



Summary of Course

Summary of course - The Health and Fitness Disability Support course will develop learners' skills in providing person-centred support to people with disabilities and provide additional skills for fitness professionals working with persons with a disability. As a result, become more qualified to work in various care and support roles in the community services sector. In addition, the course provides a pathway to further studies for individual support and career opportunities as a support worker, including working with NDIS participants.

Study Duration

Online

Students have 6 months to complete the Health and Fitness Disability Support (self-paced study).

Career Opportunities

NDIS support worker

- Assist in personal activities
- Development of daily living and life skills
- Empower social and Community Inclusion

Educational Pathways

Following the successful completion of this course, students may choose to further their learning pathway and complete the CHC33015 Certificate III in Individual Support. Credits can be applied from the CHCSS00098 Individual Support - Disability Skill Set embedded in the course.

Course Payment

Students can pay for their course in full or through a direct debit payment plan. Payment plans are interest free. Domestic students under the age of 18 require a parent/guardian to accept financial liability on behalf of the student.

Recognised Prior Learning

Achieve the course faster by using previous credit and experience. For further information, please visit www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/

Credit Transfer will be applied to units previously awarded to the student.

Nationally Recognised

This course is provided as Nationally Recognised Training

Get in Touch

Websites URL: www.fitcollege.edu.au

General Enquiries: info@fitcollege.edu.au

Account Enquiries: admin@fitcollege.edu.au

Phone: 1300 887 017 or +61 7 5409 7070

Head Office Location: Suite 8 / 102 Wisers Road, Maroochydore, QLD, 4558, Australia.

Course Outcome

CHCSS00098 Individual Support Disability Skill Set

Units of Competency

Skills Development

CHCDIS001 Contribute to ongoing skills development using a strengths-based

Person-centred behaviour

CHCDIS002 Follow established person-centred behaviour supports

Community participation and inclusion

CHCDIS003 Support community participation and social inclusion

Facilitate the empowerment

CHCDIS007 Facilitate the empowerment of people with disability

Exercise considerations

SISFFIT002 Recognise and apply exercise considerations for specific populations

Collaborate with medical & allied health professionals

SISFFIT015 Collaborate with medical & allied health professionals in a fitness context

Facilitate inclusion

SISXDIS001 Facilitate inclusion for people with disability

Course Requirements

Entry Requirements

There are pre-requisites for this FIT College course. To be eligible to enrol, applicants MUST have a Certificate III in Fitness and be eligible to obtain Working with Children and Disability Worker Screening clearance and Federal Police Check (student expense).

Required General Resources

Access to a computer or device that can connect to the internet plan suitable for online study

- Access to a computer or device that can connect to the internet plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos
- Assist in personal activities
- Access to 3 people with a disability
- Assist in personal activities
- Support plan, Community and social plan
- Access to industry workplace facility, equipment resources, policies and procedures
- Workplace supervisors must hold qualifications



Training Package Options

Health and Fitness Disability support (CHCSS00098 - Individual Support - Disability Skill Set)	
Online course work is combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to countless resources that support online learning, including lecture resources, learner guides, workbook learning activities, additional published resources, and videos on key topics of interest. Support options include virtual workshop support sessions and tutors available via the internal communication centre.	
Study Mode	Flexible Online
Allowable Time	26 Weeks
Study Volume	Part-time (26 hrs/week)
Additional Entry Requirements	SIS30315 Certificate III in Fitness and SIS40215 Certificate IV in Fitness Eligible to obtain Working with Children and Disability Worker Screening clearance Industry workplace for work placement tasks

Assessment

Every qualification, unit of competency or skill set that is completed at FIT College will require students to undergo a number of assessment tasks, both written and/or practical. The assessment tasks are designed to confirm that the student can competently meet all elements and performance criteria as indicated in the curriculum. By successfully completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace.

Support Services

FIT College, students are our number one priority. We offer the best possible training and support from passionate Educators and industry professionals, which include:

- 7 am-7 pm Education Phone Support
- 24/7 Communication Log Support
- Virtual Student Support Sessions