

# Applied Kinesiology Course Syllabus

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## Instructor

Dr. Michael McCall

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## Office Location

15455 NW Greenbrier  
Parkway Suite 150  
Beaverton, OR 97006

## Class Location

TBD

## Class Hours

Saturday's 9 am – 6:30 pm

Sunday's 9 am – 2:00 pm

\*Exam days, Sunday class  
will go to 3:00 pm

## Course Overview

Over the span multiple weeks, each part of the course will comprise of online lecture, and demonstration. As well as 4 in-person weekends, each weekend will comprise of applicable technique. Each class builds upon the concepts of earlier classes, so we highly recommend taking the entire course. However, participants are welcome to select an individual class, i.e., Foundations or Advanced, if they prefer.

The best way to learn AK is by doing AK. I am a practicing physician and have a more practical approach to teaching as well as the ability to inspire you to do the best you can.

Learning and applying AK in your practice can do many things to improve patient outcome. Side effects of this course can be mental, emotional and spiritual stress which is a natural and essential phenomenon when you learn new things. You will be able to implement the AK you learn and still be able to utilize what you think is best for your patients. Why change what works, however, there is always ways to learn and deepen understanding of what you feel matters to the care of your patients.

You are warned that each session has intense and copious amounts of information that you must learn to master AK. However, if you want to learn new things there is plenty to find in each class. You will more than likely enjoy the classes and have moments of being overwhelmed. No Big Deal! You are probably not a stranger to this.

## Required Materials

A computer/tablet to complete the online course material

## Course Materials

- PowerPoint/PDF Notes
- Online videos to watch

## Resources

- [icakusa.com](http://icakusa.com) – You can find other practicing AK doctors and learn a bit more about other AK courses available.
- Applied Kinesiology Synopsis Second Edition by David S. Walther.
- [Standardprocess.com](http://Standardprocess.com) – Supplements used/referenced primarily in this course.

## Course Schedule

Date	Subject	Notes
April 22-23, 2023	Foundations Part 1	Class material will be available 4/5/2023
May 6-7, 2023	Foundations Part 2	Class material will be available 4/24/2023
June 10-11, 2023	Advanced Part 1	Class material will be available 5/24/2023
July 8-9, 2023	Advanced Part 2	Class material will be available 6/21/2023

## Exam Schedule

Date	Subject
Sunday, May 7 <sup>th</sup> , 2023	Foundations Exam @ 2:15 pm
Sunday, July 9 <sup>th</sup> , 2023	Advanced Exam @ 2:15 pm
-	If you need to retake any exam, you will need to wait until the course is offered again to retake any of the above exams.

## Course Topics & Muscles Tested

### Foundations Course:

- Applied Kinesiology history
- Foundations of Applied Kinesiology (philosophy)
- Science and art of muscle testing
- Manual muscle testing terminology
- Performing the muscle test
- Reliability of the muscle test and how to rely on muscle testing
- Applying the 5 factors of the spine and the muscles
- How to effectively use Therapy Localization (how to scan with muscle testing)
- How to distinguish an afferently compromised muscle (weak) with an afferently facilitated muscle (strong)
- Using and clinically evaluating soft tissue techniques that best helps the case
- Applied Kinesiological spinal evaluation and how to use it with your existing evaluations
- Applied Kinesiological extremity evaluations for joint, proprioceptive
- Integration of pelvic structure and biomechanical integrity via pelvic categories (SOT Category I, II, III), muscle function and sacral and iliac structure. "From Gonstead to SOT." Manual and pelvic blocking will be fully demonstrated and workshopped

- Introduction to cranial manipulation: Treatments- evaluations via clinical observations, muscle testing; learning how cranial structures affect joints, muscles and disrupt patient outcomes
- Common muscle dysfunctions that will create recurrent pelvic instability
- Mechanisms of muscle dysfunction during and after physical trauma. Using Jones, Travel, and Goodheart to evaluate acute and chronic muscle function of sprains/strains injury. AK muscle testing protocols to refine application
- Enhancing Therapy Localization
- Lymphatic techniques and its underlying symptoms to musculoskeletal symptoms and arthritic etiology

### **Foundations Muscles Workshopped:**

- |   |                                    |
|---|------------------------------------|
| ▪ Gluteus Maximus                       | ▪ Sartorius                        |
| ▪ Hamstrings                            | ▪ Gracilis                         |
| ▪ Deltoid (Anterior, Middle, Posterior) | ▪ Gluteus Medius                   |
| ▪ Pectoralis Major Clavicular           | ▪ Tensor Fascia Lata               |
| ▪ Pectoralis Major Sternal              | ▪ Adductors                        |
| ▪ Rectus Femoris                        | ▪ Popliteus                        |
| ▪ Quadriceps                            | ▪ Trapezius (Upper, Middle, Lower) |
| ▪ Triceps                               | ▪ Neck Flexors                     |
| ▪ Piriformis                            | ▪ Neck Extensors                   |
| ▪ Sternocleidomastoid                   | ▪ Teres Major                      |
| ▪ Iliopsoas                             | ▪ Pectoralis Minor                 |
|   | ▪ Infrapinatus                     |

### **Advanced Course:**

- Dural Torquing and its ramifications in difficult to respond cases: Cranial, TMJ, Gait, and Categories
- Upper Gait and Lower Gait testing, and PLUS (Piriformis, Lat, Upper Trapezius, SCM)
- Emotions
- Applied Kinesiological examination and treatment of the lower extremities and upper extremities: Osseous adjustments to muscle dysfunction
- Muscle testing of the SITS (rotator cuff muscles) muscles, wrist muscles, foot and ankle muscles
- Reactive muscles
- Continuation of vertebral fixations, foundational and limbic fixations
- Advanced Cranials – Sutural, Glabellar, Internal, External, and Universal Cranial Faults
- Introduction to functional physiological dysfunction causes of musculoskeletal pain and Chiropractic applications to Functional Medicine
- Blood sugar, arthritis, diet, and HPA axis evaluations to find the fault to patients' chronicity
- Ileocecal Valve, "The Great Mimicker" of recurrent radiculopathy and arthritic symptomatology
- Vertebral fixations as they relate to recurrent subluxations and bilateral muscle weakness
- Lymphatic techniques and its underlying symptoms to musculoskeletal symptoms and arthritic etiology
- Integration of pelvic structure and biomechanical integrity via pelvic categories (SOT Category I, II, II), muscle function and sacral and iliac structure. "From Gonstead to SOT." Manual and pelvic blocking will be reviewed fully and workshopped

### **Advanced Muscles Workshopped:**

- Supraspinatus
- Subscapularis
- Teres Minor
- Flexor Carpi Ulnaris and Radialis
- Extensor Carpi Radialis and Ulnaris
- Flexor Pollicis Longus
- Opponen Pollicis
- Gastrocnemius
- Soleus
- Anterior Tibialis
- Peroneus Longus and Brevis
- Peroneus Tertius
- Posterior Tibialis
- Extensor Hallicus Longus and Brevis
- Flexor Hallicus Longus and Brevis

### **Homework Policy**

Outside of the in-person classes, you will be reviewing the class material, such as the notes and videos for each section of the course. After each in-person class, we encourage you to continue reviewing and practicing what you learned as that is the best way to learn this information.

### **Additional Information**

We want everyone to have fun with this course and learn as much as you can! We know these are very different times with all the mandates and requirements.

For all in-person classes, we ask that if you are not feeling well, you do not show up. You will not be able to fully focus and learn the material to the best of your ability and you don't want to get anyone else sick, regardless of what you are sick with.

All questions or concerns about this course, please direct them to the email above, [jessica@sourcehealthcenter.com](mailto:jessica@sourcehealthcenter.com) or you can reference our website for further detail if necessary at <http://www.sourcehealthcenter.com/ak-course-description/>.