

Kinesiologist interview questions

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What to expect

Interviews for kinesiologist roles usually focus on your training, your assessment process, and how you work with clients who have stress, pain or lifestyle concerns. Employers want to see that you can explain what you do in plain language and that you know your scope of practice.

- **Process and background:** Questions about your training, how you came to kinesiology, and how you structure a session from start to finish.
- **Behavioural:** Questions asking for real examples of how you have handled client situations, ethical dilemmas or difficult conversations.
- **Scenario and judgement:** Questions that put you in a hypothetical client case and ask what you would do next.
- **Technical and assessment:** Questions probing your knowledge of muscle monitoring, posture testing, and gentle manual techniques.
- **Client-facing and communication:** Questions about explaining kinesiology to clients, managing expectations, and working with other practitioners.
- **Ethics and scope:** Questions about professional boundaries, when to refer, and how you stay within your scope of practice.

The interview is usually a one-to-one conversation, often with the practice owner or senior practitioner. It may start with a tour of the clinic, followed by a structured conversation covering your background, a practical scenario or case discussion, and time for your questions. Some employers ask you to demonstrate a short assessment or explain a technique in plain language.

1. Walk me through how you structure a first session with a new client.

Why they ask

This shows whether you have a safe, repeatable process and whether you can explain it clearly.

How to structure your answer

A walk-through structure works best: intake and history, assessment, explanation to the client, agreed plan, and record keeping.

Example answer

"I begin by asking about their main concern, health history, and what they hope to change. I explain that kinesiology uses muscle monitoring to look at stress and movement patterns, not to diagnose disease. Then I do a postural and movement check, followed by muscle monitoring. I summarise what I have found in plain language, and we agree on a short plan, maybe three or four sessions. I record everything in Cliniko and give them one or two things to try at home."

2. Tell me about a time you had to explain kinesiology to a client who was sceptical.

Why they ask

This reveals your communication skills and how you handle resistance without becoming defensive.

How to structure your answer

Use STAR: situation, task, action, result.

Example answer

"A client came in because her physiotherapist suggested she try something for stress. She was doubtful. I asked what she knew and what worried her. I explained that kinesiology does not replace

medical care and that we would work on stress and movement patterns. I used a simple demonstration of muscle monitoring, and when she felt a change in her shoulder, she became more open. We worked together for a few sessions and she referred a friend."

3. A client reports ongoing fatigue and asks you to recommend a supplement. What do you do?

Why they ask

This tests your understanding of scope of practice and your ability to refer appropriately.

How to structure your answer

Use a step-by-step judgement structure: acknowledge the request, stay in scope, ask more questions, refer if needed, and document.

Example answer

"I would thank them for trusting me with that question. I would explain that I do not prescribe supplements and that ongoing fatigue needs a medical check. I would ask about sleep, diet and stress, and offer lifestyle strategies we can work on together. I would encourage them to see their GP and offer to write a brief note about what we have covered, with their consent."

4. How do you use muscle monitoring to decide on a session plan?

Why they ask

This checks your technical grounding and whether you can link assessment findings to a practical plan.

How to structure your answer

Explain the principle, then your process, then how you translate findings into a plan. Give a concrete example.

Example answer

"I use muscle monitoring as a biofeedback tool, not as a diagnostic test. I check a range of muscles related to the client's concern, and I look for changes in tone when we introduce a stressor, like a thought or a movement. If a muscle unlocks, I note it and explore related emotional or physical factors. Then I choose gentle techniques, maybe acupuncture or breathing, and retest. I build the session plan around what the client reports and what the monitoring shows."

5. How would you handle a client who becomes emotional during a session?

Why they ask

This shows your client-facing care, your calmness under pressure, and your awareness of boundaries.

How to structure your answer

Use a care and boundaries structure: acknowledge, stay calm, give space, check in, and close safely.

Example answer

"I would stay calm and let them know it is okay to feel emotional. I would offer a pause and some water. I would not push them to talk if they did not want to. I would check in about whether they want to continue or stop for the day. If it seemed like they needed more support than I can provide, I would gently suggest they speak with their GP or a counsellor, and I would document the session."

6. What do you do if a client asks you to diagnose a medical condition?

Why they ask

This confirms you understand professional boundaries and will not practise outside your training.

How to structure your answer

A boundaries and referral structure works here: state your scope, explain what you can do, and outline your referral process.

Example answer

"I would explain that I am not qualified to diagnose, and that diagnosis is outside my scope. I would say what I can do, which is look at stress, movement and lifestyle factors that might be affecting how they feel. Then I would encourage them to see their GP or an appropriate allied health professional. If they wanted, I could share my session notes with that practitioner, with their written consent."