Certificate IV in Leisure and Health

CHC43415

CHC43415 Certificate in Leisure & Health

Century Group Pty Ltd trading as Aged Care Training Services RTO 6127.
We encourage people with disabilities to apply. Completion of this course does not guarantee an employment outcome.

2026_v2

About this course

Course description

This qualification reflects the role of workers participating in the design, implementation and evaluation of leisure and health activities and programs for older people. Workers may be in residential facilities and/or in community agencies and day centres, undertaking leisure and health related tasks. While workers are responsible for their own outputs, work is carried out under direct or indirect supervision within defined organisation guidelines.

Is this course right for me?

The CHC43415 Certificate IV in Leisure and Health is ideal if you want to launch your career in leisure and health. Work in disability, aged care or community settings.

It is also perfect for those currently working in aged care, looking to upskill and build. You will learn more about positive ageing and new ways to enhance the emotional and mental wellbeing of your clients. This is also a wonderful opportunity for existing carers to add more variety into their career. You will have the option to continue working as a carer and working in leisure and health roles or pursuing a new career in leisure and health.

The choice of course is yours!

Be part of the change!

The Aged Care sector is changing. The focus is shifting towards ‘client choice’ care, positive ageing and a desire to further enhance the mental and emotional wellbeing of our ageing population. The positive impact of individual choice and well-designed leisure and lifestyle programs is increasingly regarded as crucial to lifting the standard of aged care and increasing quality of life. As the Aged Care Industry changes, the expectations and skills required of the workforce also evolves.

We invite you to evolve with the industry and be a part of the change!

Career Pathways

The following employment opportunities may be available following the successful completion of this course;

Community Leisure Officer

Community Recreation Activity

Assistant Diversional Therapy

Assistant Recreational Activities Officer

Leisure and Health Coordinator

Please note completion of this course does not guarantee an employment outcome.

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To make a difference in someones life you don’t have to be brilliant, rich or perfect. You just have to care.

- Mandy Hale

Course Snapshot

Duration

This course will be approximately 6-14 months in duration depending on the schedule selected, prior experience, Credit Transfers and individual needs of the learners.

Delivery Mode

This course is delivered via a combination of;

- Virtual face-to-face training - we have multiple schedules available to suit you, which may include day classes (9.30am - 2.30pm) and/or night classes (6.00pm - 9.00pm)
- 16 hours per week of self-paced flexible learning including completion of assignments
- 1:1 coaching to provide all the support you need
- 120 hours of mandatory practical placement (yes, we can organise placement for you!)
- 2 days in-person Clinical Practice workshop

Entry Requirements

There are no pre-requisites to gain entry into CHC43415 Certificate IV in Leisure and Health, however you must;

- Be over 18 years of age
- Obtain a police check/certificate prior to practical placement
- Willing and physically able to do practical placement
- Undertake a Language, Literacy and Numeracy (LLN) assessment so that the appropriate support can be provided and or sourced
- Undertake a Pre-Training Review (PTR) to provide us with an indication of your existing skills and experience
- This course is virtual so you must have access to the internet, a computer and have basic computer literacy
- Have the ability to work autonomously and a commitment to attend virtual sessions.

Course Inclusions

We provide you with;

- Comprehensive course materials and learning resources
- Live virtual classroom training delivered via Zoom
- Access to our online Learning Management System (LMS)
- Ongoing support from experienced trainers and Student Support staff
- One-on-one support sessions where required
- Placement coordination support – we organise your placement for you
- Two-day in-person workshop
- Personalised support throughout your learning journey
- Access to Student Support team for assistance

Course Snapshot

More on practical placement

Practical placement is an important part of your course - 120 hours of practical placement is required to achieve your qualification. It is a great opportunity to put all your knowledge into action and showcase your skills to a prospective employer.

We arrange placement for you! We always aim to organise placement for you in a workplace that is aligned with your individual needs and aspirations, and if possible conveniently located.

During practical placement, students must wear professional attire in line with the requirements of their allocated facility. Requirements may vary between workplaces but typically include a black scrub top or polo shirt, appropriate work pants, and enclosed shoes. Students are responsible for supplying their own placement attire.

COVID

Please note that practical placement is a mandatory component of the course completion and may be impacted by COVID or other infectious outbreaks. Rest assured we will inform you of any changes to your placement and work with you to complete your mandatory placement.

NDIS Check

Some workplaces such as Disability Services require students to have an NDIS check to commence placement. In this case, we will assist the student to complete an NDIS check and all fees associated with the check will be paid for by the student.

Police Check

All students are required to arrange their own police check before commencing placement. We will provide links and guidance to help students complete the police check process when they are approaching their placement.

The cost of the police check is the responsibility of the student.

If the police check is clear, we will arrange placement for the student. If the police check reveals any findings, the student will need to secure their own placement. In these cases, we will provide support where possible; however, we are unable to arrange placement on behalf of students with findings on their police check.

What am I going to learn

To achieve a CHC43415 Certificate IV in Leisure and Health you need to successfully complete 17 units of study.

Session	Unit Code	Unit of competency
Emotional Intelligence	BSBPEF502	Develop and use emotional intelligence
Palliative Care	CHCPAL003	Deliver care services using a palliative approach
Legal & Ethical	CHCLEG001	Work legally and ethically
Concerning behaviours	CHCCCS044	Follow established person-centred behaviour supports
Out & About	CHCDIS012	Support community participation and social inclusion
Mental Health	CHCMHS001	Work with people with mental health issues
Diversity	CHCDIV001	Work with diverse people
Creating Engaging Leisure & Health Programs	CHCLAH001	Work effectively in the leisure and health industries
	CHCLAH002	Contribute to leisure and health programming
	CHCLAH003	Participate in the planning, implementation and monitoring of individual leisure and health programs
	CHCLAH004	Participate in planning leisure and health programs for clients with complex needs
Understanding Leisure & Health	CHCCOM002	Use communication to build relationsihps
	CHCLAH005	Incorporate lifespan development and sociological concepts into leisure and health programming
	CHCPRP003	Reflect on and improve own professional practice
Volunteering	CHCVOL003	Recruit, induct and support volunteers
Healthy bodies	HLTAAP002	Confirm physical health status
Workplace Health & Safety	HLTWHS002	Follow safe work practices for direct client care

Topics in more detail

1	**BSBPEF502 Develop and use emotional intelligence** This unit covers the development and use of emotional intelligence to increase self-awareness, self-management, social awareness and relationship management in the context of the workplace.
2	**CHCPAL003 Deliver care services using a palliative approach** This unit describes the performance outcomes, skills and knowledge required to provide care for people with life-limiting illness and those within the normal ageing process using a palliative approach, as well as end-of-life care.
3	**CHCLEG001 Work legally and ethically** This unit describes the skills and knowledge required to identify and work within the legal and ethical frameworks that apply to an individual job role.
4	**CHCCCS044 Follow established person-centred behaviour supports** This unit describes the performance outcomes, skills and knowledge required to implement behaviour support strategies outlined in an individualised behaviour support plan for a person receiving care or support.
5	**CHCDIS012 Support community participation and social inclusion** This unit describes the performance outcomes, skills and knowledge required to assist with supporting people with disability in community participation and social inclusion using a person-centred approach.
6	**CHCMHS001 Work with people with mental health issues** This unit describes the skills and knowledge required to establish relationships, clarify needs, and then work collaboratively with people who are living with mental health issues.
7	**CHCDIV001 Work with diverse people** This unit describes the skills and knowledge required to work respectfully with people from diverse social and cultural groups.
8	**CHCLAH001 Work effectively in the leisure and health industries** This unit describes the skills and knowledge required to work in a leisure and health context work and to effectively support a client's well-being.
9	**CHCLAH002 Contribute to leisure and health programming** This unit describes the skills and knowledge required to contribute to the creation, planning, coordination, delivery and evaluation of leisure and health activities.
10	**CHCLAH003 Participate in the planning, implementation and monitoring of individual leisure and health programs** This unit describes the skills and knowledge required to participate in planning, implementation and evaluation of programs providing activities for individuals.

Topics in more detail

11	**CHCLAH004 Participate in planning leisure and health programs for clients with complex needs.** This unit describes the skills and knowledge required to work with individuals and groups with complex needs when planning leisure programs.
12	**CHCCOM002 Use communication to build relationships** This unit describes the skills and knowledge required to apply communication techniques to establish, build and maintain relationships with clients, colleagues and others.
13	**CHCLAH005 Incorporate lifespan development and sociological concepts into leisure and health programming** This unit describes the skills and knowledge required to understand how human behaviour across the lifespan development stages, and sociological concepts of health and leisure impact on leisure and health programming and client participation.
14	**CHCPRP003 Reflect on and improve own professional practice** This unit describes the skills and knowledge required to evaluate and enhance your own practice through reflection and ongoing professional development.
15	**CHCVOL003 Recruit, induct and support volunteers** This unit describes the skills and knowledge required to recruit, orientate, develop and support volunteer workers in an agency, service or program.
16	**HLTAAP002 Confirm physical health status** This unit describes the skills and knowledge required to obtain client health information and check a client's physical health status.
17	**HLTWHS002 Follow safe work practices for direct client care** This unit describes the skills and knowledge required to follow safe work practice including work health and safety and infection control.

How will I be assessed?

We have developed a variety of assessment tools and tasks, which help to gather evidence relevant to the units of competency. Examples of evidence may include written responses, practical demonstrations, case studies, and workplace observations.

About us

Aged Care Training Services (ACTS) is a Registered Training Organisation (RTO) that specialises in delivering training for the Aged Care sector. We are proudly Australian owned and have been delivering training solutions since 1998.

We offer a variety of nationally recognised qualifications including:

- CHC33021 Certificate III in Individual Support (Ageing and Disability)
- CHC43015 Certificate IV in Ageing Support

We Care!

We're passionate about Aged Care and are committed to helping lift the standard of care across the industry.

It's our passion

Our qualified trainers provide an insight into the needs of local communities to promote best practice for our students and industry links. We deliver quality education that not only provides students with the skills and knowledge to perform their role competently but instil the love of caring plus a genuine enthusiasm and commitment to making a meaningful contribution to the world.

Contact us to enrol or for any more enquiries

Whatever your reason for enrolling in this course, our qualified staff will ensure you are job ready to service the health and community sector.

Take the next step with Aged Care Training Services!

Phone us on 1300 785 802 or email us at info@agedcaretrainingservices.com.au

www.agedcaretrainingservices.com.au

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