



Specialised Kinesiology College of South Africa

Courses and course structures offered in Johannesburg, Cape Town, Vredendal, Port Elizabeth & Durban

Introduction

The Specialised Kinesiology College of South Africa is proud to offer the internationally accredited **ICPKP programs**. There are 4 options that a student can choose;

[\(click here or on the links below\)](#)

- To become a **Professional Kinesiologist** and pursue Kinesiology as a career, follow the [professional route](#).
- To learn simple and powerful **wellness techniques** follow the [short courses](#).
- We also offer courses for those who want to [work with animals](#)
- **Body workers** (for example, chiropractors, physiotherapists or sports therapist) can learn muscle activation techniques to incorporate in their existing practice - follow the [Kpower courses](#)
- We offer [one day workshops](#) for those who want to learn valuable techniques to help family and friends

About ICPKP Kinesiology

Being a synthesis of techniques and skills researched from ancient Chinese acupuncture, modern chiropractic, osteopathy, nutrition and naturopathy, Kinesiology is the most holistic of all the natural therapies and like many traditional healing philosophies, it recognises the importance of body, mind and spirit in health and well being. A non-invasive method, Kinesiology is grounded in the understanding of vibrational, energetic medicine from the East with the understanding of anatomy and physiology from the West. Written by Dr Bruce Dewe MD, a medical doctor, the courses allow for easy learning, enabling the student to learn step by step how to incorporate Kinesiology into their life and into a fulfilling career. Kinesiology students will not only learn how fascinating the body and mind is, they will also move through a profound time of personal growth and transformation on all levels. Life will never be the same, it will be better!

About the Specialised Kinesiology College of South Africa

The college has been teaching Kinesiology for 29 years and the ICPKP program since its inception in 2000. For those students who follow the professional route our workshops have competency based assessments as well as written and practical exams for quality assurance. Our lecturers are well qualified and recognised by ICPKP. We host visiting international lecturers when possible.

Assessments and Teaching methods

All courses are assessed through a variety of assessment methods e.g. practical and written homework assignments, case studies, oral and practical examinations, and class presentations. A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilising visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role play and presentations.

Registered Associations

Students can register with the local Kinesiology Association PKPASA (www.pkpasa.co.za)

Course Fees and Enrolment

Please see the attached document relating to course fees, and complete the enrolment form supplied.

NOTE: It is important to note that our classes are limited in size and enrolments are accepted on a first-come first-serve basis. You are requested to lodge your enrolment and deposit with us as early as possible to ensure you have a seat reserved in our upcoming intake.

Our Lecturers

Margie Donde – Principal – Instructor Advanced Units

Margie Donde is a skilled Specialised Kinesiology practitioner and instructor and is the principal of the college. After attending the Touch for Health training and conference at the University of San Diego in 1990, Margie has spent the past 29 years following her passion in the holistic health field. Self driven and with a practical organisational capacity, she has used her ability to focus, and her “just do it” attitude, to create one of the largest Specialised Kinesiology Teaching schools in South Africa. She is qualified to teach Touch for Health, Touch for Health Metaphors, the Kpower series, the ICPKP programme including the ICPKP diploma, the Advanced Diploma and the Graduate Diploma in Kinesiopractic as well as all the Continuing Professional Development Courses (CPD). After spending several intensive weeks working to meet the competency requirements and teaching the FAC 1 workshop alongside Dr Dewe in Melbourne, Margie is now certified to train teachers of all levels of PKP and is ICPKP Faculty for Africa. She has completed approximately 7,000 hours of Kinesiology training. Margie has a long standing love for horses, is an accredited riding instructor, and was a successful dressage competitor. She has written Equine and Canine Kinesiology workshops for those wanting to work with animals. She generously passes on her extensive skills and knowledge of Kinesiology to the students.

Alex Kilian– Instructor Cape Town & Port Elizabeth

Alex Kilian is a Specialised Kinesiologist with over 4000 hours of kinesiology training and experience. She is qualified to teach the Level 1 Basic Kinesiology Practitioner’s Certificate (BKP) course as well as the level 2 ICPKP Diploma course. Over the past 15 years she has dedicated herself to the delivery of training and facilitation of programmes in the realms of emotional intelligence, conflict resolution, organisational learning, leadership, diversity and inclusion. She has extensive experience in design and programme evaluation and is passionate about alternative dispute resolution. She is a qualified Divorce Mediator. She uses clear and articulate communication skills together with keen analytical abilities to creatively conceptualise solutions. Alex has keen listening skills and an objective,

systematic, analytical and grounded approach. She creates a safe, calm and steady learning environment.

Dr Ena Beukes (TMP) - Instructor Vredendal

When working with Ena, one is immediately struck by her depth of her understanding not only of Kinesiology but of health in general. Having confronted and overcome severe obstacles in her own health, relationships and work environments, Ena is excited to offer her experience as a Kinesiology instructor in Vredendal, her home town. Ena knows and understands the power of nature, and holds a Doctorate in Herbology which easily combines with Kinesiology as a powerful and unique opportunity to naturally address a myriad of life's stresses. Ena's extensive knowledge comes through in her teaching. She is grounded, clear and concise when teaching and sharing her knowledge.

Fanny Lacroix - Instructor Animal Workshops

Fanny is a French national who decided to make South Africa her home. After working as a lecturer and a language practitioner for 12 years, she discovered kinesiology and was impressed by its health benefits. She found in this gentle, powerful modality a golden opportunity to work with animals, which she had wanted to do since she was a child. Fanny qualified in both Equine and Canine Kinesiology through the Specialised Kinesiology College of South Africa. She is a keen horse rider and the proud mum of two furkids, She is committed to helping horses, dogs and cats - and even other animals, where possible - , as well as their owners on the path to recovery, well-being and happiness and to enhancing the pet-owner relationship. Just as kinesiology can help you, as a human being, to perform and feel at your best, so can it benefit your animal companion, who may also, at some point, feel the effects of stress due to a variety of factors. Kinesiology works in very much the same way in animals as it does in humans, gently restoring the body's self-healing ability and identifying as well as correcting potential stressors in the animal's environment, with the owner's input. It has proved to be particularly efficient with dogs and horses. Fanny is very clear, concise and empathetic in her teaching.

The Specialised Kinesiology College of South Africa is the only college in South Africa that is qualified to teach all levels of the ICPKP program

We also have a number of assistant instructors.

You can read more about the college [here](#).

Note: The College reserves the right to change the course curriculum at any time without prior notice to reflect the changing needs of the profession and to retain leadership in academic standards