



Australian Government

Assessment Requirements for SISFFIT052 Provide healthy eating information

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT005 Provide healthy eating information.

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:

- provide healthy eating information from the Australian national dietary guidelines to three clients and include information about:
 - the five food groups and their recommended proportional daily intakes
 - discretionary foods that should be eaten only sometimes and in small amounts
- according to actual client interactions or case studies:
 - identify three situations outside scope of own practice for providing nutrition advice
 - for each above situation:
 - advise client why their nutrition needs are outside scope of own role
 - provide information about the type of medical or allied health professional with relevant expertise.

Knowledge Evidence

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

- roles of medical and allied health professionals in providing nutritional advice and their expertise in addressing different needs:
 - accredited practising dietitians (APD)
 - accredited sports dietitians (AccSD)
 - general practitioners
- differences and similarities between the roles and skills of dietitians and nutritionists
- common consumer expectations of fitness instructors to provide nutrition and weight management advice, and:
 - purpose and content of established industry guidelines for scope of practice for fitness instructors in providing nutrition advice
 - own role and limitations in providing nutritional advice to clients
 - techniques used to positively communicate with clients about scope of own role and knowledge
 - how industry guidelines assist fitness instructors to appropriately respond to client enquiries outside their scope of practice
- opportunities for fitness instructors to promote and support healthy eating with clients

- how nutritional needs differ for special population clients, and characteristics of clients who require nutrition advice beyond fitness instructor scope of practice:
 - those with chronic conditions
 - the frail elderly
 - pregnant and breastfeeding women
 - clients who show signs of having an eating disorder as identified in established industry guidelines
 - any client seeking individualised information outside the scope of the population level recommendations in national dietary guidelines
- risks to clients of fitness instructors providing nutrition-related advice outside scope of practice:
 - nutrient deficiencies and imbalances
 - exposure to low energy availability (LEA) and overview of LEA impacts
 - negative impact on existing health conditions
 - food intolerance and allergy adverse reactions
 - negative food-drug interactions
 - nutrition confusion
 - financial burden of product recommendations
- risks to fitness instructors of providing nutrition-related advice outside scope of practice, specifically the potential professional, legal and financial consequences
- key contents of current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - characteristics and examples of types of foods in the five food groups
 - proportions of the five food groups recommended for consumption each day
 - characteristics and examples of discretionary foods to be avoided
- healthy eating:
 - benefits of healthy eating
 - relationship to physical wellbeing
 - how healthy eating can impact on client health and fitness goals and outcomes
 - the role of healthy eating in a fitness program and basic aspects of how nutrition and exercise interrelate
- potential impacts of unhealthy food choices and eating patterns on general health and wellbeing and:
 - diet-related risk factors for chronic disease, including high cholesterol, high blood pressure and obesity
 - risk of chronic diseases including type 2 diabetes, cardiovascular disease and some types of cancers
- effects of cultural and social influences on food choices.

Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure use of:

- interaction with clients; these can be:
 - clients in an industry workplace, or
 - individuals who participate in simulated activities used for the purpose of skills assessment
- established fitness industry guidelines for providing nutrition advice within scope of practice for fitness instructors
- current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - guides to healthy eating
 - consumer brochures.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate III or IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising dietitian, sports dietitian, health or exercise professional with a degree and experience relevant to this unit of competency.

Links

Companion Volume implementation guides are found in VETNet -

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