



Australian Government

SIHHHSC405A Apply the principles of nutrition

Release 2

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Modification History

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

Release	Comments
2	Editorial corrections. Competency field added.
1	Initial release.

Unit Descriptor

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 general wellbeing. This information is integrated at the operator's discretion, based on the outcomes of client consultation and as part of trichological consultations and treatments.

Application of the Unit

This unit applies to senior hairdressers in salon environments who promote nutritional options as part of trichological consultations.

A person undertaking this role applies discretion and judgement accepts responsibility for outcomes of own work and provides technical leadership in the salon team.

Licensing/Regulatory Information

No licensing, legislative, 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

Not applicable.

Elements and Performance Criteria

Elements

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 the role of nutrition in trichological treatments.

- 1.1. Identify and apply relevant principles of nutrition and their potential effects on the performance and outcomes of trichological treatments when providing ***client*** service and advice according to ***salon procedures***.
- 1.2. Identify and apply ***nutrient needs and health problems across the lifespan*** to trichological 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 trichological treatments.

- 2.1. Identify ***main functions of the digestive system*** and apply to the design and performance of trichological treatments.
- 2.2. Identify major organs and the ***main functions of the excretory system*** and apply to the design and performance of trichological treatments.
- 2.3. Apply knowledge of the 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 the development of the client treatment plan and to the performance of trichological treatments.
- 3.2. Assess nutritional requirements and dietary health problems in regard to individual client needs and recommend referral to appropriate professionals as required.
- 3.3. Promote ***healthy nutritional options*** and recognise the importance of nutrition to the outcomes of trichological treatments.
- 3.4. Record dietary advice provided on client history.

Required Skills and Knowledge

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

Required skills

- interpersonal skills to respond to client needs
- technical skills to relate knowledge of nutrition to the practice of beauty therapy treatments
- literacy skills to source, read, comprehend and apply relevant information on healthy diet pyramid
- communication skills to provide basic nutritional information to enhance treatment outcomes and after care

Required knowledge

- health and hygiene regulations
- salon procedures regarding the performance of trichological treatments
- nutrition related to the performance of trichological treatments, including:
 - relevant principles of nutrition
 - nutritional needs across the client's lifespan
 - role of food, nutrients and other food substances
 - main functions of the digestive system
 - functions of the main organs and the excretory system
 - dietary health problems

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:

- knowledge and consistent application of the principles of nutrition as applied to trichological treatments
- evaluating client needs and requirements and advising on nutritional needs, home care and complementary products
- accurately and legibly recording relevant data.

Context of and specific resources for assessment

Assessment must ensure access to:

- a salon or a simulated salon environment that includes a range of work situations such as client interruptions and involvement in other related activities normally expected in the salon
- a simulated environment, which includes as a minimum:
 - research materials and facilities
 - texts, including internet access
 - promotional material on the healthy diet pyramid
- a range of clients with varying nutritional requirements.

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

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 learners performing a range of tasks in the workplace or a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
 - developing a client treatment plan taking into account nutritional factors that impact on treatment outcomes
 - providing basic nutritional advice to clients
 - referring clients to relevant other professionals where indicated
- case studies, and written and verbal questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of nutrition in relation to beauty treatments, including post-treatment care and relevant legislation

- review of portfolios of evidence and third-party reports of on-the-job performance.

**Guidance information
for assessment**

A unit of competency describes an individual skill but people rarely perform one skill at a time. Many skills are combined on a day-to-day basis in the workplace as part of work processes. This does not mean that each skill described by a unit of competency is prerequisite to another— they are related skills.

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

- SIHHHSC404A Perform trichological assessments.

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.

Clients may include:

- women
- men
- children
- new or regular clients with routine or special needs
- people from a range of social, cultural or ethnic backgrounds and with a range of physical and mental abilities.

Salon procedures may include:

- health and hygiene
- comfort and privacy
- timeframes for the completion of the service
- quality assurance.

Main functions of the digestive system must include:

- organs of the gastrointestinal tract:
 - mouth
 - oesophagus
 - stomach
 - small intestine
 - large intestine
 - rectum
 - anus
 - salivatory glands
 - pancreas
 - gall bladder
 - liver
- functions of the digestive system, including mechanical and chemical digestive processes
- common disorders of the digestive system.

Main functions of the excretory system must include:

- organs of the excretory system:
 - kidneys
 - liver
 - lungs
 - skin.

Appropriate professionals may include:

- medical practitioner
- complementary therapist
- nutritionist

Nutritional requirements and dietary health problems may include:

- dietitian.
- nutrients, including:
 - proteins
 - carbohydrates
 - fats (lipids)
 - vitamins
 - minerals
 - water
 - dietary fibre
 - cholesterol
- guidelines for specific nutrients, e.g. foods containing protein
- recommended dietary intake
- healthy eating pyramid
- obesity and heart disease
- weight management
- eating disorders
- malabsorption.

Healthy nutritional options may include:

- general or specific advice to client
- macro-nutrients

Unit Sector(s)

Hairdressing

Competency Field

Hair Science