



Australian Government

SISFFIT005 Provide healthy eating information

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide healthy eating information and support healthy attitudes to eating and body composition. This is undertaken in accordance with recommended guidelines within industry endorsed scope of practice.

The scope of practice of a fitness instructor does not include:

- the provision of specific or individualised dietary analysis or advice, or information regarding:
 - specific diets
 - fad diets
 - nutritional supplementation
 - sports foods
 - ergogenic aids
 - nutrition for exercise or sports performance
- the provision of information or advice to people with medical conditions requiring specialised dietary advice, or to frail elderly people who are at risk of malnutrition
- the provision of dietary information or advice for infants and toddlers.

The fitness instructor must refer clients to an Accredited Practising Dietitian, Accredited Sports Dietitian, or General Practitioner as appropriate.

This unit applies to fitness instructors who work in a variety of fitness locations such as fitness, leisure and community centres. These individuals typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Fitness

Unit Sector

Fitness

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Provide healthy eating information.
2. Support positive attitudes to eating and body composition.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Access and provide information regarding healthy eating, health and fitness to clients.
- 1.2 Explain adverse effects of poor nutrition to clients.
- 1.3 Show sensitivity to cultural and social differences influencing food choices.
- 1.4 Identify and refer clients with specific dietary requirements or dietary concerns to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner, as required.
- 1.5 Maintain records of client consultations.
- 2.1 Discuss with clients the relationship between body composition and physical and mental health.
- 2.2 Incorporate an understanding of the relationship between attitudes to eating and physical and mental health in client interactions.
- 2.3 Model healthy eating behaviours and attitudes in personal practice.
- 2.4 Refer client to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner, as required.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

- | | |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reading skills to: | <ul style="list-style-type: none"> • extract applicable information from identified healthy eating resources. |
| Oral communication skills to: | <ul style="list-style-type: none"> • use open and closed probe questioning techniques in a sensitive and appropriate manner, to: <ul style="list-style-type: none"> • determine the influences of social and cultural factors on |

food choices

- clarify with the client the extent of information requested in order to determine the need to refer to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner.

Learning skills to:

- maintain current knowledge of the Australian Dietary Guidelines and any related updates.

Technology skills to:

- access, download and print healthy eating information from identified healthy eating guidelines resources.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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