



Australian Government

SISFFIT052 Provide healthy eating information

Release: 1

SISFFIT052 Provide healthy eating information

Modification History

Supersedes and is not equivalent to SISFFIT005 Provide healthy eating information.

Application

This unit describes the performance outcomes, skills and knowledge required to provide general, and not individualised, information about healthy eating to fitness clients. Information is based on the main recommendations of the current Australian national dietary guidelines which aim to promote optimal health and wellbeing for generally healthy people.

The unit requires the ability to recognise situations that are beyond the scope of practice for fitness instructors, and to provide information about the types of medical and allied health professionals with expertise to advise on nutritional needs.

This unit applies to group fitness and gym instructors who practise in settings such as fitness facilities, gyms, and leisure and community centres.

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

Fitness

Unit Sector

Fitness

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

- | | |
|--|--|
| 1. Identify authoritative and evidence-based information. | 1.1. Source information about healthy eating from the national dietary guidelines that apply to healthy people.
1.2. Interpret key national dietary guideline recommendations and healthy eating messages to inform healthy eating advice. |
| 2. Communicate general healthy eating information to clients. | 2.1. Advise clients about own role and limitations in providing healthy eating advice.
2.2. Provide information consistent with national dietary guidelines to help clients make informed healthy eating choices.
2.3. Advise on recommended daily serves of the five food groups outlined in national dietary guidelines.
2.4. Provide clear information about discretionary foods and inform clients about limiting daily intake.
2.5. Explain the benefits of healthy food and beverage choices, and impact of poor choices on health and wellbeing.
2.6. Show sensitivity to cultural and social differences that may influence food choices.
2.7. Provide accurate information about the role of healthy eating as part of a fitness program. |
| 3. Identify clients who require nutrition advice outside of own scope. | 3.1. Identify characteristics of clients who require nutrition advice beyond scope of practice and recognise risks of providing information to those clients.
3.2. Provide information about types of health professionals with required expertise to clients who require nutritional advice outside scope of practice. |

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: | <ul style="list-style-type: none"> interpret key overarching recommendations of national dietary guideline documentation. |
| Oral communication skills to: | <ul style="list-style-type: none"> provide information to clients using plain language and terms easily understood ask open and closed probe questions to clarify information needs and actively listen to determine client understanding of information. |

- Numeracy skills to:
- interpret numerical aspects of the national dietary guidelines including recommended and proportional food intakes in different food groups.
- Learning skills to:
- use information provided in national guidelines to update and extend knowledge of healthy eating practices.
- Technology skills to:
- access and use national dietary guideline documentation.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT005 Provide healthy eating information.

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 SISFFIT052 Provide healthy eating information

Modification History

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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:

- provide healthy eating information from the Australian national dietary guidelines to three clients and include information about:
 - the five food groups and their recommended proportional daily intakes
 - discretionary foods that should be eaten only sometimes and in small amounts
- according to actual client interactions or case studies:
 - identify three situations outside scope of own practice for providing nutrition advice
 - for each above situation:
 - advise client why their nutrition needs are outside scope of own role
 - provide information about the type of medical or allied health professional with relevant expertise.

Knowledge Evidence

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

- roles of medical and allied health professionals in providing nutritional advice and their expertise in addressing different needs:
 - accredited practising dietitians (APD)
 - accredited sports dietitians (AccSD)
 - general practitioners
- differences and similarities between the roles and skills of dietitians and nutritionists
- common consumer expectations of fitness instructors to provide nutrition and weight management advice, and:
 - purpose and content of established industry guidelines for scope of practice for fitness instructors in providing nutrition advice
 - own role and limitations in providing nutritional advice to clients
 - techniques used to positively communicate with clients about scope of own role and knowledge
 - how industry guidelines assist fitness instructors to appropriately respond to client enquiries outside their scope of practice
- opportunities for fitness instructors to promote and support healthy eating with clients

- how nutritional needs differ for special population clients, and characteristics of clients who require nutrition advice beyond fitness instructor scope of practice:
 - those with chronic conditions
 - the frail elderly
 - pregnant and breastfeeding women
 - clients who show signs of having an eating disorder as identified in established industry guidelines
 - any client seeking individualised information outside the scope of the population level recommendations in national dietary guidelines
- risks to clients of fitness instructors providing nutrition-related advice outside scope of practice:
 - nutrient deficiencies and imbalances
 - exposure to low energy availability (LEA) and overview of LEA impacts
 - negative impact on existing health conditions
 - food intolerance and allergy adverse reactions
 - negative food-drug interactions
 - nutrition confusion
 - financial burden of product recommendations
- risks to fitness instructors of providing nutrition-related advice outside scope of practice, specifically the potential professional, legal and financial consequences
- key contents of current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - characteristics and examples of types of foods in the five food groups
 - proportions of the five food groups recommended for consumption each day
 - characteristics and examples of discretionary foods to be avoided
- healthy eating:
 - benefits of healthy eating
 - relationship to physical wellbeing
 - how healthy eating can impact on client health and fitness goals and outcomes
 - the role of healthy eating in a fitness program and basic aspects of how nutrition and exercise interrelate
- potential impacts of unhealthy food choices and eating patterns on general health and wellbeing and:
 - diet-related risk factors for chronic disease, including high cholesterol, high blood pressure and obesity
 - risk of chronic diseases including type 2 diabetes, cardiovascular disease and some types of cancers
- effects of cultural and social influences on food choices.

Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure use of:

- interaction with clients; these can be:
 - clients in an industry workplace, or
 - individuals who participate in simulated activities used for the purpose of skills assessment
- established fitness industry guidelines for providing nutrition advice within scope of practice for fitness instructors
- current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - guides to healthy eating
 - consumer brochures.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate III or IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising dietitian, sports dietitian, health or exercise professional with a degree and experience relevant to this unit of competency.

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