



Pilates
& Wellbeing

FUNCTIONAL KINESIOLOGY

FOUNDATION COURSE

**12 DAY
COURSE**
Over Six
Weekends

SYLLABUS

Loise Halder

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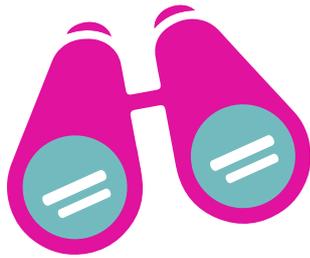
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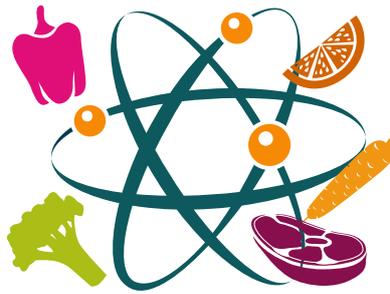
FUNCTIONAL KINESIOLOGY FOUNDATION COURSE SYLLABUS

With this course, you can begin to:



LEARN

Quick, easy and effective tools to **correct imbalances** for you, your family and friends.



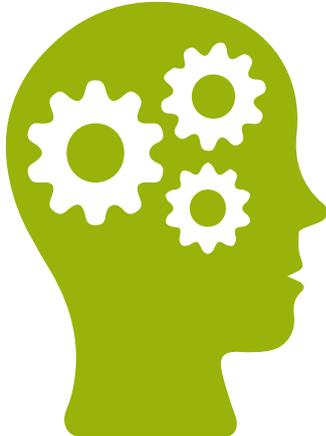
DISCOVER

How **food intolerances** can impact on your digestive system, nervous system, muscles, meridians, brain and organs.



LEARN

How to **muscle test** and find out what the body needs to support it, to repair, build and maintain health and come back into balance or homeostasis.



DISCOVER

How to **integrate Kinesiology into your daily life** to improve brain function, aid learning, reduce aches and pains, and deal with anxiety, overwhelm or stress.



BENEFIT FROM

A **6-weekend discovery journey** and **learn more about your own health** and well-being.



LEARN

The foundational elements that form the basis of a **model of health** that can be tailored to you and your individual requirements.

“The course is fuelled by great people with a wealth of understanding and compassion that want others to feel great about themselves and life.”

Abi

Why study Functional Kinesiology?

Functional Kinesiology is a **comprehensive, integrative, whole person empowerment perspective to health and wellness**. It follows the premises that the body can heal itself when it has the resources, environment and support necessary. Building on the origins of Applied Kinesiology and its chiropractic beginnings, Functional Kinesiology combines knowledge and ideas from **Traditional Chinese Medicine** and acupuncture, **with modern day learnings of nutritional science and functional medicine** - providing an integrative **whole-body perspective** to health and wellness with muscle testing still at the heart of it.

The KEY learning areas:

The basis of Functional Kinesiology is around **4 'realms'** known as **the BEES**:

- **BIOCHEMICAL**
- **ELECTRICAL**
- **EMOTIONAL**
- **STRUCTURAL** (imbalances)

The 7 factors of Intervertebral Foramina (IVF – the passageway that spinal nerves and arteries pass through) - unlike the medical model of health which uses 5 - and the **muscle-organ-meridian connection**.

You will learn how to recognise imbalances early on in the pathway to ill-health and what the pathway is. So, no matter what the symptoms - digestive issues, hormonal issues, migraines, low self-esteem, confusion, learning difficulties, mental health - this Functional Kinesiology Foundation Course will give you the knowledge, resources and methodology to begin to make a difference in your own life and that of others.



**"I loved every minute of the course!
You did an amazing job!
Looking forward to the onward journey
and diving deeper into this fascinating world."**

Louise, Stroud

About the course:

The course is a mixture of learning including five in-person teaching weekends and your own self-paced learning through the online course material, culminating in a practical and theory weekend assessment. It will help you to:

- **Uncover the areas of health imbalances**
- **Understand more about the signs and symptoms** that you are seeing or experiencing
- **Give you the tools and techniques** to be able to support the body to allow its natural healing resources to occur.

My 'Why'

FOR RUNNING THIS COURSE

If you **follow my blogs** or social, you'll know **how passionate I am** about **helping people** to **lead the life they want**, free from pain. Having **suffered myself** with illness and injury, I **understand** how life, **operations, poor habits**, lack of sleep and self-care can **reduce your ability** to lead an **active, energised, independent life**.

It is **my ambition** to **educate** and **empower** as many people as possible to **manage the changes** they experience in their bodies through different life stages – whether that's **young**, mature, **mid-life** to **Golden years**. I want to **help people learn** about the changes, **embrace them** and **feel in control** again.

“Functional Kinesiology Foundation Training provides the basic knowledge, tools and techniques to live a life with vitality and joy.”

In the course **you will learn** how to **muscle test**, which is the method we use, as Kinesiologists, to **communicate with the body** and understand what is out of **balance**. There are **50 muscles** in the body, **connected via** the **nervous system** to organs. When you **test a muscle** that has an imbalance, it will **visibly show** in the testing, **and link to an organ**, e.g. the pectorals major clavicular muscle is linked to the stomach meridian, the latissimus dorsi muscle is linked to the spleen!! **Isn't that interesting?**

And there is so much more...

Lisa

Who takes part?

Medical & Complementary Healthcare & Fitness Professionals, Trainers, Teachers, Coaches and Facilitators, Self-Employed persons and/or people that want to **take control of their health journey on a personal level** and find a complementary and integrative framework and method for whole health.

Venue:

The Foundation Functional Kinesiology Course is held at:
4U Pilates & Wellbeing Studio, 3-4 West Street, Somerton, Somerset, TA11 7PS



INTRODUCTION TO KINESIOLOGY

Week 1

In weekend one, we give you an introduction to Kinesiology - a holistic manual therapy used to support your body to better health.

We look at the structural chiropractic origins, and how those techniques and tools used have evolved to include elements of Traditional Chinese Medicine, Nutrition, NLP using the latest scientific research and knowledge.

And we'll introduce you to the following:



CONCEPTS:

Overview of the BEES

The biochemical, electrical, emotional and structural realms or categories are where imbalances can occur.

Muscle Testing

A biofeedback technique used to gather information of imbalances, which left unaddressed can lead to ill health.

Muscle Groups

Introduction to the first 14 muscles.

14 Meridians

Part of Traditional Chinese Medicine, energy pathways that link to muscles and organs. Imbalances in a meridian energy/Qi lead to illness when left unaddressed. When balanced, the body is able to support and heal itself.

7 Factors of IVF

These influence the muscle test. Each factor plays an important part in the signalling and communicating of information to and from the nerve, muscles, organs and brain.

Kinesiology Balance

A hands on treatment that uses muscle testing to assess the 14 meridians. Results are noted and mapped. A variety of techniques from all the BEES are used to correct any imbalance in the muscle-meridian-organ. After the corrections are completed and checked, the muscle-meridian-organ connections balance then allows the body to support and heal itself.

Fix As You Go Balance

This is the first type of Kinesiology balance you will learn. It allows you to test and assess each meridian and fix imbalances as you go, using your Meridian, Neurolymphatic and Neurovascular techniques. It is a really quick balance and a good introduction to muscle testing.

TECHNIQUES:

You will be learning these Kinesiology techniques:

- Cross Crawl
- Educational Kinesiology Fixes – Switching, Auricular, Visual
- ESR
- Indicator Muscle
- Touch
- Dehydration

ONLINE TRAINING:

You are required to:

- Watch all **Level 1** videos
- Complete the quiz at the end of the level

HOMEWORK:

After the first weekend of training you are required to complete:

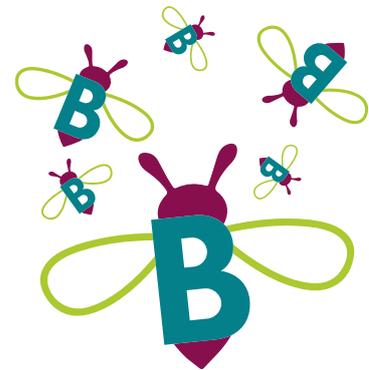
- 4 Case Studies
- 1 Essay
- Complete record of achievement

MEET THE 'BEES' - 'B' for BIOCHEMICAL

Week 2

In weekend two, we take a 'deep dive' look at the first of the realms - 'B' for Biochemical. This considers anything that goes into or onto our bodies. It also includes chemicals in our external and internal environment.

Biochemical information and data is gathered from the client health form. Any supplements, medication, contraception, drugs, cosmetic chemicals, food and drink intake, digestion and waste elimination.



CONCEPTS:

Food Testing

Food provides fundamental nutrients that give us energy. It is required for all our cellular functions and interactions e.g. growth, repair, metabolism, digestion, immunity etc. The food sensitivity testing technique is used to gather information about the relationship between foods and our muscle-meridian-organ connection and any imbalances.

There are 3 categories that foods come under biocidic, biostatic and biogenic.

Alarm Points

These are locations on the body, connected to the meridians, that show excess energy imbalances. The alarm points are located on the front of the body except for the two kidney points located on the back.

Sedation Techniques

These are methods used to reduce excess energy in a meridian. In this weekend, you will learn 3 of the 5 methods including, feathering the Neurolymphatic points and tapping the neurovascular points.

Surrogate Testing

A technique used that enables someone to 'stand in' for another person. It means that if a client is injured, unwell, has a damaged muscle or is a child or baby, you can work with a surrogate to gather the information, assess and balance them.

Wheel Balance

This type of Kinesiology balance considers the interrelationship of the meridians in relation to each other and the time of day. It can be used to discover any patterns of imbalance in a 24 hour time span and the times each meridian is active.

TECHNIQUES:

You will be learning these Kinesiology techniques:

- Figure 8
- Pulse Sync
- Pause Lock
- 14 Meridian Wheel Balance with Alarm Points

ONLINE TRAINING:

You are required to:

- Watch all **Level 2** videos
- Complete the quiz at the end of the level

HOMEWORK:

After the second weekend of training you are required to complete:

- 4 Case Studies
- Book Review
- Complete record of achievement

MEET THE 'BEES' - 'E' for ELECTRICAL

Week 3

We continue our journey through the BEES, this time focusing on 'E' for Electrical'. This considers health in relation to the electrical realm, the impact of electrical devices and environments and draws upon the Traditional Chinese Medicine Meridian System.

We are made up of energy. Our body's cellular function requires energy. The central and governing meridians are the two main batteries that power the other meridians and are connected to our brain and spine.



CONCEPTS:

New Muscles

You will be introduced to additional muscles in the hand and shoulder which have been aligned to meridians. This gives greater depth of investigation and allows you to focus on more muscle-meridian-organ connections.

Priority

This simple technique is a game changer and enables the body to show you where to focus your attention. The body likes to be fixed in a certain order. Once you fix the priority imbalances, the other imbalances are often corrected too. More bang for your bucks!

Wheel Balance with Alarm Points and Priority

This is the same balance learnt in the previous weekend, but we are now introducing and using the new muscles and the priority technique.

TECHNIQUES:

You will be learning these techniques:

- Congestion Technique
- Focused Balance

ONLINE TRAINING:

You are required to:

- Watch all **Level 3** videos
- Complete the quiz at the end of the level

HOMEWORK:

After the third weekend of training you are required to complete:

- 4 Case Studies
- 1 Essay
- Complete record of achievement



MEET THE 'BEES' - 'E' for EMOTIONAL



In weekend four, we take a deep dive into the third realm of the BEES - E for Emotional Realm. This considers health in relation to emotions drawing upon Traditional Chinese Medicine 5 Element theory and NLP techniques.

Emotions and our psychological state influence all the other realms. It is one of the 7 factors of IVF that doctors do not cover in their training.

CONCEPTS:

New Muscles

You will be introduced to additional muscles in the neck and feet.

5 Element Theory

Part of Traditional Chinese Medicine that considers the 12 meridians in relation to; cycle of seasons, elements, yin and yang, the flow cycle of energy within and between the elements. The 5 element theory goes deeper into the interrelationship between muscle-meridian-organ.

5 Element Balance

This type of Kinesiology balance can be used for more chronic conditions and cycles that are longer than 24 hours. The imbalanced meridians and elements are connected to different emotions and excess or lack can be discovered. Sound, taste, colour and smells can be used to support and assist balancing.

TECHNIQUES:

You will also learn about:

- Yin Yang Principals
- Luo Points
- AHPs

ONLINE TRAINING:

You are required to:

- Watch all **Level 4** videos
- Complete the quiz at the end of the level

HOMEWORK:

After the fourth weekend of training you are required to complete:

- 4 Case Studies
- 1 Essay
- Complete record of achievement



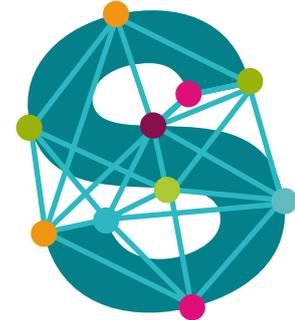
MEET THE 'BEES' - 'S' for STRUCTURAL

Week 5

In your final weekend of face to face training we cover the last of the BEES, 'S' for Structural. This considers health in relation to our physical structure.

The interrelationship of our muscle-meridian-organs have an impact on our static and dynamic posture, aches and pain, injury prevention and rehabilitation.

Left unaddressed imbalances in this realm can lead to compensations in movement patterns, functional change, persistent symptoms and then pathological changes.



CONCEPTS:

Additional Muscles

In particular the big structural muscles such as the Latissimus Dorsi (low back), Trapezius (mid-upper back) and Pectoralis Major Clavicular (upper chest) muscles. When these are imbalanced, poor posture, shoulder or low back issues can be experienced.

These enable a more focused balance to be carried out. A number of different muscles in the meridian can be tested to check for any imbalances in that group of muscles.

Hypertonic Muscles

Technique to assess whether the muscle you are testing is working too much or unable to switch off when asked.

Reactive Muscles

It is recommended this technique be done at the end of the balance. This allows you to assess the relationships of muscles. Are they working effectively as a team? Who is doing too much and who is slacking off? And correct it so they all work together effectively.

Postural Assessment

Observing the structural relationship of the limbs and joints to assess imbalances, followed by muscle testing to gain additional information to see where there is excess or insufficient energy causing the postural imbalance.

Focused Balance

This type of Kinesiology balance uses more than one muscle in a meridian, enabling you to focus on a group of muscles associated with particular areas of the body e.g. shoulder, wrist, knee, hip. All the muscles listed for that area are included into the 14 meridians balance.

TECHNIQUES:

We will also consider each of the key concepts in relation to:

- Bi Lateral Imbalances with Spinal Reflexes
- Hypertonicity with Stress Receptors
- Spindle Golgi
- Fix in Motion
- Gaits
- Structural Balance

ONLINE TRAINING:

You are required to:

- Watch all **Level 5** videos
- Complete the quiz at the end of the level

HOMEWORK:

After the fifth weekend of training you are required to complete:

- 4 Case Studies
- 1 Essay
- Complete record of achievement

WEEKEND ASSESSMENT

Week 6

The final weekend is completed down in either in Somerton or Farnham at the College of Functional Kinesiology, where you will complete a practical and theory exam to become 'Foundation Functional Kinesiologists'.

DAY ONE:

Consolidation Day

The first day is not about learning anything new, it's a nice opportunity to recap any areas you are still unsure about to make sure you are comfortable and confident ahead of your assessment.

DAY TWO:

Kinesiology Assessment

The second day is the **Foundation Kinesiology assessment** - an open book multi-choice theory exam and the practical assessment involves demonstrating your ability to complete a 'Kinesiology balance' on a member of the public.

It is an informal day with additional help and support given for any students with learning challenges such as dyslexia.



HOW TO BOOK: FUNCTIONAL KINESIOLOGY FOUNDATION COURSE

The Functional Kinesiology Foundation Course is held in the autumn every year.

Check out the website for the latest course dates.

Cost: £1,995*



FUNCTIONAL KINESIOLOGY
FOUNDATION COURSE

12 DAY COURSE
Over Six Weekends

STARTING THIS AUTUMN
Are you ready?

WITH *Zasa* **4U**
Pilates & Wellbeing

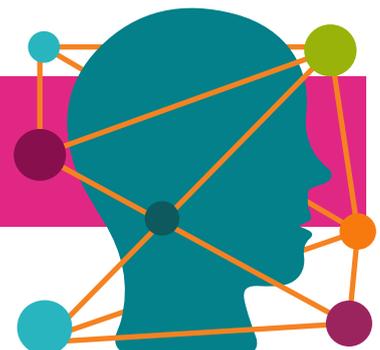
How to book:

You can sign up to the Somerset Foundation Functional Kinesiology training online, simply head to www.4upilateswellbeing.co.uk/kinesiology-course. You will be required to pay a deposit of £395 to secure your place, with the remainder of the course fee due before the course starts.*

*After the initial deposit, we offer the option to pay the balance in full £1,600 or through instalments of either 5 monthly payments of £356 or 10 monthly payments of £178. If you choose to pay instalments, please note the total course fee will be £2,175.



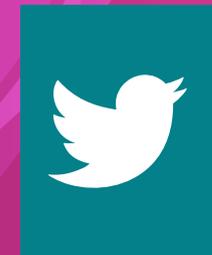
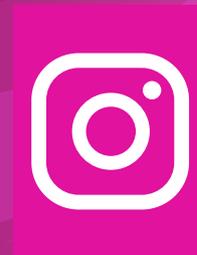
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LET'S STAY CONNECTED AND

be social



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