



**Australian Government**

# **Assessment Requirements for HLTAHW034 Provide healthy lifestyle programs and advice**

**Release: 2**

---

## Assessment Requirements for HLTAHW034 Provide healthy lifestyle programs and advice

### Modification History

Release	Comments
Release 2	Updated: <ul style="list-style-type: none"><li>• assessor requirements statement</li><li>• foundation skills lead in statement</li><li>• licensing statement</li><li>• modification history to reflect 2012 standards</li></ul> Equivalent outcome.
Release 1	This version was released in <i>HLT Health Training Package release 1.0</i> and meets the requirements of the 2012 Standards for Training Packages.  Significant changes to elements and performance criteria. New evidence requirements for assessment, including volume and environment requirements.

### Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role.

There must be evidence that the candidate has:

- planned for at least one training program to deliver healthy lifestyle information and advice by:
    - identifying a target audience for the program
    - determining the content of the program, and the timeframes for delivery
    - promoting the program through appropriate forums
    - securing the location and necessary resources for the program delivery
  - delivered the training program at least twice by:
    - communicating in a culturally appropriate and safe manner at all times with participants
    - addressing the needs of individual participants, and the group as a whole
    - checking for understanding of individuals, and supporting involvement of the group in training
-

- 
- providing information about:
    - healthy diet, including appropriate intake of specific ingredients such as salt, sugar and fat
    - shopping for health food and meal preparation
    - dietary guidelines
    - diet and self-esteem issues
    - preparation of healthy meals
    - food labels and nutritional values
    - principles of the Australian Dietary Guidelines
    - links between diabetes and a healthy lifestyle, and general diabetes awareness
  - evaluated both healthy lifestyle training programs, customised to address participant and community needs by:
    - communicating with individuals, families and communities to identify, establish and maintain lifestyle changes to achieve improved health
    - identifying areas and suggesting specific measures for improvement.
  - documented all aspects of planning, delivery and evaluation of at least one healthy lifestyle training program.

## Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role.

This includes knowledge of:

- organisation policies and procedures and legislation or regulations relating to:
    - client confidentiality
    - referral, including various levels of urgency, and follow-up of clients
    - mandatory reporting
    - notifiable communicable diseases
    - limits of own ability and authority
    - reporting procedures
    - documentation
  - nutrition for good health
  - specific nutritional issues for Aboriginal and/or Torres Strait Islander communities and individuals
  - *Australian Guide to Healthy Eating* and the nutrients associated with each food group
  - *Aboriginal and Torres Strait Islander Guide to Healthy Eating*
  - basic eating patterns for healthy weight and factors associated with quick weight-loss diets
  - benefits and common myths relating to physical activity
  - processes of behaviour change, including:
    - stages of behaviour change
-

- 
- factors that influence behaviour change
  - barriers to behaviour change
  - nutritional needs of people at different stages in the lifecycle
  - risk factors associated with common nutrition-related diseases.

## **Assessment Conditions**

Skills must be demonstrated working:

- in a health service or centre
- as part of a multidisciplinary primary health care team
- with Aboriginal and/or Torres Strait Islander clients and communities.

In addition, simulations and scenarios must be used where the full range of contexts and situations cannot be provided in the workplace or may occur only rarely. These are situations relating to emergency or unplanned procedures where assessment in these circumstances would be unsafe or is impractical.

Simulated assessment environments must simulate the real-life working environment where these skills and knowledge would be performed, with all the relevant equipment and resources of that working environment.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Assessment must be undertaken by a workplace assessor who has expertise in this unit of competency and who is:

an Aboriginal and/or Torres Strait Islander Health Worker or:

- accompanied by an Aboriginal and/or Torres Strait Islander person who is a recognised member of the community with experience in primary health care.

## **Links**

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

---