



Kinesiology College of Ireland

Changing Lives

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Kinesiology Diploma Course 2023-25(Year 1)

All courses will take place in Friar Street, Cashel

2023

Sept 9/10 Touch for Health 1

Oct 7/8 Touch for Health 2

Nov 11/12 Touch for Health 3

Dec 9/10 Touch for Health 4.

2024 Jan 6/7 Stress Release 1& 2

Jan 27/28 Practice Days

Feb 3 Defusing Stuck Emotions

Feb 4 Energy Centers

Mar 2/3 Stress Release 4

April 6/7 Anatomy & Physiology

May 4/5 Nutritional Theory TFH

May 25/26 Metaphors

Jun 8/9 TFH Proficiency

Jun 15 Exams & Practicals