



Australian Government

SISFFIT005 Provide healthy eating information

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide healthy eating information and support healthy attitudes to eating and body composition. This is undertaken in accordance with recommended guidelines within industry endorsed scope of practice.

The scope of practice of a fitness instructor does not include:

- the provision of specific or individualised dietary analysis or advice, or information regarding:
 - specific diets
 - fad diets
 - nutritional supplementation
 - sports foods
 - ergogenic aids
 - nutrition for exercise or sports performance
- the provision of information or advice to people with medical conditions requiring specialised dietary advice, or to frail elderly people who are at risk of malnutrition
- the provision of dietary information or advice for infants and toddlers.

The fitness instructor must refer clients to an Accredited Practising Dietitian, Accredited Sports Dietitian, or General Practitioner as appropriate.

This unit applies to fitness instructors who work in a variety of fitness locations such as fitness, leisure and community centres. These individuals typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation and organisational policies and procedures.

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

1. Provide healthy eating information.

2. Support positive attitudes to eating and body composition.

PERFORMANCE CRITERIA

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

1.1 Access and provide information regarding healthy eating, health and fitness to clients.

1.2 Explain adverse effects of poor nutrition to clients.

1.3 Show sensitivity to cultural and social differences influencing food choices.

1.4 Identify and refer clients with specific dietary requirements or dietary concerns to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner, as required.

1.5 Maintain records of client consultations.

2.1 Discuss with clients the relationship between body composition and physical and mental health.

2.2 Incorporate an understanding of the relationship between attitudes to eating and physical and mental health in client interactions.

2.3 Model healthy eating behaviours and attitudes in personal practice.

2.4 Refer client to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner, as required.

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:

- extract applicable information from identified healthy eating resources.

Oral communication skills to:

- use open and closed probe questioning techniques in a sensitive and appropriate manner, to:
 - determine the influences of social and cultural factors on

food choices

- clarify with the client the extent of information requested in order to determine the need to refer to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner.

Learning skills to:

- maintain current knowledge of the Australian Dietary Guidelines and any related updates.

Technology skills to:

- access, download and print healthy eating information from identified healthy eating guidelines resources.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for SISFFIT005 Provide healthy eating information

Modification History

Not applicable.

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. This must include period(s) totalling at least two hours comprising at least five different client contact sessions, and:

- access and provide each client with:
 - current healthy eating information from identified current healthy eating information resources
 - information on healthy eating related to the maintenance of health and prevention of chronic disease
- answer client queries and concerns regarding interpretation of healthy eating information
- collaborate with clients to implement healthy eating habits
- identify and prepare referrals for at least five clients to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or General Practitioner as required:
 - clients who have specific dietary requirements or dietary concerns
 - clients who need support regarding positive attitudes to eating.

Knowledge Evidence

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

- information to promote positive attitudes to eating and body composition:
 - relationship between fitness, health and appearance
 - relationship between healthy eating, physical and mental health
 - realistic expectations of nutrition and goal attainment
 - link between healthy eating and common client health conditions
- current healthy information resources:
 - National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
- relevant current healthy eating information as outlined in the Australian Dietary Guidelines:
 - food groups and nutrients
 - balanced diet
- own role and limitations in providing healthy eating information

- role of Accredited Practising Dietitian, Accredited Sports Dietitian and General Practitioner for referring clients
- effects of cultural and social influences on food choices
- referral requirements for:
 - dietary trends
 - fad or popular diets
 - nutritional supplementation
 - sports foods
 - ergogenic aids
- concept of metabolism and the factors affecting metabolism.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated healthy eating and fitness goals.

Assessment must ensure use of:

- documented organisational policies and procedures related to providing nutrition information
- workplace documents and systems for the documenting of client consultation and referral letters, as required
- learning and assessment tools validated by:
 - an Accredited Practising Dietitian or an Accredited Sports Dietitian with at least two consecutive years experience in clinical practice
- current healthy information resources:
 - National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
- clients and medical or allied health professionals for referral processes; these can be:
 - clients, and medical or allied health professionals in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation

Assessment activities that allow the individual to:

- provide clients with current healthy eating information from identified resources within commercially realistic consultation timing
- identify at least five situations whereby the client's requirements are beyond the scope of a fitness instructor, and refer client to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or General Practitioner, as appropriate.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have achieved a Certificate IV in Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

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