



Australian Government

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

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:

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