



Kinesiology College of Ireland

Changing Lives

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Kinesiology Diploma Course 2021-23(Year 1)

All courses will take place in Friar Street, Cashel

2021

Sept 11/12 Touch for Health 1

Oct 9/10 Touch for Health 2

Nov 13/14 Touch for Health 3

Dec 11/12 Touch for Health 4

2022

Jan 15/16 Stress Release 1& 2

Jan 29/30 Practice Days

Feb 5 Stress Release 3

Feb 6 Energy Centers

Mar 5/6 Stress Release 4

April 2/3 Nutritional Theory

May 1/2 Anatomy & Physiology

May 21/22 TFH Metaphors

Jun 11/12 TFH Proficiency

Jun 26 Exams & Practicals