



**Australian Government**

# **SISFFIT053 Support healthy eating for individual fitness clients**

**Release: 1**

# 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.

## Application

This unit describes the performance outcomes, skills and knowledge required to identify individual client needs for healthy eating advice, and provide information that supports clients to establish healthier eating patterns. Information is based on the current Australian national dietary guidelines and associated resources 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 referrals to medical and allied health professionals with expertise to advise on nutritional needs.

This unit applies to personal trainers who work independently with clients using discretion and judgement to plan for and deliver exercise programs, and to provide support to individual clients. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes and outdoor locations.

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 client needs for nutrition advice.
  - 1.1. Consult with client to confirm their nutritional goals and clarify their expectations and need for nutrition advice.
  - 1.2. Explain boundaries of own role in providing nutritional advice to clients based on industry guideline scope of practice for fitness instructors.
  - 1.3. Identify clients with nutritional needs beyond own scope of practice and provide referral to medical and allied health professionals with expertise to advise on nutritional needs.
  
2. Provide healthy eating advice within scope of own role.
  - 2.1. Seek information on client's daily pattern of eating and compare with recommendations in national dietary guidelines and associated support resources.
  - 2.2. Provide feedback to client on their identified eating patterns and how they align with national dietary guidelines.
  - 2.3. Use a person-centred approach to assist client to identify changes to eating patterns to align with their health, fitness and nutritional goals.
  - 2.4. Provide information about patterns of healthy eating and appropriate proportions of different food types based on national dietary guidelines and associated support resources.
  - 2.5. Advise on limiting daily intake of discretionary foods outlined in national dietary guidelines.
  
3. Support clients to adopt and sustain healthier eating patterns.
  - 3.1. Use client-centred communication showing sensitivity and empathy to support sustained behaviour change.
  - 3.2. Assist clients to modify their daily patterns of eating to align with their nutritional goals.
  - 3.3. Provide clients with information about daily living strategies that support healthy eating.
  - 3.4. Maintain records of information provided and client goals and progress according to record keeping and confidentiality procedures.
  
4. Evaluate effectiveness of advice to clients.
  - 4.1. Seek and evaluate feedback from clients about value of healthy eating support.
  - 4.2. Identify potential changes to improve client outcomes and own practice through reflection on client feedback and own performance.
  - 4.3. Identify and use opportunities to update and expand knowledge of evidence-based nutritional information relevant to scope of practice for fitness instructors.

## 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"><li>interpret key recommendations and detailed implementation advice in national dietary guideline documentation and associated support resources.</li></ul>
Writing skills to:	<ul style="list-style-type: none"><li>use fundamental sentence structure to complete forms and reports that require factual and subjective information.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>provide information to clients using plain language and terms easily understood</li><li>ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information provided.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>interpret numerical and measurement information in national dietary guidelines and on food labels, expressed in kilojoules, cups, grams, millilitres, centimetres, percentages and fractions.</li></ul>

## Unit Mapping Information

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.

## Links

Companion Volume implementation guides are found in VETNet -

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