### RPL Standard

SISFFIT025 - Recognise the dangers of providing nutrition advice to clients

**How to complete this form**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit Description:**

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.

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.

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

Relevant to all performance criteria, knowledge and **performance evidence**.

**The applicant must provide evidence of the following to gain RPL for this unit:**

* The applicant must have industry experience within a health/fitness service where direct client contact is involved, this can be within work placement from previous health courses.
* The applicant must have 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.
* The applicant is able to interpret organisational policies and procedures in regards to the role of a personal trainer providing nutritional advice to clients.
* Applicants who may have completed a similar unit within a health course where they have completed
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working within the industry
* Evidence of providing interpretation of healthy eating information to determine suitability of use for clients
* Evidence of maintaining currency of knowledge of healthy eating guidelines and the current role of medical or allied health professionals in providing nutrition information to clients
* Evidence of developing strategies to recognise when a client requires referral to a medical practitioner or appropriate allied health professional
* Completion of ACFB e-learning quiz/oral questioning may be required to demonstrate all Essential Knowledge; If required this will be completed at a later stage.

**Evidence documents must include, but not limited to:**

* Submission of ten (10) clients fitness screening documentation when referral to an Accredited Practising Dietitian, Accredited Sports Dietitian or General Practitioner was required. Ensure all client identifiers are removed/blacked out).

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| ***SIS40215*** | Certificate IV in Fitness | **SISFFIT025** | Recognise the dangers of providing nutrition advice to clients | **Office Use only** |
| **Unit Type:** Elective | **Prerequisite:** None | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* |  |  |
| **1. Comply with the scope of practice in provision of nutrition advice.** |
| 1.1 | Identify the role of medical and allied health professionals in providing and applying nutritional 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 |  |  |

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| **Knowledge Evidence** | **EVIDENCE** (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** |
|  | **Sufficient** | **F.E.R.** |
| * Purpose, use and limitations of the Australian Dietary Guidelines:
* food groups
* guidelines
* Australian guide to healthy eating and the template for adaptation for clients
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| The role and professional boundaries of the personal trainer, medical and allied health professionals in providing nutritional advice, weight loss support and exercise prescription |  |  |  |

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| 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
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| 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.
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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** |
|  | **Sufficient** | **F.E.R.** |
| 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.
 | *This evidence will be collected via oral questioning* |  |  |

**Office Use Only.**

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| **RPL Outcome** |
| **RPL Achieved** | Yes □ | No □ |
| **Further Evidence Required** | Yes □ | No □ |
| **Further Evidence *(list of required evidence)***  |
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| *RPL Assessor Name:*  | *Date:* |