

Health & Fitness Professional Training

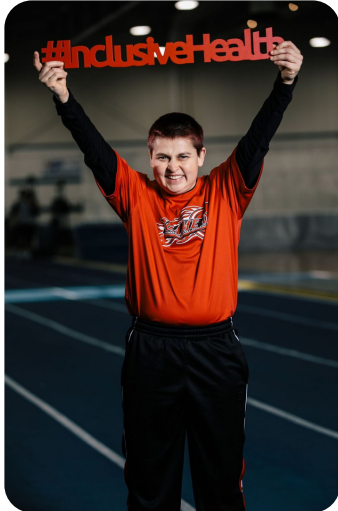


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KAISER PERMANENTE.

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!

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

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