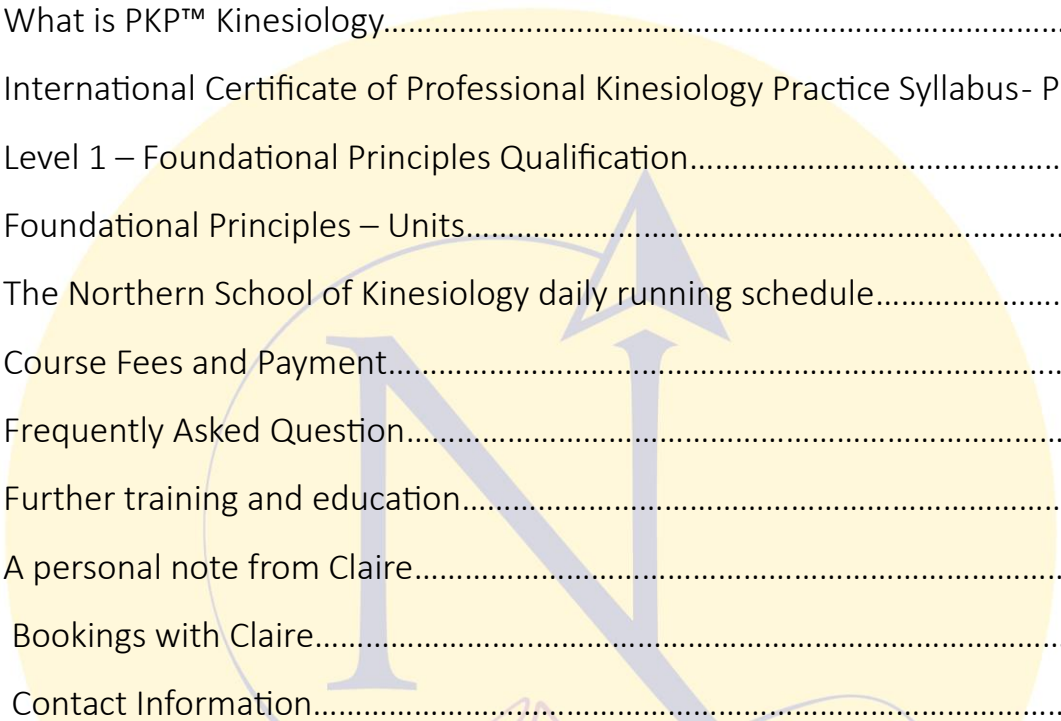




Table of Contents



1. Welcome to The Northern School of Kinesiology.....	pg3
2. What is PKP™ Kinesiology.....	pg4
3. International Certificate of Professional Kinesiology Practice Syllabus- PKP™ Level 1 – Foundational Principles Qualification.....	pg5
4. Foundational Principles – Units.....	pg6
5. The Northern School of Kinesiology daily running schedule.....	pg10
6. Course Fees and Payment.....	pg12
7. Frequently Asked Question.....	pg13
8. Further training and education.....	pg15
9. A personal note from Claire.....	pg16
10. Bookings with Claire.....	pg16
11. Contact Information.....	pg16

The NORTHERN SCHOOL of Kinesiology

FIND YOUR TRUE NORTH

The Northern School of Kinesiology (NSK) is located in Sunbury, Victoria and was born out of love, dedication and passion for this modality to be shared and delivered from the North/ Northwestern suburbs of Melbourne to the globe. The NSK offers a variety of courses from entry level to bespoke units, all the way through to the full 4 year Kinesiopractic[®] Certification.

With Claire Vannuccini leading the way as Head instructor and Principle, her passion for teaching shines and is evident in her ability to articulate, simplify and deliver information regarding the “magic” of this modality. The NSK aims to provide a unique, fun and vibrant institute that delivers a dynamic, comprehensive education and training in PKP[™] (Professional Kinesiology Practice).

About *Claire*

In my 14 years of Kinesiology experience, I’ve been immersed in teaching PKP[™] Kinesiology syllabus for nearly a decade. During this time, I’ve had the privileged and profound honour of witnessing lives transform and being part of peoples personal and professional healing journeys.

Driven by my passion, I am bringing a long-held dream into fruition – launching *The Northern School of Kinesiology*. This is not just a school, it’s a vision and a place to nurture exceptional Kinesiology practitioners who foster compassion, confidence and high accreditation standards. The journey is not just about leadership and skills, it’s about creating a profound impact and leaving behind a heartfelt legacy of success.

My role is to help you achieve excellence both professionally and personally. This program is twofold – the personal growth component and the student component. The benefits you will gain from the course depend on what you put into it.

While both teaching and mentoring students I also run a successful Kinesiology clinic, [Kineffects](#). Over the past 12 years it has grown significantly working with thousands of clients, many of whom are still dear clients today.



Claire Vannuccini

What is PKP™ Kinesiology?

PKP™ is the most holistic of the Complimentary Therapies

PKP™ is about expecting miracles.

PKP™ is the creation of founders and authors Dr Dewe MD and his wife, Joan Dewe MA and has been successfully cemented within the international Kinesiology community for almost 40 years. It is undoubtedly the most comprehensive and all-encompassing form of Kinesiology available anywhere in the world today. Although rooted in the science of energy, it is highly structured and easy to learn and therefore requires no prerequisites.

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*. In other words, Kinesiology is about understanding muscles and movement to assess and talk to the body and activate self-healing. When you choose to study PKP™ (Professional Kinesiology Practice) you will learn this and much MORE! [What is PKP?- ICPKP](#)

You will learn to detect stress and energy imbalances in the body via the 5 elements Chinese meridian system and correct them by activating the body's innate healing using a wide range of tools including, manual correction points, acupressure points, specific Kinesiology techniques, essential oils, flower essences, gem essences, homeopathics as well as an all-encompassing PKP® finger mode data base system of healing.

- PKP™ Kinesiology is the only kinesiology system that has a peer reviewed study published in a scientific and medical journal. (*Eardley S, Brien S, Little P, Prescott P, Lewith G: Professional Kinesiology Practice (PKP™) for chronic low back pain: single blind, randomised controlled pilot study. Forsch*) [summary of the trial](#) or [download the article](#).

It is a true honour to be an affiliate school of ICPKP (International College of Professional Kinesiology Practice) as I believe this modality is the answer to what is missing in the field of health. In over 14 years, I have seen PKP™ fill the gaps that many modalities miss while being incredibly complementary to all.

International Certificate of Professional Kinesiology Practice

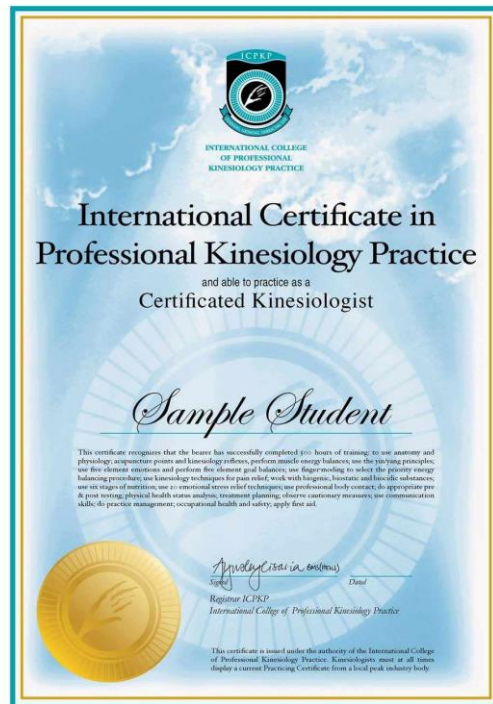
Syllabus

PKP™ Level 1 – Foundational Principles Qualification – International Certificate in Professional Kinesiology Practice

Within a few months, you can gain fundamental skills that will assist you and others, as you work on your 12 months International Diploma. From there you can earn while you learn on your journey to becoming an Internationally qualified and highly skilled Kinesiopractor®.

To graduate and become a qualified and registered PKP™ practitioner you will need to complete:

- ∞ 11 Kinesiology modules in class
- ∞ 1 Anatomy & Physiology home study unit
- ∞ 1 RBT unit delivered online
- ∞ Attend 50 hours of student clinic which will be rostered throughout the year.
- ∞ You will be required to externally 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's completely natural for your own 'stuff' to come to the surface to be cleared. The 5 sessions will assist you to push past your perceived blocks and support your journey to becoming a successful, balanced practitioner.
- ∞ Pass a combination of assessment competencies including practical, written and online assessments.



Foundational Principles - 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 power of meridians. You will also learn how to use cross crawl to improve brain-integration and walking gait reflexes and vision/hearing techniques to increase energy.

In addition to this you will learn simple emotional stress release technique and emotional trigger words. By the end of this unit, you will be using whole body testing to enjoy the energising power of a specific goal combined with performing a Kinesiology 'time of day' balance for self-care. 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 learn how-to whole-body test to find emotions that relate to each meridian.

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

Students completing this unit will be able to use muscle testing accurately to 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 also be introduced to the bones of the skeleton and learn basic anatomical terminology.

BKP 103- The Law of 5 Elements

You'll begin to develop an understanding of the basic 5-Element principles for balancing the body's energy. Those completing this unit will be able to demonstrate skill; apply sound, colour, food, emotional and vertebral balancing techniques; utilise circuit locating and apply the 5-Element principle to perform an eight-muscle energy balance.

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 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.

Foundation Principles - Units

BKP 105- The Law of 5 Elements in Depth

This unit extends the understanding and skill in using the 5-Element principles and emotions for balancing energy. Students will learn how to understand and use alarm points, Luo points and acupressure holding points to extend and strengthen systems including meridians and muscles. 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.

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 by applying the PKP database concept and perform a 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 understand and implement pre- and post-evaluation of pain. You will learn when to refer on cases and how to assess the level of pain and restriction of movement so your client observes improvement. You will be able to help reduce pain using ESR and work through postures involved in painful accidents.

You will become proficient at utilising 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 ie. 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 following:

- Chain of life, the six stages of nutrition, food combining, the concept of biogenic, biostatic and biocidal substances.
- How to construct a diet using 5-Element, food family and food rotation principles.
- Developing skills in using C1 and ear acu-point sensitivity tests.

You will gain an understanding of how food produces energy and 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 and overall 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.

In this unit you will also learn:

- How to develop skills in observing and identify posture imbalances.
- How to extend techniques in balancing energy in muscles.
- Demonstrate muscle facilitation and inhibition.
- Identify and correct muscle and meridian reactivity, apply muscle stretch response, sustained muscle use and hidden muscle failure.
- Circuit retaining mode
- Specific circuit and contralateral spindle techniques to improve posture and function.

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

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. They will learn to function in an ethical manner, respect the rights of clients and how to liaise with other health practitioners in a professional, apply client history to establish desired outcomes, maintain client rapport, facilitate client towards self-responsibility model, keep clinical records and 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'll be equipped to confidently prepare, establish, maintain, and cease body contact in a clinical setting and demonstrate the draping of clients in a manner that allows them to feel warm, safe and taken care of.

Foundation Principles - Units

EMS 201- Mastery of Emotional Stress Release

This is a fun and challenging workshop, but once properly applied will indeed be the pathway to Mastery of Emotional Stress Release. It's not only rewarding to learn as a student, it's a game changer for all personal and professional relationships as you learn to better understand and express your emotions so you can assist others to do the same. After completing this unit, you will have 20 additional skills that will help your client navigate their way emotionally through difficult times so they can release the stress held within.

A&P1 - Anatomy and Physiology

You will be able to describe in simple anatomical terms the respiratory, integumentary, urinary, cardiovascular, digestive, reproductive and nervous systems with special reference to the brain and special senses.

You'll also learn to:

- Describe the human skeleton and types of joints
- Explain muscle structure
- Describe the origin and insertion of muscles
- Learn the action of major muscles of the body.

The content includes references to useful YouTube videos and other websites with great 3D modelling.

NSK MM - Unique In-house Monthly Mentoring

After almost a decade of teaching and listening to the needs of previous students, Claire will be offering monthly online group mentoring sessions which will be available to NSK students only and tailored to their level of training. This is elective and will be delivered for a very low additional cost of \$88 per month (usually \$200 per session).

The Northern School of Kinesiology

Daily running schedule

Location

Located at a private healing and yoga space on Barkly Street Sunbury, The Northern School of Kinesiology is easily accessible by public transport and has plenty of off-street parking.

Contact Details

Please contact Claire Vannuccini with any queries at Claire@northernschool.com.au.
Or simply phone 0412 375 684

Weekend Classes – One full weekend per month 9.00am- 5.00pm

Weekday (Wednesday) classes – Two Wednesdays per month 9.30am- 5.30pm

Class Hours

There are two scheduled short breaks one in the morning and one in the afternoon and a 1-hour lunch break.

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.

Expected Behaviour

It is expected that students are polite, respectful and courteous to all other students and teachers and behave in a way that they 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 on time. Please note that some classes may go over time by 10-15 minutes.

Absence due to Illness

If you are unwell and too sick to attend on the day of your scheduled class, you must contact Claire 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

To receive your International Certification in Professional Kinesiology Practice, you must attend every scheduled unit. The class contact hours form part of your assessment and therefore contribute to you receiving competency. If you cannot attend a scheduled unit and there is no other class being held on the same unit, you will be required to attend a 1:1 tutorial for that unit. Tutorials are compulsory to attend and are approximately 3-4 hours long and cost between \$350-\$450.

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 where you record your practice findings and once completed, will need to be handed in for marking. They are marked either competent or not competent...Easy! 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 added to your academic record on the ICPKP website and you will be required to complete a short multiple choice quiz 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 commitment from all students to behave in a non-judgmental manner towards each other. 100% confidentiality is also required and is paramount to creating a safe and supportive classroom environment for all students to flourish. Students must be willing to work with others regardless of gender, sexual orientation, religious beliefs and lifestyle choices etc.

Why choose The Northern School of Kinesiology?

The Northern School of Kinesiology was born out of love and passion for the magic of what is PKP™ Kinesiology. Claire began her journey back 2010 growing from student to advanced specialised practitioner and has been a Senior teacher for 9 years. She believes in continuous growth and self-development and loves nothing more than inspiring others to grow, shine and be their best.

Course Fees and Payment

Full course fee = **\$7788 (inc GST)**

Receive a 5% discount when paid in full

Total fee = \$7,399 (inc GST)

There are three methods of payment:

1. Pay in full = **\$7,399**
2. Pay in 2 instalments = **\$7,788**. Payment of \$5,452 to be paid upon enrolment with the remainder \$2,336 paid three months later.
3. Pay monthly instalments = **\$7,988**. (inc monthly admin processing fee)
Deposit of \$788 to be paid upon enrolment with 10 monthly instalments of \$720 to be paid on the 1st of each month.
Instalments will commence on the month of your first class.

Special payment arrangements

Due to personal circumstances, special arrangements can be made with Claire and will require a discussion and contract agreement to be put in place. This can be arranged and will be assessed on a case-by-case basis for e.g. paying part cash or different amounts at different times.

Frequently Asked Question

What are Claire's qualifications?

- Claire is a qualified Kinesiopractor® after completing the full 4-year PKP™ syllabus (one of -150 worldwide practitioners – who have this qualification)
- ICPKP Accredited Senior Faculty
- Registered Clinic Mentor with the AIK (Aust. Institute of Kinesiology)
- Certified Trainer & Assessor which is a requirement to teach a registered Diploma or Advanced Diploma qualification
- TBM (Total Body Modification) Modules 1-3
- Quantum Neurology
- Advanced Glands & Hormones

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 (ICPKP).

There are two association that specifically dedicated to professional Kinesiology in Australia:

- Australian Institute of Kinesiology (AIK)
- Australian Kinesiology Association (AKA)

You can become a member of either, both have different levels of membership and requirements.

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

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. Through repetition you build 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 as well as your knowledge and experience.

Frequently Asked Question

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. This means that you will continue working with the previous learned techniques as part of the next module. We understand that life events happen so you can either attend the alternative midweek or weekend class to catch up or, arrange a private tutorial. 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 to bring a pen, paper, highlighters and if you like to learn via digital means an iPad, as the course curriculum can be delivered via the ICPKP app. If you prefer not to learn via a device, I can provide you with printed and bound course material for each class. Upon completing your second unit we recommend purchasing a massage table so that you can practice on people in your own home.

I'm feeling nervous/anxious regarding study and returning to a learning environment, is this normal?

It's completely normal. After 9 years of teaching hundreds of students from variety of ages I have come to understand that everyone responds differently in learning environments. It is perfectly natural for past experiences and behaviours to surface when you are thinking of studying again. When facilitating the delivery of your training I love nothing more than to educate you via stories of experience and combine that with a variety of learning styles. You are not required to remember anything off the top of your head and you will always be able to refer to your notes, books, wall charts and ask plenty of 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.

Frequently Asked Question

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

We sure do! The 12-month International Certificate of PKP™ is a fantastic foundation to begin working as a Kinesiology practitioner but, here at NSK we can develop you further to be skilled, confident, caring and highly accredited practitioners. Once you're confident in foundations, Claire will be delighted and very excited to teach you advanced techniques and skills.

As this is an exciting community-based school, we will be offering a variety of short half day and one day workshops to build on your foundational studies. These will be promoted separately throughout the year. We will also have guest speakers and additional workshops that are designed to complement your training and extend your knowledge in specific areas of the course.

Can I do further studies and advanced levels with you? YOU SURE CAN!

- [Diploma of Musculoskeletal Rehabilitation & Reintegration](#)
[Diploma of Learning, Metaphysical, Holographic & Vibrational Energies](#)
[Diploma of Dietary and Nutritional Science](#)
[Diploma of Energy Psychology](#)



What to expect and be aware of

This course takes a holistic approach when it comes to issues that prevent us from expressing our true selves, so you'll be stretched personally throughout your journey as you work through your own issues to remove personal blocks, stresses and limitations. Doing so, will assist you to be the best practitioner you can be as you learn via compassion and understanding for yourself and others. When you learn to better yourself, you will learn to better understand others. This journey is incredibly freeing and dare I say life changing.

The NORTHERN SCHOOL of Kinesiology

FIND YOUR TRUE NORTH

A personal note from Claire:

People are needing more support and guidance than ever before, combined with the reminder that they have the power to heal themselves. It is the Kinesiologists job to facilitate this journey whilst supporting and educating their client on the way. If you're ready to go on a self-healing journey so you can support others in doing the same, then it's time to be a part of the healing this world needs. Your journey can begin right here at The Northern School of Kinesiology.

Contact Information

If you are interested in learning more about Kinesiology and how it can benefit you and the lives of others, then contact Claire or the Admin Team at

E: admin@northernschool.com.au

claire@northernschool.com.au

M: 0412 375 684

Kinesiology Appointments with Claire Vannuccini

If you'd like to experience the magic of a Kinesiology session with Claire, then head to <http://www.kineffects.com.au> (Claire's Kinesiology Clinic) to book a 1:1 session today.