



Kinesiology College of Ireland

Changing Lives

Year 1 – 2026 / 2027

2026

Sept 12–13

Touch for Health 1

Oct 10–11

Touch for Health 2

Nov 14–15

Touch for Health 3

Dec 12–13

Touch for Health 4

2027

Jan 2–3

Success Over Distress

Jan 16–17

Practice Days

Feb 13

Defusing Stuck Emotions

Feb 14

Energy Centres

Mar 13–14

Working with Emotions

Apr 10–11

Anatomy & Physiology

Apr 24–25

Practice Day

May 8–9

Nutritional Theory

May 22–23

Touch for Health Metaphors

Jun 5–6

Touch for Health Proficiency

Jun 19

Year 1 Exams & Practicals

Year 2 – 2027 / 2028

2027

Sept 4–5

Nutritional Testing

Sept 25–26

Practice Days

Oct 2–3

Biokinetic Exercises

Nov 6–7

Colour Matters

Dec 4–5

Allergies

2028

Jan 8–9

Clinical Methodology 1

Feb 5–6

Clinical Methodology 2

Mar 3–5

Personality Traits

Apr 15–16

Pathology 1

Apr 29–30

Practice Day

May 6–7

Pathology 2

May 20–21

Practice Management 1

June 10–11

Practice Management 2

June 17

Final Exams & Practicals