



Australian Government

Assessment Requirements for SISFFIT005 Provide healthy eating information

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) totalling at least two hours comprising at least five different client contact sessions, and:

- access and provide each client with:
 - current healthy eating information from identified current healthy eating information resources
 - information on healthy eating related to the maintenance of health and prevention of chronic disease
- answer client queries and concerns regarding interpretation of healthy eating information
- collaborate with clients to implement healthy eating habits
- identify and prepare referrals for at least five clients to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or General Practitioner as required:
 - clients who have specific dietary requirements or dietary concerns
 - clients who need support regarding positive attitudes to eating.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- information to promote positive attitudes to eating and body composition:
 - relationship between fitness, health and appearance
 - relationship between healthy eating, physical and mental health
 - realistic expectations of nutrition and goal attainment
 - link between healthy eating and common client health conditions
- current healthy information resources:
 - National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
- relevant current healthy eating information as outlined in the Australian Dietary Guidelines:
 - food groups and nutrients
 - balanced diet
- own role and limitations in providing healthy eating information

- role of Accredited Practising Dietitian, Accredited Sports Dietitian and General Practitioner for referring clients
- effects of cultural and social influences on food choices
- referral requirements for:
 - dietary trends
 - fad or popular diets
 - nutritional supplementation
 - sports foods
 - ergogenic aids
- concept of metabolism and the factors affecting metabolism.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated healthy eating and fitness goals.

Assessment must ensure use of:

- documented organisational policies and procedures related to providing nutrition information
- workplace documents and systems for the documenting of client consultation and referral letters, as required
- learning and assessment tools validated by:
 - an Accredited Practising Dietitian or an Accredited Sports Dietitian with at least two consecutive years experience in clinical practice
- current healthy information resources:
 - National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
- clients and medical or allied health professionals for referral processes; these can be:
 - clients, and medical or allied health professionals in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation

Assessment activities that allow the individual to:

- provide clients with current healthy eating information from identified resources within commercially realistic consultation timing
- identify at least five situations whereby the client's requirements are beyond the scope of a fitness instructor, and refer client to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or General Practitioner, as appropriate.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have achieved a Certificate IV in Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>