### RPL Standard



SISFFIT026 - Support healthy eating through the Eat for Health Program

This unit is clustered with the requirements of SISFFIT025 – Recognise the dangers of providing nutritional advice to clients as similar performance requirements and evidence documents are required.

**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 use the Eat for Health Program to support clients who do not have special dietary needs. It covers assisting clients to adapt the Australian Dietary Guidelines to suit their lifestyles and food choice influences using the Eat for Health Program as a guide. This unit requires the ability to provide healthy eating information and assist clients within industry endorsed scope of practice following completion of industry endorsed pre-exercise screening.

### 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.
* Applicants who may have completed a similar unit within a health course where they have completed.
* Identification of daily eating patterns of clients in the format of the Australian Dietary Guidelines
* Comparison of clients eating patterns and provide suggestions for achieving healthy dietary patterns using the recommendations in the Eat for Health Educator Guide
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working with the industry
* Evidence of interpreting the Scope of Practice of a personal trainer to ensure that work related to healthy eating is performed within scope.
* Evidence of ability to interpret the Educator Guide from the Eat for Health program to select appropriate information to provide client regard their food choice influences.
* Completion of ACFB e-learning quiz/oral questioning related to work within a fitness practice; If required this will be completed at a later stage.

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

* Submission of five (5) client record forms that includes screening documents, client’s food choices and diet, written referrals to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or medical and recommendations to client (remove/black out all client identifiers)
* Copy of Professional Development activities

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| ***SIS40215*** | | Certificate IV in Fitness | | | **SISFFIT026** | Support Healthy Eating through the Eat for Health Program | **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. Identify client needs within the Eat for Health Program** | | | | | | | | |
| 1.1 | Consider and confirm client goals, expectations and preferences using suitable questioning techniques. | | |  | | |  |  |
| 1.2 | Identify current sedentary and incidental physical activity patterns of client. | | |  |  |
| 1.3 | Explain benefits of combining regular moderate intensity physical activity and healthy eating. | | |  |  |
| 1.4 | Explain limitations as a personal trainer in providing the Eat for Health Program to a client. | | |  |  |
| 1.5 | Refer client to an Accredited Practising Dietitian or Accredited Sports Dietitian, as required. | | |  |  |

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| **2. Develop client profiles of food choices and eating patterns** | | | | |
| 2.1 | Determine daily eating patterns of client in format of the Australian Dietary Guidelines. |  |  |  |
| 2.2 | Identify influences of food choices using the Eat for Health Educator Guide. |  |  |
| **3. Provide eating pattern and health status information** | | | | |
| 3.1 | Compare client eating patterns with recommendations in the Eat for Health Educator Guide. |  |  |  |
| 3.2 | Provide feedback on eating patterns and alignment with Australian Dietary Guidelines to client. |  |  |
| 3.3 | Discuss advantages and disadvantages of eating patterns using the Eat for Health Educator Guide. |  |  |
| **4. Influence healthier eating patterns** | | | | |
| 4.1 | Assist client to make changes to eating patterns to more closely align with their goals using the template for adapting the Australian Guide to Healthy Eating. |  |  |  |
| 4.2 | Educate client regarding food labels to support healthy choices using the Eat for Health Educator Guide. |  |  |
| 4.3 | Maintain records of all assistance provided to client. |  |  |

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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 and use of the Australian Dietary Guidelines:   * food groups * guidelines * Australian guide to healthy eating and the template for adaptation for clients |  |  |  |
| How to read and understand food labels to support healthy food choices according to the Eat for Health Educator Guide |  |  |  |
| How to use the template for adapting the Australian guide to healthy eating to assist clients to make informed food choices |  |  |  |
| Role of Accredited Practising Dietitian, Accredited Sports Dietitian and General Practitioner for referring clients |  |  |  |
| * Referral requirements for: * clients with very high volume or high intensity training loads, or participation in organised sport, * clients with specific or special dietary needs * clients seeking information or advice about: * dietary trends * fad or popular diets * nutritional supplementation * sports foods * ergogenic aids |  |  |  |

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| Scope of practice of a personal trainer in regards to providing nutritional information |  |  |  |
| The modelling of Foundation diets on a weekly basis in the Eat for Health Educator Guide allowing for flexibility in their daily implementation |  |  |  |
| * The benefits of combining healthy eating and moderate physical activity |  |  |  |
| * Use of the Eat for Health Program, within Scope of Practice, according to the lifestyle group and different levels of physical activity: * sedentary activities * light activities * moderate activities * vigorous activities |  |  |  |

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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 the daily eating patterns of at least five clients in the format of the Australian Dietary Guidelines | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| Compare each client’s eating patterns  with the recommendations in the Eat  for Health Educator Guide relative to  their goals, body composition,  lifestyle group, and current level of  physical activity, using Foundation  and Total Diets | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| Provide suggestions for achieving healthy dietary patterns to each client in accordance with the Eat for Health Educator Guide | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| * Apply organisational policies and procedures and legal and ethical limitations to client contact sessions: * maintain client confidentiality * maintain clear and accurate records of client consultations | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| * Identify the need for and prepare referrals for at least five clients to an Accredited Practising Dietitian, Accredited Sports Dietitian and/or medical practitioner as required: * clients who have specific dietary requirements or dietary concerns * clients who are not achieving their goals when following the Australian Dietary Guidelines * clients who need support regarding attitudes to eating. | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |

**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:* | |