

*** PRIVATE & CONFIDENTIAL ***
KINEASY INTRO COURSE
MULTIPLE CHOICE ASSESSMENT

Student's Full Name: _____

Certified Kineasy Instructor: _____

Course Training Dates Attended: _____

Course Venue Location: _____

Circle one answer to the following multiple choice questions, unless otherwise directed. Each correct answer is worth 1 point. Possible score 40. Pass mark required 75% (30 correct).

1. People using muscle reflex testing should always attempt to
 - A involve both people in the energy balancing process
 - B empower the person being tested and remain as impartial as possible
 - C honour the person's opinion/thoughts regardless of muscle testing results
 - D all of the above

2. Students and graduates of Kineasy Intro Course understand that they
 - A may not promise to cure diseases
 - B may not use muscle reflex testing as a way to diagnose any condition
 - C may not use muscle reflex testing as a treatment for pathology or disease
 - D all of the above

3. The "Triad of Health" is a model for assessing and describing the what?
 - A the whole being
 - B different body types
 - C the moon and stars
 - D what foods to eat

4. You have an Accurate Indicator Muscle (AIM) once you have completed which three challenges
 - A Psychological, Emotional, Physical
 - B Biochemical, nutritional, psychological
 - C Physical, Emotional, Biochemical
 - D Spiritual, Physical, Horoscope

5. Some of the Muscle reflex testing pre-checks include

- A Hydration
- B Central Meridian Energy
- C Brain Switching Points
- D All of the above

6. Hydration test is testing

- A to check how much water you have drunk today
- B to ensure the body is hydrated enough and working optimally
- C to test types of water to drink
- D to see if the Water Element is out of balance

7. Central Meridian Energy relates to

- A Endocrine system
- B Hormones
- C Nervous System & Brain Energy
- D Vascular System

8. When balancing the Switching Points for Left & Right Brain, the acupuncture points used are

- A Spleen 3
- B Kidney 1
- C Heart 8
- D Kidney 27

9. The Thymus Energy pre-check is balancing which of the body's systems

- A Cardiovascular system
- B Lymphatic and immune system
- C Respiratory system
- D Urinary system

10. When correcting Thymus energy, which acupuncture point do we use

- A Pancreas 3
- B Spleen 21
- C Spleen 10
- D Kidney 27

11. ESR stands for

- A Extra Special Reason

- B Emotional Source Reserve
- C Emotional Stress Release
- D Engaging Stress Response

12. To correct an inhibited (Over-Facilitated) muscle we could

- A Take a short walk or march on the spot
- B Hold ESR points
- C Take some deep breaths
- D All of the above

13. In Inhibited (Over-facilitated) muscles, what acupuncture point could we use to turn off an over-facilitated muscle

- A GB24
- B GB31
- C GB34
- D GB36

14. Circuit Locating involves

- A Using a whole fist to touch the body
- B Waving your hand over the participant's body
- C Using two adjacent fingers held together as a neutral probe
- D Placing the thumb on the body

15. Kinesiology uses muscle reflex testing to

- A tell the person what their problem is
- B assess energy imbalances relating to stress response
- C to make the decision for the person being tested
- D to find out about the person's personal life

16. Circuit Retaining Mode utilises what two areas to stack in information

- A Hips and Jaw
- B Throat and Hips
- C Hips and Legs
- D Feet and Jaw

17. To clear Circuit Retaining Mode from your Hips you would rub what points

- A T12 vertebrae
- B L5 knobs
- C T5 vertebrae
- D C1 vertebrae

18. The Connection Points are

- A Fire / Earth / Metal / Air
- B Spirit / Mind / Body-Heart / Earth
- C Love / Mind / Spirit / Earth
- D Heart / Head / Ground / Fire

19. The Acupressure Point used for Involvement of Self is

- A CV17
- B CV 22
- C CV 18
- D CV 6

20. When looking for area of involvement, the Left K27 point relates to

- A Male
- B Female
- C Spirit
- D Circumstance

21. A goal should start with what three terms

- A "I could", "I will" or "I feel"
- B "I am", "I feel" or "I wish"
- C "I am", "I have" or "I feel"
- D "I want", "I feel" or "I should"

22. Based on the protocol used in Kineasy Intro Course, an appropriate goal for back pain is

- A My back is pain free
- B I don't worry about my back anymore
- C My back is no longer tight
- D I feel comfortable in my body and my back is flexible, strong and supports me with ease

23. From the following, the best goal for low energy and exhaustion would be

- A I am no longer tired
- B The exhaustion has gone and I can easily get going.
- C I feel alive, happy, healthy and energetic on all levels.
- D I don't feel low on energy anymore.

24. When testing for an emotion, you would say to the participant

- A You are (insert emotion)
- B What does (insert emotion) mean to you

C Do you feel (insert emotion)

D Who are you (insert emotion) at

25. Essential Oils are

A From the leaves and stems

B From plant roots

C From flowers

D All of the above

26. Essential Oils tap into the 'sense' of

A Smell and taste

B Feeling

C Seeing

D Intuition

27. Crystal energy connects us back to what

A astrology

B Mother Earth

C plants

D Chinese medicine

28. How are crystals used in Kineasy Intro Course

A placed on the body

B worn by the person in their pocket, bra, etc as homework

C held above the body, as indicated by a muscle test

D all of the above

29. Colour therapy uses the spectrum of rainbow colours being

A Pink, Red, Orange, Yellow, Green, Blue, Black

B Yellow, Orange, Pink, Green, Blue, Purple, White

C Violet, Indigo, Red, Yellow, Green, Orange, Blue

D Purple, Indigo, Pink, Yellow, Blue, Green, Red

30. What types of colour therapy are used in Kineasy Intro Course

A specific colour / colour cards

B chromotherapy light torch

C colour glasses

D all of the above

31. A colour light torch is used for

A Seeing the way

- B Shining a light on something in the participant's life
- C Seeing pretty rainbow colours
- D Changing their perspective

32. Sound therapy metaphysically represents

- A Someone being too noisy
- B A need to yell and activate the voice
- C Being overly talkative
- D Needing to hear something, block something out or clear something they have heard

33. Flower Essences were developed by

- A Mozart
- B Edward Bach
- C Da Vinci
- D Chinese Medicine

34. Flower Essences are an essence from

- A Wildflowers
- B Roses
- C Weeds
- D Fruits of the plant

35. Metaphysically Flower Essences tap into

- A Balance in the body
- B Nervous System
- C Life and living energy
- D Muscles

36. Oracle cards are used to

- A have you focus on the negative
- B lift your spirits, give insight and inspiration
- C answer all your deepest questions
- D tell you what to do next

37. The Mind, Body, Soul Wellbeing Balancing Oil for Stress is

- A Crystal Clear Head
- B Mind-Body Chill
- C Heart Connection
- D Balance and Flow

38. Clearing Spray is used to

- A Restore the body's natural balance
- B Clear the body or a space from negative and/or emotional energies

- C Provide protection from negative energies
- D All of the above

39. Home reinforcement activities could include

- A repeating affirmations/goal
- B wearing or using a crystal
- C smelling essential oil
- D any of the above

40. Self Testing can be done by which techniques

- A Body Rock Technique
- B Thumb/Index Finger Technique
- C Crystal Pendulum Technique
- D Any of the above

Total correct out of 40 Pass required 75% (30 correct)