

## 2010 Short Courses

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

### About our short courses

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.

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### About ACCM

The Australian College of Complementary Medicine provides vocational training in complementary medicine, specialising in Kinesiology and Sports Kinesiology.

Established in 1995, The Australian College of Complementary Medicine created the first integrated Kinesiology Diploma course in the world and has been at the forefront of Kinesiology Training ever since.

Our focus is on empowering our students so that they can in turn empower others through the use of Kinesiology. We help you discover your own innate abilities, both as a unique human being and as a Kinesiology Practitioner. It is important to us that we provide you with not just the best Kinesiology Training but all the support you need to work successfully in the field of Kinesiology.

We aim to develop innovative Kinesiology Practitioners who help people regain power over their health and life.

### Why ACCM?

- ✓ The longest established kinesiology college in Australia (since 1995)
- ✓ Government accredited courses
- ✓ Government funded places for the Diploma course
- ✓ The most highly qualified & experienced kinesiology lecturers in Australia
- ✓ Leaders in Mind Body Medicine

## 2010 Short Courses

### 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)

### 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

### 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:** 2 days  
**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 four hour workshop and invest in your knowledge.

**Time:** 6:30pm - 8:30pm  
**Date:** TBA  
**Cost:** \$70

### 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)

Contact us today...

**(03) 9349 5488**

or email [info@accm.edu.au](mailto:info@accm.edu.au)

**PLACES ARE LIMITED. SECURE YOUR PLACE NOW!**