



# Kinesiology and Neuro-Training

Certificate IV in Kinesiology (HLT42812)  
Certificate of Solution Oriented Neuro-Training

## Course Guide 2014

### Kinesiology

The Certificate IV in Kinesiology (HLT42812) is a nationally recognised qualification which provides excellent professional practical and technical skills on which to establish a Kinesiology and Natural Therapy business.

We deliver the latest research and developments in the Kinesiology industry including skills and techniques in the mental, emotional, physical, biochemical, nutritional and energetic contexts.



### Neuro-Training

The Certificate of Solution Oriented Neuro-Training is industry accredited with the Australian Kinesiology Association (AKA). Solution Oriented Neuro-Training delivers advances in neuro-science research integrating this with kinesiology in an enhanced and comprehensive training experience. The Solution Oriented Process, unique to Neuro-Training, integrates all skills and knowledge of the professional practitioner into an artistry of practical clinical application which allows the client to follow their own recuperation path.

The first 6 modules of the Certificate IV in Kinesiology constitute the Certificate of Solution Oriented Neuro-Training.



NSW- Sydney-Allambie Heights, | Wollongong & Southern Highlands | Lismore  
(Admin) | VIC- Lilydale | Mornington Peninsula | Warragul | SA-Adelaide |  
WA-Perth | South West WA |

## Welcome to the College of Neuro-Training

The College of Neuro-Training is a vocational training organisation committed to providing high quality professional vocational training designed to inspire passion in the quest for knowledge and understanding.

Our purpose is to set a new standard of excellence in education and training in life style alternatives and the development of the application of those alternatives.

Our courses provide in-depth training in the skills and the artistry required to become a respected practitioner in the field of Kinesiology and Neuro-Training.

## About Us

The College of Neuro-Training is a Registered Training Organisation (RTO) which provides comprehensive training based on our highly successful and sought after Kinesiology and Neuro-Training courses. We have been teaching and researching for over 25 years continuing to bring into our courses advances in neuroscience, kinesiology and many other modalities. The College of Neuro-Training is the only College that presents this unique blend of Kinesiology and Neuro-Training in a nationally recognised qualification, which enhances your high quality education experience.

The College of Neuro-Training is founded upon the vision that we have entered an era of global awareness, cooperation and unity, in which Kinesiology plays an integral part. We are committed to the expansion of Kinesiology through the expression of individual potential and its purpose is to explore and understand the Natural Laws of Health.

The integrative Certificate courses outlined in this course guide offer you the basis of an exciting career as a respected professional in natural therapies, either running your own clinic or working with a team of people in a Health Practice.

## Benefits of Studying with Us

The College of Neuro-Training offers:

- A national network of highly qualified Authorized Trainers who have considerable vocational experience and are passionate about Neuro-Training and Kinesiology.
- Class sizes that ensure personalized attention in a friendly relaxed environment.
- Training that is a mix of essential theory and practice, with ample time for hands on application of your new skills.
- Training on the importance of working with recuperation and how it is even more important than focusing on 'healing'.
- Learn how to best position yourself, to fully experience what the Universal Laws can do for your health and success in life.
- Material that works within the Laws of Nature when applying Kinesiology.
- Delivery of Kinesiology information so as to take full advantage of your inherent resources and use your genetic makeup as a means of supporting your desires and goals.
- The means to assist you and others to increase the quality of spirit and life.
- A common sense study of the function of human behaviour in a way that can be used to support personal growth.
- Delivery of information on learned helplessness and survival patterns which undermine most healing.
- Gain information on how a person harbours Physical Body Habits, Nutritional imbalances, Emotional Stress reactions, Psychological Misperceptions, Meridian and Chakra dysfunctions.
- The ability to defuse your own or inherited fears, conflicting beliefs, and conflicts around the context of family, society, finances, politics so that you can find those conflicts in others.
- Study the latest research in Neuro-Science and its integration into the practical applications with clients.
- Discover the nine ways to check a muscle to find all the related pathways connected to a reaction pattern.
- Learn how to integrate other Kinesiology procedures, modalities and principles of human activity.
- Offers multiple qualifications as a basic structure for its training.
- Many campuses to choose from for when and where you want to study.
- Austudy approved for eligible students.

What you will study is unique in its ability to not only delve into the mysteries of the physical, emotional, mental and spiritual aspects of our humanity, but also to integrate these aspects into your life.

Our education offers you the opportunity to create artistry in your expression unequalled in any other discipline. The development of Neuro-Training with Kinesiology has been motivated by the needs of thousands of clients demanding there be a better way to overcome their life challenges.

We found that the 'programming' of the Nervous System by their past experience was the greatest challenge to making this process complete. The 'programming' is a direct result of the effect of your accumulated life experiences. Neuro-Training along with Kinesiology is a consequence of finding how to help people reorganise their life experiences and create new supportive conditioning.

## Study Options

### For Professional Qualifications

The Certificate IV in Kinesiology (government recognised) provides all the necessary foundation for becoming a respected professional practitioner in the natural therapies field.

The Certificate of Solution Oriented Neuro-Training (industry accredited) covers the first 6 modules of the Certificate IV in Kinesiology (above) including the assessments for those modules. For students who already have a Certificate IV in Kinesiology this provides the opportunity to add additional skills and understanding in the field of Neuro-Training to further enhance your current natural therapy business with the Diploma of Neuro-Training. The College of Neuro-Training will be also offering the Diploma of Kinesiology when on scope for 2013.

### For Personal Interest (Non-Assessed - Cert SONT and Non-Assessed - NT workshops)

We welcome students who want to do the first 6 modules without any of the assessments that the professional students take. These will give you the insights, the understanding, the philosophy, and many valuable skills and techniques that you can use for yourself and your family. This option does not provide any qualification although you can convert your training to the Certificate of Solution Oriented Neuro-Training (SONT) by taking the assessments for those modules. After you have taken the assessments for the modules and obtained your Cert of SONT, if you wish, you can progress to the Professional Qualification path at any time.

## How to Enrol

Enrolment is easy with the College of Neuro-Training. Simply contact our head office to discuss your training options or locate your nearest trainer and we shall provide a **pre-enrolment form** for you.

### If you know your local campus,

1. **Complete the pre-enrolment form**
2. **Attend the pre-enrolment interview**
3. **Complete the enrolment agreement form**
4. **And pay your deposit.**

Be sure to send two copies of your pre-enrolment and enrolment forms. One to the head office and one to your local campus.

## Recognition of Prior Learning (RPL)

RPL is the acknowledgement of the skills and knowledge a person has acquired through previous training, work or life experience, which may be used to grant status or credit in a subject or module. Students are encouraged to submit RPL requests to the College of Neuro-Training for individual consideration.

## Centrelink Assistance

The Certificate IV in Kinesiology (HLT42812) course offered by the College of Neuro-Training is approved for Centrelink Student related payments for AUSTUDY, ABSTUDY, Youth Allowance and Pension Education Supplement recipients. For more information and eligibility contact: Centrelink on 132 490. The course reference number is 2P901.

## Payment Options

We offer different payment options to suit the diverse needs of our students.

**Options include: -**

Full payment of module made 7 days prior to commencement of module.

If the module is timetabled over two months: 50% of module cost paid 7 days prior to commencement of module and the balance paid 7 days prior to the second half of the module commencement.

Under special circumstances personal payment plans are available for Certificate IV enrolments for those wishing to take up this service. An additional administration fee will be charged for this service.

Enrolment fees may be paid by credit cards (Mastercard, Visa) or direct deposit.

\* Credit card payments incur a 2% merchant fee.

## Fees

A deposit of \$100 (non-refundable), must be paid at the time of initial enrolment. This deposit is used toward payment of your first module.

Entry for each module is not confirmed until module fees are paid prior to commencement of any module. (50% of payment is required for any module if the module is delivered over two months or 100% of module payment is required if module is delivered over one month)

End of course results and/or personal interest attendance certificates can only be issued once all relevant course fees have been finalized.

Any special payment arrangements must be agreed on at the time of enrolment by both campus trainer and the office administration.

An additional administration fee of \$100 for a payment plan will be charged. Any payment arrangements changed or any late payments on the payment plan may incur further administration fees.

Repeating a class is optional at a reduced rate.

## The Certificate IV in Kinesiology (HLT42812)

**Description:** The Certificate IV in Kinesiology is a nationally recognised qualification which provides students with the necessary skills to become an industry recognized practitioner of Kinesiology.



This comprehensive course contains 9 integrated modules comprised of a combination of face-to-face training, self-paced training and self-paced computer based (on-line) training. The modules are assessed via in-course assessments (practical, oral & written), assignments (self-study i.e. at home) and on-line written assessments.

**Duration:** This qualification is conducted over 12 months with all components to be completed within 2 years. Our courses are designed to be flexible in their delivery so many campuses offer schedule variations and/or accelerated learning opportunities which may allow you to complete the course in less than 12 months (e.g. 6 months).

**Outcome:** Kinesiologist / Natural Therapist / Neuro-Trainer

### Modules:

- Module 1: Art of Solution Oriented Neuro-Training
- Module 2: Principles of Recuperation
- Module 3: Blueprint One
- Module 4: Innate Intelligence
- Module 5: Integration
- Module 6: Kinesiology Clinic/Client Care
- Module 7: Anatomy & Physiology 1
- Module 8: Anatomy & Physiology 2
- Module 9: Practice Management 1

*These modules are described in detail in the next section of this course guide.*

### Total Course Commitment Cert IV

Class Hours:	250
Self Study Hours:	340
Total Hours:	<b>590</b>

### Fees

Modules 1 -6 (each):	\$1075
Module 7	\$700
Module 8	\$700
Module 9:	\$700
Total Fees:	<b>\$8,550</b>

## The Certificate of Solution Oriented Neuro-Training

**Description:** The Certificate of Solution Oriented Neuro-Training (SONT) is an internationally recognised qualification with industry accreditation by the Australian Kinesiology Association (AKA).

Successful completion of the first 6 modules of the Certificate IV in Kinesiology (HLT42812) including assessments automatically qualifies the student for the Certificate of Solution Oriented Neuro-Training. [This certificate can also be achieved as an independent study and is not a Government recognised course.](#)

**Duration:** This qualification is conducted over 12-18 months and as with the Certificate IV course, flexible delivery options are available.

**Outcome:** Neuro-Trainer

### Modules:

- Module 1: Art of Solution Oriented Neuro-Training
- Module 2: Principles of Recuperation
- Module 3: Blueprint One
- Module 4: Innate Intelligence
- Module 5: Integration
- Module 6: Kinesiology Clinic/Client Care

*These modules are described in detail in the next section of this Course Guide*

### Total Course Commitment SONT

Class Hours:	250
Self Study Hours:	155
Total Hours:	<b>405</b>

### Fees

Modules 1 -6 (each)	\$1075
Total Fees:	<b>\$6,450</b>

## Module Descriptions



### MODULE 1: The Art of Solution Oriented Neuro-Training

In this module you will discover

- A comprehensive understanding of the basics in Kinesiology, (muscle checking).
- The basics in Kinesiology and Neuro-Training.
- What is an indicator muscle response?
- Learn about muscles and their neuro-lymphatic and neuro-vascular points. What Kinesiology is and what it is not.
- How to understand adaption, the nature of our defense patterns and how we become caught in 'defense'.
- What a cybernetic loop does and its significance in muscle checking.
- Learn to identify suppression
- Begin building a Kinesiology session with the use of the Solution Oriented Neuro-Training Procedure.
- Specific working factors and Solution Orientated options
- Discuss and learn the importance of context when using Kinesiology.
- Also covered – Using the Model of Universal Principles with Kinesiology, Solution Orientation as a focus and Glandular System as a context, Infusion of Positives for Long Term Healing, Recuperation and other contexts
- Workbook Assignments and assessments

This module introduces the world of our nervous system and our subconscious. By the end of the 5 days, you will have gained an understanding of the philosophy and the basic skills necessary for the Kinesiology and Neuro-Training practitioner.

**Delivery:** 5 days, 9am - 6pm.

**Schedule:** As per campus

**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstrations (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments that consist of written essay-style assignments which are submitted within 4 weeks of module completion.

<b>Commitment:</b>	Class Hours: 44	Self Study: 25	Total hours: 69	Fee: \$1,075
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## MODULE 2: Principles of Recuperation

**Pre-requisite:** MODULE 1: The Art of Solution Oriented Neuro-Training

### In this module you will cover

- The processes of recuperation and regeneration:
- How to work within the Universal Laws of Recuperation.
- How to recognize when symptoms are a problem or a recuperation process. You will also discover: how time influences our ability to be well.
- Skills to check for elemental, nutritional and energetic influences.
- 16 different muscle/meridian/organ circuits and all within 4 different phases of muscle checking, enabling you to access a multitude of circuits within the person.
- The Principles of Recuperation shows you how to use the Model of Universal Principles.
- Line of Recuperation
- The Laws of Healing and Recuperation.
- A deeper look at Suppression - All types, how to find it, how to deal with it.
- Gamma 1 and Gamma 2 type Muscle checking as well as Specific Muscle Response.
- Available Energy for Healing and Recuperation.
- The Stages of Re-Degeneration.
- It is the module that marries and supports many types of Kinesiology.
- Combine any other information you have such as Naturopathy, Homoeopathy, Herbal, other bodywork, Acupuncture or wellness studies.
- Assignments

Students have the opportunity to learn techniques unique and original to Neuro-Training. 20 years of research and development in muscles, the circuits, our neurology and how we function as innate beings will be taught in this module.

**Delivery:** 5 days, 9am – 5/or 6pm.

**Schedule:** As per campus

**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstrations (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

<b>Commitment:</b>	Class Hours: 42	Self Study: 25	Total hours: 67	Fee: \$1,075
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### MODULE 3: Blueprint One

**Pre-requisite:** MODULE 1: The Art of Solution Oriented Neuro-Training

**In this module you will cover:**

- Cheirology (Hand analysis) and its meaning.
- How to clear away the restrictive inherited patterns that influence your behaviours.
- To use your Cheirology as a reference, to clear specific subconscious emotional and mental stress patterns.
- Skills to remove specific psychological defences that otherwise keep other imbalances inaccessible.
- Develop your personal awareness and self-reliance.

**Some of the skills in this module are:**

- Defusing major brain functions so that you may bring these into full operation.
- Deal with the fear process and how to reframe fear to courage and intelligence.
- Sort, your time line to sort your future perceptions.
- Discover more about yourself through left hand right hand writing and drawing exercise.
- Defuse your learned helplessness and psychological defence behaviours.
- Address hidden patterns that will not normally show through muscle checking in others.
- Use your defused Brain Functions and time line as resources.
- Live using your resources rather than your limitations.
- Integrate the new information with the use of the Solution Oriented Procedure.

Blueprint One module is a more personally focused experience. It is not until you deal with your own conscious and subconscious blockages that you can then help other overcome theirs.

**Delivery:** 5 days, 9am - 5pm.

**Schedule:** As per campus

**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstration (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

**Commitment:** | Class Hours: 40 | Self Study: 25 | Total hours: 65 | Fee: \$1,075





## MODULE 4: Innate Intelligence

**Pre-requisite:** MODULE 1: The Art of Solution Oriented Neuro-Training

**In this module you will cover:**

- Many ways of expressing our Intelligence. Throughout this module we work with the nine forms of intelligence in a very congruent and empowering way.
- You will learn many skills for changing patterns to enhance the expression of the nine intelligences.
- Hierarchy of Muscles, what is more important to the neurology for recuperation and more on the laws of recuperation.
- Hypertonicity, a form of stretch release to muscles and their fibres, a significant structural resetting procedure.
- Other reflexes that gain further access to retraining and strengthening the neurological connections.
- Muscles may become reactive to each other, creating pain and immobility.
- Rector muscles that determines a group of muscle inhibition.
- More on muscle and nerve circuits
- Seasonal disorders that are held within the Tendino-Muscular Meridians
- The Cerebellar and Atlas Techniques.
- Specific muscle reactivating techniques: Passive Reset, Muscle Spindle Cell and Golgi Tendon Integration, Simultaneous Testing, Contingent Monitoring, Strain Counter Strain, Repeated Muscle Activation, Stretch Response, Extension Reflex
- Muscle vertebrae connection through the spinal segments, and the Stress Receptors of the head and hand reflexes

Bringing your body circuits out of habitual fear and into intelligence. This module contains a very important aspect of enabling the Kinesiology Practitioner to identify the muscle circuitry more specifically, and to break up the body habits effectively. When we don't use our intelligence, fears and habits become locked into our physical body and run our lives.

**Delivery:** 5 days, 9 - 6pm

**Schedule:** As per campus

**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstration (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

<b>Commitment:</b>	Class Hours: 44	Self Study: 25	Total hours: 69	Fee: \$1,075
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## MODULE 5: Integration

**Pre-requisites:** Modules 1 - 4

**In this module you will cover:**

Understanding new information and acquiring new skills becomes a powerful combination when applied with artistry. The Integration Module not only integrates the information learned throughout the Solution Oriented Neuro-Training procedure, it also challenges and balances your ability to integrate within yourself.

Some of the skills learnt in this module are:

- Meridian science, a study of the Chinese theory, causes of disease such as damp, heat, cold or trapped wind.
- The Chinese emotions and ill health.
- Dichotomy and its affects.
- Unfinished business and the stress that this causes,
- Acquired behaviours, our bad habits and how to clear them.
- A number of other contextual (mental references) are also covered, including Relationship Consequences, that is, the consequence of having a relationship with anyone, and also
  - Assumptions and the many we make.
  - Our power of Influence as practitioners.
  - Psychological Strategies and
  - Heuristics and Integration itself.
- Discover the Chakras and their connection to the nervous system,
- The nine Essences of Change,
- The Viscera and its significance
- Cranial activity and resetting.

In this module we synthesize the artistry of the practitioner, consolidating the application of the work into client driven and solution orientation. You are now applying your skills to train a person's neurological activity to respond in an intelligent way rather than operating from ancestral or created habits.

**Delivery:** 5 days, 9 - 5pm

**Schedule:** As per campus

**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstration (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

<b>Commitment:</b>	Class Hours: 40	Self Study: 25	Total hours: 65	Fee: \$1,075
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**MODULE 6: Kinesiology Clinic/ Client Care****Pre-requisite:** MODULE 5: Integration**In this module you will cover:**

- The power of theory and practice. In this 6th module, we bring your Neuro-Training and Kinesiology skills together when working with a client.



Topics covered are:

- The management of the client and working through a session.
- Marketing your Neuro-Training and Kinesiology practice.
- The importance of client follow-up.
- Interviewing a new client.
- The important of obtaining a history
- The client practitioner relationship.
- Putting the client at ease.
- Determining the priority issue.
- Engendering self-responsibility.
- Dealing with people from different cultures, beliefs and languages, recognizing and respecting boundaries, identifying contraindications, and making referrals.
- Identify factors likely to have a negative impact on the client's experience
- Contraindications
- Legal rights of clients and keeping Client Records
- Recognizing and identifying contra-indications for session procedure
- Planning a Kinesiology Session
- Prepare the client for the session
- Inform the client of procedures and identify expectations.
- Find and respect client's boundaries
- During this module you will also be working in the student clinic, performing sessions with clients
- Case Studies

**Delivery:** 5 days, 9 - 5pm & One day home study plus assignments and case studies (total 6 days)**Schedule:** As per campus**Assessment:** In-Course Assessments & Assignments.

In-Course Assessments: Consist of practical demonstration (observation), individual oral participation in group discussions and written assessments (true/false and short answer questions).

Assignments: Self-directed assessments which consist of written essay-style assignments which are submitted within 4 weeks of module completion.

<b>Commitment:</b>	Class Hours: 40	Self Study: 30	Total hours: 70	Fee: \$880
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**MODULE 7 & MODULE 8: Anatomy and Physiology 1 and 2**

**Description Module 7 Anatomy and Physiology 1:**

This subject covers how the body is organized from molecular level to systems level and includes anatomical and medical terminology. Learning about functions and organisation of the human body is an excellent general foundation in the field of natural therapies.

Pre-requisite: None

**Delivery:** Self paced 5 hours per week over 10 weeks

May be studied along side Module One, although we recommend study after completion of module four.

**Description Module 8 Anatomy and Physiology 2:**

Pre-requisite: MODULE 7: Anatomy and Physiology 1

This subject covers the structure and function of the muscles and joints. We examine the basic concepts of biomechanics, joint and muscle construction and function and identify the major bony and soft tissue structures of the musculoskeletal system. You will also develop musculoskeletal and postural assessment techniques.

**Note:** Both modules delivered via distance study.

**Delivery:** Self paced 5 hours per week over 10 weeks

**Assessment Module 7 & 8:** Completion of assignments, tasks, short answer questions and multiple choice.

<b>Commitment: A &amp; Phys 1</b>	Class Hours: 0	Self Study: 50	Total hours: 50	Fee: \$700
<b>Commitment: A and Phys 2</b>	Class Hours: 0	Self Study: 50	Total hours: 50	Fee:\$700

**MODULE 9: Practice Management**

**Description:** This subject covers managing, marketing and communicating within a Natural Therapies practice. Develop your skills and knowledge to effectively manage and administer a practice, including OH&S, infection control, communication with clients, therapists and other health care professionals. Effectively promote and market your health care business.

**Note:** This module is delivered via self-paced at home distance study

**Delivery:** 8 hours per week over 10½ weeks

**Assessment Module 9:** Weekly questions and assignments.

<b>Commitment: Prac Man</b>	Class Hours: 0	Self Study: 85	Total hours: 85	Fee:\$700
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## First Aid

Part of the requirement for the Certificate IV in Kinesiology is completion of the common unit Apply First Aid. This unit is delivered and assessed through a number of national organisations such as St Johns Ambulance and Australian Red Cross.

Students will need to show evidence of completion of this unit as part of obtaining the Certificate IV in Kinesiology from College of Neuro-Training.

Fees for this unit have **not** been included in the overall costs quoted in this course guide.

## Government Recognition

Government or national recognition is the basic principle of the national vocational training framework in Australia. This framework assures nationally consistent high quality vocational and education training and assessment services. It also defines the qualifications offered by Registered Training Organisations.

## The Certificate IV in Kinesiology

This qualification is made up of a number of units of competency – 5 specialisation units and 10 common units. We have structured our course to integrate these units throughout each of our modules.

Modules 1 to 6 cover the specialisation units.

<i>Specialisation Units</i>		<i>Delivered in Modules</i>
HLTKIN401B	Work within a kinesiology framework	Modules 1-6
HLTKIN402B	Plan the kinesiology session	Modules 1-6
HLTKIN403B	Apply kinesiology assessment framework	Modules 1-6
HLTKIN404B	Perform the kinesiology health assessment	Modules 1-6
HLTKIN405B	Provide kinesiology balances	Modules 1-6

Modules 6 to 9 cover the common units with the exception of First Aid (see above re First Aid):

<i>Common Units</i>		<i>Delivered in Modules</i>
HLTCOM404B	Communicate effectively with clients	Module 6
HLTCOM406B	Make referrals to other health care professionals when appropriate	Module 6
HLTAP401B	Confirm physical health status	Module 7 & 8
HLTIN301B	Comply with infection control policies and procedures	Module 9
HLTWHS300A	Contribute to WHS	Module 9
BSBWOR203B	Work effectively with others	Module 9
HLTCOM405B	Administer a practice	Module 9
HLTCOM408B	Use specific health terminology to communicate effectively	Module 9
HLTHIR301B	Communicate and work effectively in health	Module 9
HLTFAID003	Apply first aid	N/A

More information about these units can be found at <http://www.training.gov.au> or by contacting the College of Neuro-Training.