



# FITNESS

## Health and Fitness Disability Support Course



### Summary of Course

This course is for people who have gained their Certificate III in Fitness or have gained equivalent experience in fitness and want further understanding as to how to provide the best supports to people with disabilities. Graduates of the course will gain recognised training and extend the opportunities to work within the disability supports industry.

The disability support sector needs educated individuals to fill roles in the industry. This course is for caring people who like to help others and is perfect for those wanting to develop their skills in providing person-centred support.

### Study Duration

#### Online

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

### Career Opportunities

- NDIS worker (support services)
- Gym instructor for people with a disability
- Circuit instructor for people with a disability

### 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 Disability skillset 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 [website](#) Credit Transfer will be applied to units previously been awarded to the student.

### Nationally Recognised

This course is provided as Nationally Recognised Training

### Get in Touch

**Websites URL:** [www.fitcollege.edu.au](http://www.fitcollege.edu.au)

**General Enquiries:** [info@fitcollege.edu.au](mailto:info@fitcollege.edu.au)

**Account Enquiries:** [admin@fitcollege.edu.au](mailto: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

#### Pre-exercise screening

SISFFIT032 - Complete pre-exercise screening and service orientation

#### Healthy Eating

SISFFIT052 - Provide healthy eating information

#### 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 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
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos

#### Required Topic Resources

##### Contribute to Ongoing Skills

- Access to 3 people with a disability
- Support plan and family and or supervisor

##### Person-Centred behaviour

- Access to 3 clients who have behaviour support plans
- Access to each client's behaviour support plan

##### Participation and Social Inclusion

- Access to workplace facility, equipment and resources
- Community and social plan
- Access to policies and procedures

##### Facilitate Empowerment of People

- Access to 2 people with disability
- Access to individualised plans and any equipment outlined in the plan

##### Provide healthy eating information

- Access to equipment:
  - Basic equipment
  - Flexible tape measure
  - Bodyweight scales
  - Blood pressure testing unit
- Access to 4 people - Friends of family members to act as clients (role play assessment activities)



**Healthy Eating**

- Access task forms
- Access to 3 People nutritional consultations

**Facilitate Inclusion of People**

- Access to a fitness facility or range of equipment
- Access to 3 people with a disability

**Work Placement Experience**

- Access to industry workplace
- Workplace supervisor must hold qualifications

**Training Package Options**

Health and Fitness Disability Support	
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 help request.	
<b>Study Mode</b>	Flexible Online
<b>Allowable Time</b>	26 Weeks
<b>Study Volume</b>	Full-Time (21 hrs/week)
<b>Additional Entry Requirements</b>	SIS30315 or SIS30321 Certificate III in Fitness Eligible to obtain Working with Children and Disability Worker Screening clearance Federal Police Check 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**

Here at FIT College, students are our number one priority. We offer Phone Support by appointment, 24/7 Help request Support (48hr response period), as well as integral account services provided by our Student Services Team.