Assessment Requirements for SISFFIT025 Recognise the dangers of providing nutrition advice to clients

# 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:

* identify at least ten client situations when referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner is required:
* record the details of the client situation/reason for referral
* identify the appropriate health professional for the situation.

# Knowledge Evidence

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

* purpose, use and limitations of the Australian Dietary Guidelines:
* food groups
* guidelines
* Australian guide to healthy eating and the template for adaptation for clients
* the role and professional boundaries of the personal trainer, medical and allied health professionals in providing nutritional advice, weight loss support and exercise prescription
* the role of the personal trainer in providing nutritional advice within appropriate guidelines of Eat for Health Program incorporating the Australian Dietary Guidelines
* situations when referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner is required, and which professional is most appropriate for the situation:
* when individuals ask for specific information regarding weight management or indicate interest in more information on weight loss
* when clients have specific questions regarding dieting, diet trends and supplementation
* when clients have specific questions regarding the suitability of participating in an available nutrition program when specific health indicators demonstrate increased health risks after pre-exercise screening and client reporting
* when the client’s eating patterns are extreme and not meeting nutritional requirements e.g. removing / limiting inappropriately food groups
* when the client may benefit from attending a structured support program
* when the client is having difficulty achieving weight loss goals
* when the client has high intensity or high level training or sports performance requirements
* when the client needs support regarding attitudes to eating and may benefit from additional assistance
* risks of providing nutritional information to the following specific population clients:
* pregnant or lactating women
* very underweight, overweight or obese
* impaired Glucose Tolerance, Impaired Fasting Glucose or strong family history of Type 2 Diabetes
* Type 1 or Type 2 diabetes
* cardiovascular disease, Renal disease or Liver disease
* food allergies and intolerances
* diagnosed with, undergoing treatment for, or recovering from cancer
* frail elderly
* mental illness
* high intensity and high volume exercise or sport
* other health conditions affected by nutrition.

# Assessment Conditions

Skills must be demonstrated in:

* a fitness industry workplace or simulated environment where clients are seeking information regarding health and fitness, including nutrition information and guidance.

Assessment must ensure use of:

* documented organisational policies and procedures
* industry endorsed scope of practice for the role and scope of a personal trainer
* workplace documents and systems for client consultations and referral letters
* scope of practice documents of medical and allied health professionals
* current healthy information resources:
* National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
* up-to-date resources for researching the role of various health professionals and the risks of providing nutritional information to various clients
* 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
* 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:

* identify situations where the client must be referred to a medical or allied health professional for nutritional or other lifestyle advice
* recognise the dangers of providing nutritional information to clients in at least ten client situations or interactions.

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

* have achieved a Diploma of 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 Diploma of Fitness.

# Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>