Assessment Requirements for SISFFIT053 Support healthy eating for individual fitness clients

# Modification History

Supersedes and is not equivalent to SISFFIT025 Recognise the dangers of providing nutrition advice to clients, and SISFFIT026 Support healthy eating through the Eat for Health Program.

# 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:

* support healthy eating for three fitness clients and for each of the three clients:
* identify daily eating patterns
* compare daily eating patterns with the recommendations of Australian national dietary guidelines
* assist clients with change to achieve healthier eating patterns using national dietary guidelines and associated resources, and:
* provide information about daily patterns of healthy eating and recommended proportions of the five food groups
* provide examples of healthy meals and snacks
* provide information about healthy ways to prepare and cook food
* educate clients about how to interpret nutrition information on food labels
* consistently use client-centred communication during all interactions
* maintain accurate records of client goals and advice provided
* seek and evaluate feedback from clients and consider ways to improve own practice
* according to actual client interactions or case studies, respond to two clients seeking advice or services outside scope of own practice for providing nutrition advice, and for each client:
* advise client why their nutrition needs are outside scope of own role
* provide information about the appropriate type of medical or allied health professional with relevant expertise
* write a referral that provides clear information about the client and the reasons for referral.

# Knowledge Evidence

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

* procedures for maintaining client records and confidentiality of client information
* client-centred communication techniques for establishing and building trust and rapport to support behaviour change
* role and limitations of fitness instructors in providing nutritional advice to clients, and:
* purpose and content of established fitness industry guidelines for providing nutrition advice within scope of practice for fitness instructors
* reasons for confining information and advice that is consistent with current Australian dietary guidelines and support resources
* potential professional, legal and financial consequences of providing nutrition-related advice outside of scope of practice
* how to screen clients to identify the type and depth of advice they are seeking about their nutrition needs
* techniques used to positively communicate with clients about scope of own role and knowledge
* appropriate responses to common fitness-related client requests and situations that require referral to medical and allied health professionals involving:
* detailed nutritional assessment
* personalised meal planning to meet a specific goal including advice and plans for weight loss and weight gain goals
* high intensity, high volume and high level sports performance requirements
* advice and recommendations on specific diet, eating trends and specific popular diets
* nutritional supplements and specialised foods including for performance, medical and general health purposes
* ergogenic aids
* queries about nutrition and medication interactions
* risks to clients of fitness instructors providing nutrition-related advice outside scope of practice:
* nutrient deficiencies and imbalances
* exposure to relative energy deficiency in sport (RED-S) and overview of RED-S impacts
* negative impact on existing health conditions
* food intolerance and allergy adverse reactions
* negative food-drug interactions
* nutrition confusion
* financial burden of product recommendations
* how to find information about available accredited practising dietitians (APD) and accredited sports dietitians (AccSD) in the local area
* benefits of working in collaboration with medical and allied health professionals for both fitness instructors and clients
* format and inclusions of referral letters to medical and allied health professionals
* information and recommendations contained in fitness industry eating disorder publications, and how fitness instructors can effectively respond to behavioural warnings signs for:
* eating disorders
* excessive exercise disorders
* muscle dysmorphia
* sources of authoritative and evidence-based information about nutrition and how to determine credibility
* the meaning of key nutritional terms:
* diet
* healthy eating
* nutrition
* nutrients including macronutrients and micronutrients, and overview of how the body uses these
* how to locate and use information from current Australian dietary guideline resources to provide healthy eating advice to individual fitness clients:
* full guideline and summary documents
* consumer brochures
* teaching tools
* key population level recommendations and healthy eating guidance contained in current Australian national dietary guidelines and associated resources:
* the principal recommendations and guidelines
* characteristics of the five food groups and the nutrients they contribute to the diet
* daily patterns of healthy eating and recommended proportions of the five food groups
* types of discretionary foods to be limited and why
* methods and tools for collecting information about client daily eating patterns and how to evaluate this against national dietary recommendations
* strategies, informed by national dietary guidelines, that support clients with healthy eating:
* how to interpret food labels including health star rating labelling systems to support healthier food choices
* types of healthy meals and snacks
* healthy ways to prepare and cook food
* the benefits to health and emotional wellbeing of combining healthy eating and physical activity
* methods used to evaluate support provided to clients:
* client evaluation questionnaires
* informal conversations with clients
* self-reflection on client responses to information including difficulties in understanding and implementing.

# 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
* fitness industry eating disorder publications
* current Australian national dietary guidelines and associated resources:
* full guideline and summary documents
* consumer brochures
* teaching tools
* template referral letters
* procedures for maintaining client records and confidentiality of client information.

Assessors must:

* satisfy the Standards for Registered Training Organisations requirements for assessors, and
* hold a Certificate 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>