



Australian Government

Department of Education, Employment and Workplace Relations

SISSCOP309A Design an athlete's diet

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to design a diet with the correct nutritional requirements for persons participating in sport in order to optimise sporting performance. It focuses on modifying the diet in response to changing sporting requirements such as training, competition and recovery.

Application of the Unit

This unit applies to current or aspiring elite athletes who are competing in individual or team sports at a state, national or international level. It may also apply to those in sports development or coaching roles.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Identify dietary strategies for optimising sporting performance.

- 1.1. Identify sources of information on a range of ***dietary strategies*** for the appropriate sport.
- 1.2. Compare the identified dietary strategies and their ***effects*** on sporting performance.
- 1.3. Select dietary strategies appropriate to the relevant sport.

2. Design a diet for training.

- 2.1. Identify the ***nutritional requirements*** for an athlete in training in the relevant sport.
- 2.2. Identify the athlete's food likes and dislikes.
- 2.3. Design an eating plan that satisfies the athlete's training needs and addresses nutritional and ***physiological requirements***.
- 2.4. Assess effectiveness of eating plan in optimising performance and modify as required.

3. Modify a diet for competition and recovery.

- 3.1. Identify the nutritional requirements for an athlete in competition and recovery in the relevant sport.
- 3.2. Identify and analyse sources of information on the ***benefits of carbohydrate loading*** for competition and recovery.
- 3.3. Identify and analyse sources of information on ***pre-competition foods*** and the timing of pre-competition meals for the relevant sport.
- 3.4. Assess and modify an eating plan according to nutritional requirements for competition and recovery
- 3.5. Evaluate effectiveness of eating plan in assisting in the preparation for and recovery from event.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- problem-solving skills to:
 - assess the effectiveness of an eating plan to enhance performance during training, competition and in aiding recovery post training
 - make appropriate modifications to the eating plan
- literacy and numeracy skills to source and interpret information about nutrition requirements for the relevant sport.

Required knowledge

- dietary needs for the relevant sport to enable design of an appropriate eating plan
- nutritional principles and effects of nutrition to enable the preparation of a beneficial eating plan to optimise body composition and sporting performance
- fluids maintenance and replenishment during competition or recovery as part of an effective eating plan
- benefits of recovery eating after competition
- the effects of a poor diet on sporting performance to enable these to be identified and addressed
- the physiological characteristics of diet in order to design an appropriate diet for athletes.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- applies sport-specific nutritional knowledge to assess different dietary strategies for optimising an athlete's body composition and sporting performance
- designs a diet that will provide nutritional requirements throughout training and modifies the diet to address changing competition and recovery needs
- evaluates the effectiveness of the diet and adapts it to better enhance performance in relevant sport.

Context of and specific resources for assessment

Assessment must ensure preparation and modification of training, competition and recovery diets specific to the requirements of the candidate's current or intended work environment to demonstrate competency and consistency of performance

Assessment must also ensure access to:

- information on nutritional requirements for the relevant sport and the nutritional values of different diets in optimising sporting performance.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- oral or written questioning to assess knowledge of nutritional requirements for training, competition and recovery
- third-party reports from a supervisor detailing performance
- portfolio showing preparation of an athlete's diet and modifications made for different requirements such as training, competition and recovery.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- sport-specific activity units.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Dietary strategies may include:

- low fat versus low kilojoule diets
- reducing body fat not muscle
- ***carbohydrate loading***
- regularity of meals
- dietary supplements
- hydration.

Effects may include:

- increase in performance
- increase in energy
- increase in concentration
- increase in reaction times.

Nutritional requirements may include:

- high carbohydrate
- low fat
- balanced fluids
- high GI factor
- low fibre
- moderate protein
- eating timeframes.

Physiological requirements may include:

- fat to muscle ratio
- metabolic rate.

Benefits of carbohydrate loading may include:

- stored energy
- greater endurance.

Pre-competition foods may include:

- low fat
- high carbohydrates
- low fibre content
- easily digestible foods.

Unit Sector(s)

Sport

Competency Field

Career Oriented Participation