



Australian Government

SHBXCCS006 Promote healthy nutritional options in a beauty therapy context

Release: 1

SHBXCCS006 Promote healthy nutritional options in a beauty therapy context

Modification History

No equivalent unit.

Application

This unit describes the performance outcomes, skills and knowledge required to apply the principles of nutrition, as based on healthy food and nutrition guidelines, when providing information to clients that will enhance the outcomes of beauty therapy treatments and clients' general wellbeing.

It requires the ability to integrate this at the therapist's discretion, based on the outcomes of client consultation and as part of beauty therapy consultations.

This unit applies to beauty therapists promoting nutritional options as part of beauty therapy treatments offered in beauty salon and spa environments, and exercising judgement in planning and selecting appropriate products, services, equipment and techniques.

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

Client Services

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

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|--|---|
| 1. Identify the role of nutrition in beauty therapy treatments. | 1.1. Identify and apply relevant principles of nutrition and their potential effects on the performance and outcomes of beauty therapy treatments to client service and advice according to relevant legislation and workplace policies and procedures.
1.2. Identify and apply nutrient needs and health problems across the lifespan to beauty therapy treatments.
1.3. Identify role of food, nutrients and other important food substances in relation to the body's function. |
| 2. Apply knowledge of the body's systems to beauty therapy treatments. | 2.1. Identify main functions of the digestive system and apply to the design and performance of beauty therapy treatments.
2.2. Identify major organs and the main functions of the excretory system and apply to the design and performance of beauty therapy treatments.
2.3. Apply knowledge of body's systems to client health and treatment outcomes and provide advice or referral to appropriate professionals as required. |
| 3. Provide advice on dietary guidelines. | 3.1. Apply knowledge of nutritional needs to development of client treatment plan and to beauty therapy treatments.
3.2. Assess nutritional requirements and dietary health problems in regard to client individual needs and refer to appropriate professionals as indicated.
3.3. Use suitable communication skills to determine client needs, and communicate in a way that develops respect and trust.
3.4. Promote healthy nutritional options and importance of nutrition to the outcomes of beauty therapy treatments in the provision of client advice.
3.5. Work within limits of own knowledge and work role and make referrals to other services as indicated by the client's needs. |

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:
- source and read a range of information on health and nutrition
 - research appropriate professional nutritionists in local area for referral of clients as required.
- Writing skills to:
- write referrals to professional and medical practitioners and counsellors using correct terminology.
- Oral communication skills to:
- use open and closed probe questions and listening skills to clarify and confirm client requirements and concerns
 - provide basic nutritional information to enhance treatment outcomes and after care.
- Learning skills to:
- learn about strategies and techniques to improve own knowledge of nutrition.
- Problem-solving skills to:
- respond appropriately to client needs within diverse contexts
 - recognise and address situations where client requirements are beyond own knowledge and capacity.
- Numeracy skills to:
- interpret numerical aspects of the national dietary guidelines including recommended and proportional food intakes in different food groups.
- Self-management skills to:
- maintain discretion and client confidentiality.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>

Assessment Requirements for SHBXCCS006 Promote healthy nutritional options in a beauty therapy context

Modification History

No equivalent unit.

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:

- assess and evaluate nutritional requirements of three clients with different life stages and nutritional needs
- for each of the above clients, provide basic nutritional advice based on nutrition principles to support beauty treatments that includes:
 - effect of various foods on health and appearance
 - healthy nutritional options
 - complementary products
 - sources of advice
- for each of the above clients develop or update a client treatment plan taking into account nutritional factors that impact on treatment outcomes
- refer clients to relevant other professionals where indicated and document required information.

Knowledge Evidence

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

- basic knowledge of body systems
- basic knowledge of nutrition principles
- role and function in the human body of the 13 essential vitamins
- nutrition and its role in contributing to overall personal health and appearance
- nutritional composition of a range of commonly available foods
- federal, state or territory legislation and local health and hygiene regulations relevant to food and nutrition
- workplace policies and procedures in regard to beauty therapy treatments
- nutrition in regard to beauty therapy treatment procedures:
 - relevant principles of nutrition
 - role of food, nutrients and other food substances
- main organs and functions of digestive and excretory system
- functions of digestive system:
 - mechanical and chemical digestive process

- common disorders of digestive system
- role and function of nutrients:
 - proteins
 - carbohydrates
 - fats (lipids)
 - vitamins
 - minerals
 - water
 - dietary fibre
 - cholesterol
- nutritional needs and health problems across the lifespan:
 - prenatal
 - infancy
 - childhood
 - adolescence
 - adulthood
 - menopause
 - late adulthood
- nutrient and energy requirements of different population groups:
 - healthy food and nutrition guidelines for Australians
 - guidelines for specific nutrients
 - recommended dietary intakes
 - Healthy Eating Pyramid
 - role of nutrients in managing ideal weight
- common diet-related health problems:
 - obesity and heart disease
 - weight management
 - eating disorders
 - food allergies
- healthy nutritional options:
 - general or specific advice to client
 - referral to external source of support and advice
- role of beauty therapists in providing nutritional advice to clients:
 - responsibilities
 - limitations
- internal and external sources of support and referral relevant to nutrition:
 - medical practitioner
 - complementary therapist
 - nutritionist
 - dietitian

- relevant government bodies
- circumstances in which referral to a health or other professional is appropriate:
 - signs of serious health conditions.

Assessment Conditions

Skills must be demonstrated in a personal services environment; this can be:

- an industry workplace or
- a simulated workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different client service requirements, who have the expectation that the services provided reflect those of a commercial business
- sources of information on nutrition and healthy nutritional options.

Assessment activities that allow the individual to:

- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

Links

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