

Professional Kinesiologists in Germany

In February 2000 DGAK established a professional apprenticeship. The group of developers was comprised of owners of institutes and "normal" members. The content is based on personal development and self-improvement for the client. The achieved knowledge is about pedagogy, communication, psychology, stress reduction, health prevention. They created a three-year apprenticeship divided in three parts. After the last exam the participant completed/will complete 600 kinesiology hours in classroom training and an additional minimum of 600 hours of self-studying.

At the moment there are five institutes in Germany offering this DGAK apprenticeship.

The DGAK creates and monitors the apprenticeship and is part of every final exam with one DGAK auditor. After the exam the examinee has the opportunity to be DGAK member Level 3 BK-DGAK. BK (Begleitende Kinesiologie) DGAK shows the high degree of the three-year apprenticeship.

Medizinisch - Therapeutische Kinesiologie DGAK (Medical - Therapeutical Kinesiology DGAK)

Since 2005 DGAK supports education for physicians, dentists, natural healers (German Heilpraktiker), physiotherapists, midwives and assistance personnel (according to the German law).

200 hours of kinesiology (150 hours classroom training, 50 hours for writing 18 case studies and thesis).

The final exam is supervised by a DGAK auditor and one representative of the professional association.

After the exam the examinee has the opportunity to be DGAK member minimum Level 1 MTK-DGAK (depends on attested kinesiology hours).

DGAK membership:

Actually we are 780 members, 730 active and 50 passive (sponsor, apprentice, retiree)

Level 1

To become a member of DGAK every person needs a minimum of 150 hours of kinesiology and a personal supervision with one of the 17 supervisors of our organization (Level 1). For every level the intended member has to present 20 hours of exercise, 20 hours of personal process and 20 hours of giving balances.

Level 2

The next step as shown on the DGAK website is Level 2 with 300 hours of kinesiology and the same procedure as for the first level.

Level 3

Contains 500 hours of kinesiology and the mentioned 3x20 hours papers plus the writing of 18 case studies and a certificate about communication techniques. The validated seminars are listed on a course list. The courses are divided in

1. Historical courses (TFH, BG etc.)
2. Established course on the international market (5 years on the market with minimum 150 participants).
3. Additional courses (accepted by market by teaching minimum three times with 25 participants).

These members are professional kinesiologists by using kinesiology in addition to their occupation or to build up their own kinesiology existence in part or full time.

It is our intention to be a forum for all kinds of kinesiologists.

Our professional situation:

1. Kinesiology gets more and more accepted by society
2. Kinesiology is divided in personal development and medical-therapeutical directions by law
 - a. Self-improvement, personal development, new ways of pedagogy and therapeutically alternative ways plus health prevention are booming so there is definitely a future of our method
 - b. Physicians and natural healers insert kinesiology in their profession
3. Some insurance companies accept kinesiology as a prevention method
4. Public health department, insurance for professional liability for example accepts kinesiology