



Australian Government

**Assessment Requirements for
HLTAHPR006 Provide healthy lifestyle
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, and:

- provide healthy lifestyle information to three different Aboriginal and/or Torres Strait Islander clients including:
 - a child over the age of 5
 - an adult
 - an older person
- provide the following information to each client, tailored to their individual needs:
 - healthy eating information from the Australian national dietary guidelines including:
 - the five food groups and their recommended proportional daily intakes
 - discretionary foods that should be eaten only sometimes and in small amounts
 - recommendations for physical activity based on the Australian national physical activity guidelines
 - one available support service and how to access the support service.

Knowledge Evidence

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

- organisational procedures for referral
- role and limitations of Aboriginal and/or Torres Strait Islander health workers and practitioners in providing nutritional and physical activity information and advice to clients
- roles of medical and allied health professionals in providing nutritional and physical activity advice and their expertise in addressing different needs:
 - medical practitioners
 - registered nurses and midwives
 - accredited practising dietitians
 - exercise physiologists
- nutritional and physical activity support services available in the community, state or territory
- physical activity groups operating in the local community

- how nutritional and physical activity needs differ for special population clients, and characteristics of clients with specific nutritional and physical activity needs who may require referral for specialist advice:
 - those with:
 - chronic conditions
 - oral health problems
 - physical injuries and disabilities
 - the frail elderly
 - pregnant and breastfeeding women
 - infants
 - clients who show signs of:
 - having an eating disorder
 - malnutrition
 - obesity
- risks to clients of providing inappropriate nutrition-related advice:
 - nutrient deficiencies and imbalances
 - negative impact on existing health conditions
 - food intolerance and allergy adverse reactions
 - negative food-drug interactions
 - nutrition confusion
- key contents of current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - characteristics and examples of types of food in the five groups
 - proportions of the five food groups recommended for consumption each day
 - characteristics and examples of discretionary foods to be avoided
- food that is specific to Aboriginal and/or Torres Strait Islander people:
 - food values in traditional Aboriginal and/or Torres Strait Islander food
 - cultural values and beliefs about food
- benefits of healthy eating and of physical activity, and relationship to physical and emotional wellbeing
- potential impacts of unhealthy food choices and eating patterns on general health and wellbeing and:
 - diet-related risk factors for chronic conditions, including high cholesterol, high blood pressure and obesity
 - risk of chronic diseases including type 2 diabetes, cardiovascular disease and some types of cancers
 - risk of malnutrition
- recommendations for weekly physical activity from the current Australian national physical activity guidelines:
 - movement guidelines for the early years, children and young people
 - physical activity guidelines for adults

- physical activity guidelines for older people.

Assessment Conditions

Skills can be demonstrated through:

- work activities completed within an Aboriginal and/or Torres Strait Islander health service, or
- simulations and case studies completed within a training organisation, based on comprehensive information about client needs.

Assessment must ensure the use of:

- interaction with Aboriginal and/or Torres Strait Islander clients either through actual work activities or simulations
- current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - guides to healthy eating
 - consumer brochures
- current Australian national physical activity guidelines:
 - movement guidelines for the early years, children and young people
 - physical activity guidelines for adults
 - physical activity guidelines for older people
- organisational procedures for referral.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be an Aboriginal and/or Torres Strait Islander person who has applied the skills and knowledge covered in this unit of competency through experience working as an Aboriginal and/or Torres Strait Islander health worker or practitioner, or
- be a registered health practitioner or a health educator with experience relevant to this unit of competency and be accompanied by, or have assessments validated by, an Aboriginal and/or Torres Strait Islander person.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=c1390f-48d9-4ab0-bd50-b015e5485705>