



Australian Government

Department of Education, Employment and Workplace Relations

SISSCGP309A Develop nutritional strategies

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to enable coaches to develop strategies to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

Application of the Unit

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

Licensing/Regulatory Information

No licensing, 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

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

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|---|---|
| 1. Analyse information. | 1.1. Collect and analyse relevant and current information from a range of <i>sources</i> in relation to the <i>principles of nutrition for performance</i> .
1.2. Identify <i>support personnel</i> and <i>resources</i> available to assist <i>athletes</i> with nutritional issues.
1.3. Assess <i>athlete's</i> information needs in relation to nutrition for peak performance in relevant sporting activity.
1.4. Maintain and update information on nutrition for performance. |
| 2. Liaise with nutritional support personnel. | 2.1. Select appropriate nutritional support personnel to assist athletes.
2.2. Consult with nutritional support personnel to identify the specific <i>nutritional requirements for peak performance in the sporting activity</i> .
2.3. Identify <i>nutritional practices to enhance peak performance</i> in the sporting activity. |
| 3. Provide information to athletes. | 3.1. Assess nutrition needs and preferences of <i>athletes</i> in relation to sporting activity.
3.2. Inform <i>athletes</i> of the nutritional requirements for peak performance in the relevant sporting activity.
3.3. Present information to athletes in a style appropriate to the needs of the athletes and the coaching setting.
3.4. Use appropriate activities and learning experiences to deliver information.
3.5. Check understanding of athletes regarding nutritional requirements for peak sporting performance using appropriate <i>approaches</i> and encourage <i>athletes</i> to clarify information.
3.6. Encourage athletes to seek advice and support from identified nutritional support personnel. |
| 4. Assist athletes to | 4.1. Select implementation <i>strategies to enhance peak</i> |

ELEMENT**PERFORMANCE CRITERIA**

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| implement nutritional practices. | <p><i>performance</i> in the sporting activity in consultation with the <i>athlete</i> and nutritional support personnel.</p> <p>4.2. Assist and support <i>athletes</i> to implement selected strategies in training and competition <i>according to organisational policies and procedures</i>.</p> <p>4.3. Monitor implementation of nutritional practices during training or competition <i>according to organisational policies and procedures</i>.</p> <p>4.4. Identify <i>symptoms</i> associated with possible <i>nutritional deficiencies and eating disorders</i>.</p> <p>4.5. Refer <i>athletes</i> who have symptoms of <i>nutritional deficiencies and eating disorders</i> to nutritional support personnel for treatment.</p> |
| 5. Evaluate the effect of nutritional practices on the performance of athletes. | <p>5.1. Analyse the performance of <i>athletes</i> in competition situations.</p> <p>5.2. Assess the effect of <i>nutritional practices on performance</i> in the activity or sport in consultation with the <i>athlete</i> and nutritional support personnel.</p> <p>5.3. Adjust nutritional practices to better assist athletes to achieve peak performance in the activity in consultation with the <i>athlete</i> and nutritional support personnel.</p> |

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - build rapport with athletes and support personnel
 - access, analyse and convey information about the principles and practices of nutrition for peak performance to athletes
 - negotiate appropriate strategies to enhance peak performance with athletes and seek feedback on their effectiveness
- language and literacy skills to access and interpret information on the principles of nutrition for peak performance relevant to the appropriate sport
- problem-solving skills to:
 - assess effectiveness of nutritional practices to enhance performance and to modify accordingly
 - recognise nutritional issues and refer these to appropriate support personnel.

Required knowledge

- nutritional guidelines to enable the provision of accurate information about the principles and practices of nutrition for peak performance to athletes
- five food groups in order to assist athletes to identify and balance nutritional requirements for peak performance
- principles and practices of nutrition for peak performance relevant to specific activity or sport to enable appropriate advice and support to be provided to athletes in specific settings
- training and competition diets and dietary nutrients in order to advise athletes on correct eating for optimal performance
- organisational policies and procedures to enable athletes to implement strategies regarding nutritional practices in a professional and supported manner
- nutritional supplementation principles in order to assist athletes to develop appropriate supplements to their diets
- body weight monitoring methods in order to assist athletes to monitor their weight effectively
- safe weight loss and weight gain principles in order to support athletes to adopt principles of nutrition to gain and maintain a weight for peak performance
- principles of hydration and fluid replacement practices in order to correctly advise athletes to maximise performance
- information sources regarding principles and practices of nutrition for peak performance.

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.

Overview of assessment

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

Evidence of the following is essential:

- acquires, selects and adapts information on nutritional principles and practices to develop and maintain professional knowledge for own sporting area
- works with support personnel to identify nutritional requirements for sport-specific peak performance and selects and communicates information appropriate to the needs of athletes
- consults with athletes and support personnel to develop, implement and review strategies to enhance peak performance and to support them in a coaching setting
- monitors nutritional practices of athletes and refers issues of nutritional deficiencies to appropriate support personnel.

Context of and specific resources for assessment

Assessment must ensure interaction with a range of athletes specific to the candidate's current or intended coaching role to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a sport-specific training or competition setting
- athletes and support personnel
- sources of information about nutritional principles and practices for peak performance
- current organisational policies and procedures that impact on implementation of nutritional practices for peak performance.

Method 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 interaction with athletes and support personnel including discussions and implementation of nutritional practices for peak performance
- observation of consultation with athletes to review

strategies to support them to apply nutritional practices to achieve peak performance

- oral or written questioning to assess knowledge of the principles of nutrition for peak performance
- third-party reports from coaches or other support staff detailing examples of interactions and discussions with athletes and support personnel such as the implementation of strategies to support athletes with nutrition.

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

- relevant sport-specific coaching units of competency.

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.

Sources may include:

- sporting bodies
- sponsors
- other coaches
- government bodies
- support services
- multimedia
- information kits.

Principles of nutrition for performance may include:

- basic nutritional guidelines
- five food groups
- balanced diets
- fluid replacement and hydration
- heat injury
- training and competition diets
- eating disorders
- weight management.

Support personnel may include:

- sports psychologists
- nutritionists
- administrators
- other coaches
- sports scientists
- sports medicine providers
- other health professionals
- parents or guardians.

Resources may include:

- sporting bodies
- sponsors
- coaches
- government bodies
- support services.

Athletes may include:

- beginner through to high performance level competitors
- athletes under 16 years of age who require parent or guardian consent prior to being included in a training program
- female or male athletes

- athletes with a disability or special needs
 - athletes from minority ethnic and cultural groups.
- Nutritional requirements for peak performance*** may include:
- pre-event meals and hydration
 - food and fluid intake during the event
 - food and fluid intake after the event
 - long term nutrient and fluid requirements.
- Nutritional practices to enhance peak performance*** may include:
- consumption of particular foods
 - exclusion of particular foods
 - use of nutritional supplements
 - use of sports drinks for fluid replacement
 - weight loss and gain.
- Approaches may include:***
- discussions
 - open questions.
- Strategies*** may include:
- educational programs
 - eating plans
 - intervention strategies
 - development of ethical codes and policies.
- Organisational policies and procedures may include:***
- codes of conduct
 - duty of care
 - confidentiality
 - occupational health and safety.
- Symptoms*** may include:
- fatigue
 - loss of endurance
 - increase in occurrences of colds and infections
 - irritability.
- Nutritional deficiencies and eating disorders*** may include:
- vitamin deficiencies
 - anorexia nervosa
 - bulimia
 - obesity
 - dehydration.

Unit Sector(s)

Sport

Competency Field

Coaching General Principles