



**Australian Government**

# **SISFFIT052 Provide healthy eating information**

**Release: 1**

## SISFFIT052 Provide healthy eating information

### Modification History

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

### Application

This unit describes the performance outcomes, skills and knowledge required to provide general, and not individualised, information about healthy eating to fitness clients. Information is based on the main recommendations of the current Australian national dietary guidelines which aim to promote optimal health and wellbeing for generally healthy people.

The unit requires the ability to recognise situations that are beyond the scope of practice for fitness instructors, and to provide information about the types of medical and allied health professionals with expertise to advise on nutritional needs.

This unit applies to group fitness and gym instructors who practise in settings such as fitness facilities, gyms, and leisure and community centres.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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*

#### PERFORMANCE CRITERIA

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

- |  |  |
|--|--|
| 1. Identify authoritative and evidence-based information.              | 1.1. Source information about healthy eating from the national dietary guidelines that apply to healthy people.<br>1.2. Interpret key national dietary guideline recommendations and healthy eating messages to inform healthy eating advice.  |
| 2. Communicate general healthy eating information to clients.          | 2.1. Advise clients about own role and limitations in providing healthy eating advice.<br>2.2. Provide information consistent with national dietary guidelines to help clients make informed healthy eating choices.<br>2.3. Advise on recommended daily serves of the five food groups outlined in national dietary guidelines.<br>2.4. Provide clear information about discretionary foods and inform clients about limiting daily intake.<br>2.5. Explain the benefits of healthy food and beverage choices, and impact of poor choices on health and wellbeing.<br>2.6. Show sensitivity to cultural and social differences that may influence food choices.<br>2.7. Provide accurate information about the role of healthy eating as part of a fitness program. |
| 3. Identify clients who require nutrition advice outside of own scope. | 3.1. Identify characteristics of clients who require nutrition advice beyond scope of practice and recognise risks of providing information to those clients.<br>3.2. Provide information about types of health professionals with required expertise to clients who require nutritional advice outside scope of practice.   |

## 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:

- interpret key overarching recommendations of national dietary guideline documentation.

Oral communication skills to:

- provide information to clients using plain language and terms easily understood
- ask open and closed probe questions to clarify information needs and actively listen to determine client understanding of information.

- Numeracy skills to:
- interpret numerical aspects of the national dietary guidelines including recommended and proportional food intakes in different food groups.
- Learning skills to:
- use information provided in national guidelines to update and extend knowledge of healthy eating practices.
- Technology skills to:
- access and use national dietary guideline documentation.

## Unit Mapping Information

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

## Links

Companion Volume implementation guides are found in VETNet -

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