



Australian Government

SISFFIT025 Recognise the dangers of providing nutrition advice to clients

Release: 1

SISFFIT025 Recognise the dangers of providing nutrition advice to clients

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to identify when the provision of nutritional advice is beyond the scope of practice of a personal trainer.

It requires the ability to recognise the dangers of providing nutrition advice in a fitness setting and when a client requires referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner.

This unit covers recognition of appropriate information sources to apply to the provision of food advice, and when the provision of such advice is unethical and beyond the scope of practice.

This unit applies to personal trainers who typically work autonomously in controlled and uncontrolled fitness environments. 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. Comply with the scope of practice in provision of nutrition

PERFORMANCE CRITERIA

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

- 1.1 Identify the role of medical and allied health professionals in providing and applying nutritional

- advice.
- information and advice to clients.
- 1.2 Recognise appropriate sources of information for provision of healthy eating information to clients.
 - 1.3 Recognise clients with specific nutritional needs.
 - 1.4 Recognise dangers of providing inappropriate nutrition advice to general and specific population clients.
2. Identify situations outside of scope of practice.
- 2.1 Identify need for referral and guidance from medical practitioner or appropriate allied health professional for nutrition and body composition advice.
 - 2.2 Conduct referral in accordance with organisational policies and procedures.

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:	- interpret healthy eating information to determine suitability of use for clients - interpret organisational policies and procedures in regards to the role of a personal trainer providing nutritional advice to clients.
Learning skills to:	- maintain currency of knowledge of healthy eating guidelines and the current role of medical or allied health professionals in providing nutrition information to clients - develop strategies to recognise when a client requires referral to a medical practitioner or appropriate allied health professional.
Problem-solving skills to:	determine the dangers of providing dietary advice to clients who require specialised advice from an Accredited Practising Dietitian, Accredited Sports Dietitian or a General Practitioner.
Technology skills to:	- access and download current Australian Dietary Guidelines to use in determining if working within scope of practice of a personal trainer - maintain records of information on computer software.

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 SISFFIT025 Recognise the dangers of providing nutrition advice to clients

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, and:

- identify at least ten client situations when referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner is required:
 - record the details of the client situation/reason for referral
 - identify the appropriate health professional for the situation.

Knowledge Evidence

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

- purpose, use and limitations of the Australian Dietary Guidelines:
 - food groups
 - guidelines
 - Australian guide to healthy eating and the template for adaptation for clients
- the role and professional boundaries of the personal trainer, medical and allied health professionals in providing nutritional advice, weight loss support and exercise prescription
- the role of the personal trainer in providing nutritional advice within appropriate guidelines of Eat for Health Program incorporating the Australian Dietary Guidelines
- situations when referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner is required, and which professional is most appropriate for the situation:
 - when individuals ask for specific information regarding weight management or indicate interest in more information on weight loss
 - when clients have specific questions regarding dieting, diet trends and supplementation
 - when clients have specific questions regarding the suitability of participating in an available nutrition program when specific health indicators demonstrate increased health risks after pre-exercise screening and client reporting
 - when the client's eating patterns are extreme and not meeting nutritional requirements e.g. removing / limiting inappropriately food groups
 - when the client may benefit from attending a structured support program
 - when the client is having difficulty achieving weight loss goals

- when the client has high intensity or high level training or sports performance requirements
- when the client needs support regarding attitudes to eating and may benefit from additional assistance
- risks of providing nutritional information to the following specific population clients:
 - pregnant or lactating women
 - very underweight, overweight or obese
 - impaired Glucose Tolerance, Impaired Fasting Glucose or strong family history of Type 2 Diabetes
 - Type 1 or Type 2 diabetes
 - cardiovascular disease, Renal disease or Liver disease
 - food allergies and intolerances
 - diagnosed with, undergoing treatment for, or recovering from cancer
 - frail elderly
 - mental illness
 - high intensity and high volume exercise or sport
 - other health conditions affected by nutrition.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment where clients are seeking information regarding health and fitness, including nutrition information and guidance.

Assessment must ensure use of:

- documented organisational policies and procedures
- industry endorsed scope of practice for the role and scope of a personal trainer
- workplace documents and systems for client consultations and referral letters
- scope of practice documents of medical and allied health professionals
- current healthy information resources:
 - National Health and Medical Research Council (NHMRC) – Australian Dietary Guidelines
- up-to-date resources for researching the role of various health professionals and the risks of providing nutritional information to various clients
- 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
- 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:

- identify situations where the client must be referred to a medical or allied health professional for nutritional or other lifestyle advice
- recognise the dangers of providing nutritional information to clients in at least ten client situations or interactions.

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

- have achieved a Diploma of 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 Diploma of Fitness.

Links

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