

HEALTH AND WELLBEING



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Want a career that makes a difference to the lives of others?

Turn your passion for helping others into a fulfilling career in the health and wellbeing sectors. Our practical courses are delivered by industry professionals, combining theoretical knowledge with hands-on skills so you graduate job ready.

Taught from the CIT Bruce campus, our specialised health and wellbeing teaching facilities include:

- state-of-the-art nursing labs
- simulated health care facilities
- a fully equipped fitness centre
- a massage clinic
- allied health clinic.

Career opportunities

Courses in health and wellbeing can lead to careers in a variety of health and community settings such as:

- Aged care support worker
- Allied health assistant
- Dental assistant
- Nursing assistant
- Personal trainer
- Fitness instructor
- Health promotion officer
- Workplace health and safety advisor
- Remedial massage therapist



AGED CARE



Aged care is a career with a difference – it has the power to significantly impact the lives of individuals in their later years and their families. Develop the theoretical knowledge and hands-on skills you need to provide quality aged care to clients in a home or care setting, using specialised supports and interventions. You will learn how to employ collaborative care arrangements, working in partnership with families and other support networks, to enhance the quality of care and optimise comfort, health, happiness and companionship at this pivotal stage of life.

Course

- Certificate III in Individual Support (Ageing) CHC33021

Career opportunities

- Aged care coordinator
- Aged care service coordinator
- Aged care support worker
- Aged care team leader
- Care worker
- Nursing assistant
- Personal carer
- Respite worker

ALLIED HEALTH



Gain the skills to work alongside allied health professionals such as physiotherapists and occupational therapists, providing therapeutic program support in a range of settings such as hospitals, community rehabilitation, private practices and aged care facilities.

Our state-of-the-art simulated health care facilities offer an immersive learning experience using practical case scenarios so that you graduate with job-ready skills.

Courses

- Certificate IV in Allied Health Assistance HLT43021

Career opportunities

- Occupational therapy assistant
- Physiotherapist assistant
- Assistant to other allied health professions

DENTAL



Our nationally recognised dental assisting course will equip you with the skills and knowledge necessary for supporting the work of dentists, dental specialists and oral health practitioners.

Our dental course offer the best of both worlds - the flexibility of online learning along with hands-on sessions at our Simulated Dental Clinic and work-based learning and assessment, providing you with real world experience and the opportunity to practice what you learn.

You will learn how to maintain high standards of infection control and assist with practice administration in classes taught by industry professionals with realworld experience. You will study subjects in a wide range of areas relevant to dental assisting, including communication, workplace health and safety, infection control, and processing reusable instruments and equipment in health work.

Courses

- Certificate III in Dental Assisting HLT35021

Career opportunities

- Dental assistant
- Sterilisation coordinator or assistant

DISABILITY



Get the work-ready skills you need to support people to reach their potential through social interaction and community participation for a general sense of wellbeing and connectedness. Train in a workplace and simulated learning environment and join a dynamic worldwide industry.

Through hands-on training in workplace and simulated learning environments, you will learn how to provide one-on-one support to empower and assist individuals in their daily activities, employment, education and personal support needs, preparing you for jobs in a range of settings such as schools, recreation services, home support and community involvement.

Gain the knowledge and skills you need to work safely and effectively with a variety of disabilities and with people from diverse cultures, backgrounds and situations.

Course

- Certificate III in Individual Support (Disability) CHC33021

Career opportunities

- Community access worker
- Learning support assistant
- Recreation support worker
- Support worker



FITNESS



Pursue your passion for sport and fitness through a qualification from CIT. Whether you're interested in group gym fitness instructing or personal training, we offer the qualifications you need to register as a certified fitness professional.

Through hands-on learning opportunities in our fully equipped fitness centre at CIT Bruce, you will be able to hone your skills, by working with real clients in a real-world environment, so that you graduate job-ready.

Courses

- Certificate IV in Fitness SIS40221
- Certificate III in Fitness SIS30321

Career opportunities

- Fitness instructor
- Personal trainer

MASSAGE



Develop the practical skills and knowledge to work confidently as a health professional, delivering client assessments and massage treatments that support musculoskeletal mobility, soft-tissue function and overall well-being for your clients.

CIT's massage courses are taught by experienced industry practitioners and cover a broad range of hands-on skills in muscular assessment, posture and movement analysis, relaxation and remedial massage techniques, and a strong foundation in soft tissue anatomy and physiology.

Courses

- Diploma of Remedial Massage
HLT52021
- Non-Accredited Training Myofascial
Cupping for Soft Tissue Dysfunction

Career opportunities

- Relaxation massage therapist
- Remedial massage therapist

KELETAL SYSTEM



The Muscular System



cit
Cultural Institute of Technology

NURSING



A qualification at CIT will set you on the path to a fulfilling career as an enrolled nurse. As a CIT nursing student, you will gain a strong knowledge of anatomy and physiology, disease and health. You will work directly with patients and health service clients, providing care and treatments and empowering them with the knowledge to make healthier life choices.

At CIT Bruce, our state-of-the-art nursing labs provide a simulated learning environment to equip you with hands-on practical skills, ensuring you are prepared to meet the demands of the industry.

Courses

- Diploma of Nursing HLT54121
- Certificate III in Health Services Assistance (Assisting in nursing work in acute care) HLT33115

Career opportunities

- Enrolled nurse
- Personal carer
- Support worker

POPULATION HEALTH



Population health professionals play an important role in improving the health and wellbeing of individuals, communities, and populations. The Certificate IV in Population Health provides the knowledge and practical skills to contribute to health promotion initiatives, community development activities and population health projects that address current and emerging health challenges.

As a student, you will learn to:

- Understand the key concepts and frameworks of population health.
- Evaluate health data and identify priority health issues.
- Examine in-depth current and emerging societal issues, including diet and nutrition, smoking and vaping, and mental health.
- Develop and implement targeted health promotion initiatives.
- Conduct research and data collection to inform population health projects.
- Support community engagement and consultation

- Support policy and systems-based approaches that improve health outcomes
- Advocate for health equity and address social determinants of health.

A strong focus on practical application ensures you develop skills that can be applied across a range of health, community, and government settings. You will learn how to collect and interpret information, engage with communities and stakeholders, contribute to health promotion activities, and support projects designed to improve the health and wellbeing of diverse populations.

Course

- Certificate IV in Population Health
HLT46015

Career opportunities

- Community/health worker
- Health project leader/supervisor
- Health promotion officer
- Population Health officer

WORK HEALTH AND SAFETY



Work health and safety (WHS) professionals play a critical role in creating safe, healthy, and productive workplaces across every industry. Whether you are looking to begin a career in WHS or expand your existing workplace responsibilities, this nationally recognised qualification will equip you with the practical knowledge and skills to support workplace safety.

As a student, you will learn to:

- Apply WHS legislation, policies and procedures
- Identify workplace hazards and conduct risk assessments
- Implement risk control measures and safe work practices
- Support workplace consultation and participation processes
- Respond to workplace incidents and contribute to investigations

- Support contractor management and workplace compliance requirements
- Implement sustainable work practices

Designed to fit around your work and personal commitments, this course combines industry-relevant learning with practical application, enabling you to develop job-ready skills for a pathway into WHS-focused roles.

Courses

- Certificate IV in Work Health and Safety BSB41419

Career opportunities

- Workplace health and safety officer
- Workplace health and safety advisor
- Safety administrator
- Team leader with WHS responsibilities



**For more information:**

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