



**Australian Government**

# **SISSCO307 Provide nutrition information to athletes**

**Release: 1**

## SISSCO307 Provide nutrition information to athletes

### Modification History

The release details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Release	Comments
1	Replaces and is equivalent to SISSCGP309A Develop nutritional strategies. Updated and equivalent. Updated to reflect current industry dietary nutrition guidelines. Title change. No changes to competency outcome. Unit re-categorised from Coaching General Principles to Sport Coaching to better reflect the intent of the unit.

### Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to enable coaches to provide information to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

### Application of the Unit

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

### Licensing/Regulatory Information

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

### Pre-Requisites

Not applicable.

### 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. Analyse information.                       | <p>1.1 Collect and analyse relevant and current information from a range of <i>sources</i> in relation to the <b><i>principles of sports nutrition for training and performance</i></b>.</p> <p>1.2 Identify <b><i>support personnel</i></b> and <b><i>resources</i></b> available to assist <b><i>athletes</i></b> with nutritional issues.</p> <p>1.3 Assess athlete's information needs in relation to nutrition for peak performance in relevant sporting activity.</p> <p>1.4 Assess athlete's information needs in relation to nutrition for peak performance in relevant sporting activity.</p>   |
| 2. Liaise with nutritional support personnel. | <p>2.1 Select appropriate support personnel to assist athletes.</p> <p>2.2 Consult with sports nutritional personnel to identify the specific <b><i>nutritional requirements</i></b> for training and performance in the sporting activity.</p> <p>2.3 Identify <b><i>nutritional practices</i></b> to enhance peak performance in the sporting activity.</p> <p>2.4 Confirm scope of authority with key personnel in relation to role within sport structure.</p>   |
| 3. Provide information to athletes.           | <p>3.1 Assess nutrition needs and preferences of athletes in relation to sporting activity.</p> <p>3.2 Inform athletes of the nutritional requirements for peak performance in the relevant sporting activity.</p> <p>3.3 Present information to athletes in a style appropriate to the needs of the athletes and the coaching setting.</p> <p>3.4 Use appropriate activities and learning experiences to deliver information.</p> <p>3.5 Check understanding of athletes regarding nutritional requirements for peak sporting performance using appropriate <b><i>approaches</i></b> and encourage athletes to clarify information.</p> <p>3.6 Encourage athletes to seek advice and support from identified nutritional support personnel.</p> |
| 4. Assist athletes to implement               | <p>4.1 Select implementation <b><i>strategies</i></b> to enhance peak performance in the sporting activity in consultation with the athlete and</p>  |

- nutritional  
practices.
- nutritional support personnel.
- 4.2 Assist and support athletes to implement selected strategies in training and competition according to organisational policies and procedures.
  - 4.3 Monitor implementation of nutritional practices during training or competition according to organisational policies and procedures.
  - 4.4 Identify *symptoms* associated with eating disorders and refer athletes to sports physician or accredited sports dietitian.
  - 4.5 Refer athletes who have symptoms of *nutritional deficiencies and eating disorders* to nutritional support personnel for treatment.
5. Evaluate the effect of nutritional practices on the performance of athletes.
    - 5.1 Analyse the performance of athletes in competition situations.
    - 5.2 Review effectiveness of strategies in consultation with athletes and support staff and make adjustments where required.

## Required Skills and Knowledge

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

### Required skills

- communication skills to:
  - build rapport with athletes and support personnel
  - access, analyse and convey information about the principles and practices of nutrition for training and peak performance to athletes
  - negotiate appropriate strategies to enhance peak performance with athletes and seek feedback on their effectiveness
- language and literacy skills to access and interpret information on the principles of nutrition for peak performance relevant to the appropriate sport
- problem solving skills to:
  - assess effectiveness of nutritional practices to enhance performance and to modify accordingly
  - recognise nutritional issues and refer these to appropriate support personnel.

### Required knowledge

- nutrition guidelines to enable the provision of accurate information about the principles and practices of sports nutrition for training and peak performance to athletes
- principles and practices of nutrition for training and peak performance relevant to specific activity or sport to enable appropriate advice and support to be provided to athletes in specific settings
- appropriate body weight monitoring methods in order to assist athletes to monitor their weight effectively
- principles of safe weight loss and weight gain principles in order to support athletes to adopt nutrition principles maintain an appropriate weight for peak performance
- principles of hydration and fluid replacement practices in order to correctly inform athletes
- organisational policies and procedures to enable athletes to implement strategies regarding nutritional practices in a professional and supported manner
- information sources regarding principles and practices of nutrition for peak performance.

## 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:

- acquires, selects and adapts information on sports nutrition principles and practices to develop and maintain professional knowledge for own sporting area
- works with support personnel to identify nutritional requirements for sport-specific peak performance and selects and communicates information appropriate to the needs of athletes
- consults with athletes and support personnel to develop, implement and review strategies to enhance peak performance and to support them in a coaching setting
- monitors nutritional practices of athletes and refers issues of nutritional deficiencies to appropriate support personnel
- develops a rapport with athletes and encourages them to clarify information and access supporting resources.

#### **Context of and specific resources for assessment**

Assessment must ensure interaction with a range of athletes specific to the candidate's current or intended coaching role to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a sport-specific training or competition setting
- athletes and support personnel
- sources of information about nutritional principles and practices for peak performance
- current organisational policies and procedures that impact on implementation of nutritional practices for peak 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:

- observation of interaction with athletes and support personnel including discussions and implementation of nutritional practices for peak performance
- observation of consultation with athletes to review strategies to support them to apply nutritional practices to achieve peak performance

- oral or written questioning to assess knowledge of the principles of nutrition for peak performance
- third party reports from coaches or other support staff detailing examples of interactions and discussions with athletes and support personnel such as the implementation of strategies to support athletes with nutrition.

**Guidance information for assessment**

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

- relevant sport-specific coaching units of competency.

## 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.

*Sources* may include:

- sporting bodies
- sponsors
- other coaches
- government bodies
- support services
- multimedia
- information kits.

*Principles of sports nutrition for training and performance* may include:

- the dietary guidelines for Australians
- macro- and micro-nutrient intake to enhance training:
  - eating and drinking before and during exercise
  - recovery nutrition
- managing physique (weight gain or loss)
- hydration and fluid replacement
- body image.

*Support personnel* may include:

- accredited sports dietician
- psychologist
- sport administrators
- other coaches
- team managers
- sports physician
- sports trainer
- sports doctor
- sports scientists
- parents or guardians.

*Resources* may include:

- sporting bodies
- sponsors
- coaches
- government bodies
- support services.

*Nutrition requirements* may include:

- daily nutrient and fluid intake to support health and training demands
- nutrition presentation for competition:
- carbohydrate loading

*Nutritional practices* may include:

- pre-event meal
- hydration
- food and fluid intake during the event
- food and fluid intake after the event
- food and fluid intake during travel
- sports foods, dietary supplements and ergogenic aids.
- daily intake of a wide and varied diet
- maintenance of an appropriate physique
- nutrient intake prior to and the day of competition
- food and fluid intake during the competition or event
- appropriate use of sports foods and/or ergogenic aids
- food and fluid intake after the competition or event.

*Approaches* may include:

- discussions
- open questions.

*Strategies* may include:

- educational programs
- eating plans
- intervention strategies
- development of ethical codes and policies.

*Symptoms* may include:

- fatigue
- loss of endurance
- increase in occurrences of colds and infections
- irritability.

*Nutritional deficiencies and eating disorders* may include:

- vitamin/mineral deficiencies (common: iron, calcium, Vitamin D)
- chronic dehydration
- female athlete triad:
  - low energy availability
  - menstrual dysfunction
  - suboptimal bone mineral density
- anorexia nervosa
- bulimia nervosa.

## **Unit Sector(s)**

Sport

## **Competency Field**

Sport Coaching