

Title	Demonstrate knowledge of nutrition and nutritional concerns and provide support to exercise participants on nutrition		
Level	5	Credits	6

Purpose	People credited with this standard are able to demonstrate knowledge of nutrition information for exercise participants; demonstrate knowledge of nutritional concerns and their effects on individuals; provide coaching and support on nutrition for exercise participants; and, develop a process to refer an exercise participant to a nutrition professional.
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Classification	Exercise > Human Anatomy, Physiology and Nutrition
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act [19932020](#), Consumer Guarantees Act 1993, Accident Compensation Act 2001, and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from Register of Exercise Professionals website <http://www.reps.org.nz/>;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

- 2 Definition

Nutrition Professional is a person who is affiliated with a professional organisation such as Dietitians NZ, Nutrition Society of New Zealand, Clinical Nutritionists Association or International Organisation of Nutritional Consultants.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of nutrition information for exercise participants.

Performance criteria

- 1.1 Define the scope of practice of an exercise professional in terms of providing diet and nutrition advice to exercise participants.

- 1.2 Explain the role and scope of nutrition professionals.
- Range nutritionist, dietician
- 1.3 Critique the credibility of a source of nutritional guidance using evidence based principles.
- 1.4 Critique a dietary trend using evidence based nutrition principles.
- 1.5 Explain the benefits and risks associated with the use of dietary supplements, multivitamins and performance enhancing drugs.
- 1.6 Explain how external factors can impact on an exercise participants nutritional needs.
- Range age, gender, ethnicity, culture, socio-economic status, dietary restrictions, lifestyle, pregnancy.

Outcome 2

Demonstrate knowledge of nutritional concerns and their effects on individuals.

Performance criteria

- 2.1 Describe common nutritional concerns and identify the associated signs and symptoms.
- Range may include but is not limited to – diabetes, anorexia, bulimia, binge eating, excessive weight gain, excessive weight loss, excessive alcohol intake, drug use, excessive supplement and/or vitamin use.
- 2.2 Explain the effect of nutritional concerns on health and physical performance.
- Range growth and development, body composition, ability to learn, ability to perform, lifestyle, self-esteem.
- 2.3 Describe strategies to assist in the management of nutritional concerns of an exercise participant.
- Range development of trust, ongoing support, awareness of guilt and/or fear, referral to medical and/or nutritional professionals, confidentiality, ethical considerations.
- 2.4 Explain unsafe methods used to manage body composition and the effect of these methods on the health of the individual.
- Range dehydration, binge, starvation, diuretics, laxatives, unbalanced diets.
- 2.5 Identify indicators that nutritional concerns may require referral to a relevant nutrition professional.

Outcome 3

Provide coaching and support on nutrition for exercise participants.

Performance criteria

3.1 Assess an exercise participant's current diet and exercise levels in accordance with evidence-based nutrition principles.

3.2 Review and support an exercise participant's adherence to a dietary programme.

Range moral and motivational support, monitoring food and fluid intake.

Outcome 4

Develop a process to refer an exercise participant to a nutrition professional.

Performance criteria

4.1 Explain the benefits of a referral to a nutrition professional for exercise participants.

4.2 Establish criteria on how to compare and select a reputable nutrition professional for referral of exercise participants.

4.3 Develop a process to engage, communicate and document communications with a nutrition professional in accordance with relevant legislation.

Planned review date	31 December 2022 to be updated
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	N/A
	2		

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toi Mai WDC qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.