



Australian Government

SISFFIT025 Recognise the dangers of providing nutrition advice to clients

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to identify when the provision of nutritional advice is beyond the scope of practice of a personal trainer.

It requires the ability to recognise the dangers of providing nutrition advice in a fitness setting and when a client requires referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner.

This unit covers recognition of appropriate information sources to apply to the provision of food advice, and when the provision of such advice is unethical and beyond the scope of practice.

This unit applies to personal trainers who typically work autonomously in controlled and uncontrolled fitness environments. 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. Comply with the scope of practice in provision of nutrition

PERFORMANCE CRITERIA

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

- 1.1 Identify the role of medical and allied health professionals in providing and applying nutritional information and advice to clients.

- advice.
- 1.2 Recognise appropriate sources of information for provision of healthy eating information to clients.
 - 1.3 Recognise clients with specific nutritional needs.
 - 1.4 Recognise dangers of providing inappropriate nutrition advice to general and specific population clients.
2. Identify situations outside of scope of practice.
 - 2.1 Identify need for referral and guidance from medical practitioner or appropriate allied health professional for nutrition and body composition advice.
 - 2.2 Conduct referral in accordance with organisational policies and procedures.

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"> • interpret healthy eating information to determine suitability of use for clients • interpret organisational policies and procedures in regards to the role of a personal trainer providing nutritional advice to clients.
Learning skills to:	<ul style="list-style-type: none"> • maintain currency of knowledge of healthy eating guidelines and the current role of medical or allied health professionals in providing nutrition information to clients • develop strategies to recognise when a client requires referral to a medical practitioner or appropriate allied health professional.
Problem-solving skills to:	<ul style="list-style-type: none"> • determine the dangers of providing dietary advice to clients who require specialised advice from an Accredited Practising Dietitian, Accredited Sports Dietitian or a General Practitioner.
Technology skills to:	<ul style="list-style-type: none"> • access and download current Australian Dietary Guidelines to use in determining if working within scope of practice of a personal trainer • maintain records of information on computer software.

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>