

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
- Fit&Well Gym
- fitness and rehabilitation facility.

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
- Physiotherapist assistant
- Sports coach



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 courses will equip you with the skills and knowledge necessary for supporting the work of dentists, dental specialists and oral health practitioners.

Our dental courses 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 real-world 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 IV in Dental Assisting HLT45021
- 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 AND SPORT



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

- Diploma of Sport SIS50321
- Certificate IV in Fitness SIS40221
- Certificate III in Fitness SIS30321

Career opportunities

- Fitness instructor
- Personal trainer
- Sports coach
- Development officer
- Performance analysis
- Sport coordinator
- Strength and conditioning coach

MASSAGE



Develop the practical massage therapy skills and knowledge needed to work as a respected health professional, providing assessments and massage treatments to aid your client's muscle imbalances, injuries and general wellbeing. The CIT Fit and Well Massage Clinic offers a range of hands-on learning opportunities so that you can hone your skills working with real clients in a real-world industry environment.

Courses

- Non-Accredited Training Myofascial Cupping for Soft Tissue Dysfunction

Career opportunities

- Relaxation massage therapist



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



The Certificate IV in Population Health offers you a unique opportunity to make a real difference in public health. The COVID-19 pandemic has highlighted the need for a robust public health workforce equipped to handle both infectious diseases and chronic conditions. This qualification prepares you to respond to current and future health challenges, equipping you with the knowledge and skills to analyse health trends, assess community needs, and implement effective health strategies.

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.
- Collaborate with health professionals and stakeholders to enhance service delivery.

- Advocate for health equity and address social determinants of health.

With a strong emphasis on practical skills and real-world applications, this qualification prepares you to tackle the pressing health challenges facing our communities today. Join us in shaping a healthier future for all!

Through classes taught by industry professionals with real-world experience, you will gain practical skills you need to conduct research and data collection, consult with the community, design population health projects to build community capacity and provide advocacy for improved health outcomes.

Course

- Certificate IV in Population Health
HLT46015

Career opportunities

- Community/health worker
- Health project leader/supervisor
- Health promotion officer
- Smoking cessation professional

WORK HEALTH AND SAFETY



Work health and safety (WHS) skills are an essential part of any business, offering diverse employment opportunities across a variety of industries. Launch your WHS career and learn from industry professionals with real-world experience, ensuring you gain the most up-to-date work health and safety knowledge and skills.

This nationally recognised qualification equips you with the core competencies needed to identify, assess and control workplace risks, promote a safety-first mindset and ensure compliance with WHS legislation across a range of work environments.

Throughout the course, you will develop a strong understanding of WHS laws, regulations and codes of practice. You'll learn how to assess hazards, implement effective control measures and support WHS consultation and participation processes. The course also covers incident investigation and prevention, as well as contributing to the development and

implementation of WHS management systems. A key focus is on fostering a positive safety culture that can be applied across diverse workplaces.

Delivered through practical online learning guided by experienced WHS professionals, this qualification offers real-world insights into the challenges faced in today's safety landscape. Whether you're entering the field or building on existing industry experience, you'll graduate with the tools and confidence needed to support and lead WHS initiatives at every level.

Courses

- Certificate IV in Work Health and Safety BSB41419

Career opportunities

- Workplace health and safety advisor
- Workplace health and safety coordinator





For more information:

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