



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SIBBCCS408A Promote healthy nutritional options in a beauty therapy context**

**Revision Number: 2**

## **SIBBCCS408A Promote healthy nutritional options in a beauty therapy context**

### **Modification History**

Not applicable.

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to apply the principles of nutrition, as based on healthy food and nutrition guidelines, when providing information to clients that will enhance the outcomes of beauty therapy treatments and clients' general wellbeing. This information is integrated at the operator's discretion, based on the outcomes of client consultation and as part of beauty therapy treatments.

### **Application of the Unit**

This unit applies to beauty therapists promoting nutritional options as part of beauty therapy treatments offered in beauty salon and spa environments, and exercising judgement in planning and selecting appropriate products, services, equipment and techniques.

### **Licensing/Regulatory Information**

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### Element

Elements describe the essential outcomes of a unit of competency.

- 1 Identify the role of nutrition in beauty therapy treatments.
- 2 Apply knowledge of the body's systems to beauty therapy treatments.
- 3 Provide advice on dietary guidelines.

#### Performance Criteria

Performance criteria describe the achievement of the element. Where information is detailed in the range statement. Assessment of evidence guide.

- 1.1 Identify and apply relevant effects on the performance of *client service and advice* and *workplace policies and procedures*.
- 1.2 Identify and apply *nutrient lifespan* to beauty therapy treatments.
- 1.3 Identify role of food, nutrients in relation to the body's functions.
- 2.1 Identify main functions of the body and performance of beauty therapy treatments.
- 2.2 Identify major organs and their functions and apply to the design and delivery of beauty therapy treatments.
- 2.3 Apply knowledge of body's systems to achieve the desired outcomes and provide advice as required.
- 3.1 Apply knowledge of nutrition to develop a dietary plan and to beauty therapy treatments.
- 3.2 Assess *nutritional requirements* to client individual needs and provide advice as indicated.
- 3.3 Promote *healthy nutritional outcomes* of beauty therapy treatments.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

The following skills must be assessed as part of this unit:

- interpersonal skills to respond to client needs
- technical skills to relate knowledge of nutrition to the practice of beauty therapy treatments
- literacy skills to source, read, comprehend and apply relevant information on healthy diet pyramid
- communication skills to provide basic nutritional information to enhance treatment outcomes and after care.

### Required knowledge

The following knowledge must be assessed as part of this unit:

- basic knowledge of body systems
- basic knowledge of nutrition principles
- nutritional composition of food
- relevant health and hygiene regulations and requirements and skin penetration legislation
- relevant occupational health and safety regulations and requirements
- workplace policies and procedures in regard to beauty therapy treatments
- appearance and management of contraindications and adverse effects
- nutrition in regard to beauty therapy treatment procedures, including:
  - relevant principles of nutrition
  - role of food, nutrients and other food substances
  - main functions of digestive system
  - main organs and functions of excretory system
  - dietary health problems
  - role and limitations of beauty therapists in providing nutritional advice to clients.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### **Critical aspects for assessment and evidence required to demonstrate competency in this unit**

Evidence of the following is essential:

- applying relevant workplace policies and procedures
- applying principles of nutrition in a range of beauty therapy treatments
- evaluating client requirements and advising on nutritional options, home care and complementary products
- accurately and legibly recording relevant data.

### **Context of and specific resources for assessment**

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by the assessor or the technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that competency is demonstrated in the workplace or a simulated workplace environment in a range of real work situations which may include client interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- research materials and facilities
- texts and online resources
- promotional material on the healthy diet pyramid
- relevant workplace documentation including:
  - workplace policies and procedures manuals
- a range of clients with varying nutritional requirements.

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

### **Methods of assessment**

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of learners performing a range of tasks in the workplace or a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:

- developing a client treatment plan taking into account nutritional factors that impact on treatment outcomes
- providing basic nutritional advice to clients
- referring clients to relevant other professionals where indicated
- case studies, and written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of nutrition in relation to beauty treatments, including post-treatment care and relevant legislation
- completion of workplace documentation relevant to the provision of beauty therapy treatments
- third-party reports from experienced beauty professionals in the workplace
- completion of self-paced learning materials, including personal reflection and feedback from trainer, coach or supervisor.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBBOS402A Provide body treatments
- SIBBCCS404A Work in a skin therapies framework
- SIBBCCS405A Develop treatment plans
- SIBBFAS405A Provide advanced facial treatments.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Client service and advice*** may include:

- routine or special needs of new or regular clients
- general nutritional advice
- specific advice relating to individual service.

***Relevant legislation*** may include:

- federal, state or territory, and local health and hygiene regulations
- occupational health and safety.

***Workplace policies and procedures*** may include:

- health and hygiene
- comfort and privacy
- designated time frames for completion of the service
- quality assurance.

***Nutrient needs and health problems across the lifespan*** may include:

- stage of lifespan:
  - prenatal
  - infancy
  - childhood
  - adolescence
  - adulthood
  - menopause
  - late adulthood
- nutrient needs of different population groups
- energy requirements
- common diet-related health problems
- role of nutrients in managing ideal weight.

***Digestive system*** must include:

- organs of gastrointestinal tract:
  - mouth
  - oesophagus
  - stomach
  - small intestine
  - large intestine
  - rectum
  - anus
  - salivary glands
  - pancreas

- gall bladder
- liver
- functions of digestive system:
  - mechanical and chemical digestive process
  - common disorders of digestive system
- nutrients:
  - proteins
  - carbohydrates
  - fats (lipids)
  - vitamins
  - minerals
  - water
  - fibre
  - cholesterol.

***Excretory system*** must include:

- organs of excretory system:
  - kidneys
  - liver
  - lungs
  - skin.

***Appropriate professionals*** may include:

- medical practitioner
- complementary therapist
- nutritionist
- dietician.

***Nutritional requirements and dietary health problems*** may include:

- healthy food and nutrition guidelines for Australians
- guidelines for specific nutrients, e.g. foods containing calcium
- recommended dietary intakes
- healthy eating pyramid
- obesity and heart disease
- weight management
- eating disorders.

***Healthy nutritional options*** may include:

- general or specific advice to client
- macro-nutrients:
  - proteins
  - carbohydrates
  - fats
  - dietary fibre
  - water
- advice on weight management.



## **Unit Sector(s)**

Beauty

## **Competency Field**

Client Services