

Health & Fitness Professional Training

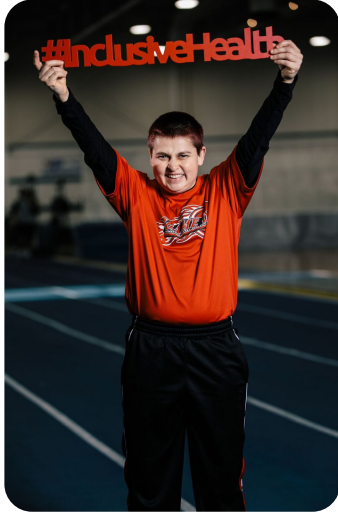


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OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON



The mission of Special Olympics Health is to provide access to preventive health programming and access to quality health care for children and adults with intellectual disabilities, giving them continuing opportunities to improve their physical health and social and emotional well-being.

Over 80% of healthcare providers are not professionally trained to treat people with intellectual disabilities. You can Join the Revolution for Healthcare Inclusion by taking one of our free eLearning courses today! Our online courses are easy to incorporate into any curriculum or new staff orientation.

Health Courses:



Special Olympics Health ★

A 30-minute course that provides an overview of the history and mission of Special Olympics health initiatives.

Introduction to Intellectual Disabilities



A 45-minute course that provides information on what is an intellectual disability, how to communicate with someone with ID, and health disparities among people with ID.



Supporting Families through the Intellectual Disability Diagnosis

This training is designed for clinicians who are working with a family through a Global Developmental Delay (GDD) or intellectual disability diagnosis.

Fitness Courses:



Inclusive Fitness

A course designed to provide Fitness Professionals with information and guidance that will help them to successfully include individuals with intellectual disabilities in fitness opportunities.



Fitness for the Sport Coach

This module is designed to provide Sports Coaches with tools to introduce fitness into their ongoing sport program.

[View these steps](#) for instructions to create an account. Select your preferred course in the course catalog.



★ = required for general health volunteers

Contact / Della Norton / dnorton@sowa.org

Inclusive Health Training

Overview



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Course	Estimated Duration	Target Audience	Course Description
Special Olympics Health:	30 minutes	Special Olympics Program Staff	Overview of the history and mission of Special Olympics and its health initiatives.
Introduction to Intellectual Disabilities:	45 minutes	SOWA Community Partners, Health Professional Students, Healthcare Providers, Federally Qualified Health Centers, Community Health Centers	Learn an intellectual disability (ID) is, how to communicate with someone with ID, and health disparities among people with ID.
General Health Volunteer Training:	60 minutes	General Health Volunteers	Condensed version of Special Olympics Health and Introduction to Intellectual Disabilities.
Supporting Families through the ID Diagnosis:	45 minutes	Healthcare Providers, Federally Qualified Health Centers, Community Health Centers, Health Professional Students	Designed for clinicians who are working with a family through a Global Developmental Delay (GDD) or intellectual disability diagnosis.
Inclusive Fitness Training:	60 minutes	Fitness Professionals, Fitness Facility Staff	Designed for fitness professionals who want to learn more about how to work with people with intellectual disabilities in their own fitness setting.
Fitness for the Sport Coach	45 minutes	Special Olympics Sports Coaches	This module is designed to provide Sports Coaches with tools to introduce fitness into their ongoing sport program.
Clinical Director Training:	Varies	Invited Clinicians	Various training programs for Healthy Athletes Clinical Directors. Contact: healthyathletes@sowa.org for more information on becoming a Clinical Director.
LIVE: Inclusive Health Training	90 minutes	Health Professional Students, Interdisciplinary Education, Federally Qualified Health Centers, Community Health Centers	Everyone has the same right to health. Learn why inclusive health is needed and why it takes a collective effort to make it happen. This session is designed as a 90-minute, interactive learning exercise. The session is offered via Zoom or in-person using small breakout groups and facilitators to guide case discussion.

Email dnorton@sowa.org to receive your e-learning implementation kit or to schedule a LIVE Inclusive Health Training.

View these steps for instructions to create an account. Select your preferred course in the course catalog.

