



Code of Practice

1. Introduction

This Code of Practice has been developed by the Australian Kinesiology Association Inc. for the purpose of providing guidance to Registered Kinesiology Practitioners in all settings of professional practice. The well-being and safety of the clients attending Kinesiologists is the primary focus of care. Each Kinesiologist, as a professional practitioner is accountable for his / her own practice, and takes into account relevant legislation, professional codes of ethics and conduct, standards of practice and competencies.

2. Definitions

Kinesiology encompasses holistic health disciplines which use the gentle art of muscle monitoring to access information about a person's well-being. Originating in the 1970's it combines Western techniques and Eastern wisdom to promote physical, emotional, mental and spiritual health. Kinesiology identifies the elements which inhibit the body's natural healing processes. Kinesiology assists with stimulating a person's natural internal energies and accessing the life enhancing potential within the individual. A Registered Kinesiology Practitioner with the AKA has accrued the required number of training hours within AKA Accredited Kinesiology Courses, achieved a recognised standard of competency as set out by the AKA, and passed their training in specific additional non-kinesiology courses as required by the AKA (Anatomy and Physiology, Nutrition, Counselling Skills, First Aid, Business Management).

3. Code of Ethics

- 3.1 I set a credible, honorable and ethical example for my profession as a Kinesiologist.
- 3.2 I conduct my work with the highest integrity.
- 3.3 I honour the confidentiality of my clients.
- 3.4 I encourage clients to be self-responsible in realising their own truth.
- 3.5 I honour the decision making process of the person and recognize that muscle monitoring may not be used to replace this process.
- 3.6 I remain impartial in the muscle monitoring process.
- 3.7 I maintain a high standard of professionalism in my behaviour, hygiene, manner, language, business and financial activities.
- 3.8 I honour my financial responsibilities, being fair and honest in all areas of my business.
- 3.9 I regard as imperative, the financial success, stability and growth of my business in alignment with this code of ethics.
- 3.10 To any person, I do not defame or criticize other models of medicine or healing.
- 3.11 I acknowledge the need to refer my clients to other professionals whenever necessary.
- 3.12 I continue to expand and update my Kinesiology skills.
- 3.13 I continue to explore my own self development through Kinesiology and other modalities.
- 3.14 I recognize the importance of my role as a professional Kinesiologist and continue to promote the expansion of Kinesiology in the community.
- 3.15 I honour my personal commitment to my profession through compassion, caring and love for myself, my fellow beings and our world.



4 Scope of Practice

A Registered Kinesiology Practitioner has completed the prescribed hours of accredited courses as defined by the Australian Kinesiology Association Practitioner Registration Board.

5 Duty of Care

- 5.1 To competently assist the client towards optimum health, within the current circumstances of the person's condition, and the scope of practice of the Practitioner.
- 5.2 The Practitioner shall always maintain the highest standards of professional conduct and duty of care towards the client. They will not diagnose, prescribe, or treat a disease unless professionally qualified to do so.
- 5.3 Under no circumstances shall a Practitioner knowingly take any action that could adversely affect the health of a client or fellow human being.

6 Professional Conduct

- 6.1 The Practitioner shall have respect for the religious, spiritual, political and social views of any individual irrespective of race, age, sex, colour, ethnic origin, differing abilities, sexuality, creed, marital status, culture, political views or social standing.
- 6.2 Proper conduct must always be paramount in Practitioners' relations with clients. Practitioners must behave with courtesy, respect, dignity and discretion. Their attitude must be competent and empathetic, hopeful and positive, thus encouraging an uplift in the mental outlook of the client and facilitating a person's healing process.
- 6.3 A Practitioner shall not engage in conduct inappropriate to the client's condition during a consultation.
- 6.4 A Practitioner shall not enter into an intimate or sexual relationship with a client whilst the client is under their care.
- 6.5 A Practitioner shall practice within the discipline/disciplines for which he/she is trained.
- 6.6 An AKA Practitioner can only enjoy the benefits of membership if he/she practices within the scope of practice, and at the level of competency as recognized by the AKA PRB.
- 6.7 The Practitioner is to recognize a responsibility to give the generally held opinions of the relevant discipline when interpreting and conveying scientific or empirical knowledge to clients or to the general public, and where one presents any personal opinion which is contrary to the generally held opinion of the discipline, clearly indicate that this is so.
- 6.8 A Practitioner shall not provide false information on documents used for health fund rebate purposes.
- 6.9 A Practitioner shall not use any unsafe or improper practice.
- 6.10 A Practitioner shall at all times show due respect and co-operation with Kinesiologists and practitioners of other disciplines.
- 6.11 A Practitioner does not diagnose, prescribe or claim to 'cure'. Possible benefits of improved energy, health or well-being may be described, but not guaranteed.
- 6.12 A Practitioner shall at no time take part in or promote any activity, verbal or otherwise, which will reflect improperly or denigrate the standing of Kinesiology or the AKA within the general community or professional circles.



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- 6.13 A Practitioner shall not attend a client or clinic whilst under the influence of alcohol, drugs or other substances that would impair his / her judgment. It would be considered inappropriate to smoke or consume a tobacco product in the clinic setting.
- 6.14 A Practitioner shall not use their professional connections or affiliations in an unconscionable manner.
- 6.15 A Practitioner shall not knowingly breach the Commonwealth Therapeutic Goods Act and Regulations, or equivalent State legislation.

7 Confidentiality

- 7.1 A Practitioner shall not disclose information obtained in confidence from or about a client unless permission is given.
- 7.2 Client records are to be kept confidential at all times and access restricted to the Practitioner or assistant, except:
 - a) Where consent has been obtained from the patient or guardian and then only to the extent of the agreed disclosure
 - b) In an emergency or other urgent situation where the information may prevent possible injury to the client or other person,
 - c) Where required to do so by law.

8 Client Records

- 8.1 Clients are entitled to expect that a Practitioner will maintain a good standard of practice with full records.
This includes:
 - a) Name, address, telephone and date of birth
 - b) Details of health history
 - c) Dates of treatment
 - d) Details of home support

9 Advertising

- 9.1 A Practitioner shall not advertise or lay claim to secret or exclusive methods of treatment.
- 9.2 In the advertising of a Practitioner's skills and services, due regard should be given to the following:
 - a) Practitioners shall not use titles or descriptions which give the impression of medical or other qualification to which they are not entitled.
 - b) A Practitioner shall only advertise in a proper and professional manner in accordance with the AKA requirement for advertising.



10 Stationery

10.1 A Practitioner is responsible for the issue of his own receipts and his personal receipt books are not to be shared with other practitioners.

11 Breach of Code of Practice

11.1 A breach of any aspect of this Code of Practice would make the Practitioner subject to disciplinary action by the Complaints Committee of the AKA.