

SKAD462 (SQA Unit Code - FG6J 04)

Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme



Overview

Nutrition affects general health status as well as physical performance. There are strong links between diet and physical activity with both having a major role to play in optimum health and wellbeing. A sound knowledge of nutrition and its relationship to physical activity and exercise has great value to the personal trainer in providing safe and appropriate nutritional advice to clients. It is important to note that there should be no conflict between eating for health and eating for exercise.

Personal Trainers and other Level 3 instructors must also take account of national guidelines on nutrition, their own prior experience and professional role boundaries when applying the principles of nutrition in the context of safe professional practice.

The document is divided into two parts. The first part describes the two things you have to do. These are:

1. collect and analyse information and agree goals with you clients
2. apply, monitor and adapt the principles of nutrition and weight management to an exercise and physical activity programme.

The second part covers the specific knowledge and understanding you must have. This is supplemented by core Level 3 Exercise and Fitness Knowledge Requirements outlined in a separate document.

This standard is for personal trainers and level 3 instructors who plan, conduct and review programmes to address short, medium and long term goals.

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Performance criteria

You must be able to:

Collect and analyse information and agree goals with your clients

- P1 collect, record and analyse the information you need about your clients and their nutritional goals
- P2 identify when your clients need referral to another professional
- P3 agree with your clients their needs and readiness to take part
- P4 agree with your clients short, medium and long term nutritional goals appropriate to their needs
- P5 identify barriers to your clients achieving these goals
- P6 make sure these goals are specific, measurable, achievable, realistic and timebound and reflect accepted good practice
- P7 record the agreed goals in a format that is clear to your clients, yourself and others who may be involved
- P8 identify and agree strategies to prevent non-compliance or relapse
- P9 identify and agree review points

You must be able to:

Apply, monitor and adapt the principles of nutrition and weight management to an exercise and physical activity programme

- P10 analyse your clients' nutritional needs and preferences in relation to their current status and nutritional goals
- P11 access and make use of credible sources of information and advice in establishing these goals
- P12 design and agree nutritional goals that are compatible with your analysis, accepted good practice and national guidelines
- P13 identify and obtain credible educational resources for use with clients
- P14 make sure that the nutritional goals support and integrate with other programme components
- P15 make sure that your clients understand and follow your nutritional advice in their exercise and physical activity programme
- P16 evaluate and review your clients' progress towards their nutritional goals
- P17 monitor and refine your clients' nutritional goals during the rest of their physical activity programme

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Knowledge and understanding

You need to know and understand:

Collect and analyse information and agree goals with your clients

- K1 the range of professionals and professional bodies involved in the area of nutrition
- K2 how to obtain clients informed consent before you begin collecting nutritional information
- K3 why it is important to collect accurate nutritional information about your clients
- K4 an understanding of the information that needs to be collected to be able to safely and effectively offer nutritional advice to clients
- K5 the legal and ethical implications of collecting nutritional information
- K6 formats for recording nutritional information in a way that will help you to interpret and analyse it
- K7 the importance of safeguarding the confidentiality of collected nutritional information and how to do so
- K8 issues that may be sensitive (e.g. yo-yo dieting; eating disorders)
- K9 an understanding of basic dietary assessment methods
- K10 different methods that can be used to measure body composition and health risk in relation to weight
 - K10.1 Body Mass Index (BMI)
 - K10.2 waist circumference (WC)
 - K10.3 waist to hip ratio
 - K10.4 skin folds and skin fold indices
 - K10.5 bioelectrical impedance
- K11 how to interpret information gained from methods used to assess body composition and health risk in relation to weight (use of 'norms')
- K12 how to sensitively divulge collected information and 'results' to clients
- K13 how to recognise the signs and symptoms of disordered eating and awareness of healthy eating patterns
- K14 the circumstances in which a client should be recommended to visit their GP about the possibility of referral to a Registered Dietician and the process you should follow
- K15 the circumstances in which you should refer a client on to a Accredited Sports Dietician and the process you should follow
- K16 how to analyse and interpret collected information so that you can identify clients' needs and nutritional goals in comparison to national guidelines/the national food model
- K17 how to apply the principles of goal setting when offering nutritional advice
- K18 when you should involve people other than the client in nutritional goal setting and who these people might be

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- K19 barriers which may prevent clients achieving their nutritional goals
- K20 how to apply basic motivational strategies to encourage healthy eating and prevent non-compliance or relapse

You need to know and understand:

Apply, monitor and adapt the principles of nutrition and weight management to an exercise and physical activity programme

- K21 the structure and function of the digestive system
- K22 the meaning of key nutritional terms including diet, healthy eating, nutrition, balanced diet
- K23 professional role boundaries with regard to offering nutritional advice to clients
- K24 the basic nutritional principles, key messages and national guidelines that underpin a healthy diet
- K25 an understanding of the national food guide
- K26 the relationship between nutrition, physical activity, body composition and health and how to explain it to clients including:
 - K26.1 links to disease / disease risk factors
 - K26.2 cholesterol (including desirable levels of HDL, LDL, Total Cholesterol: HDL ratio)
 - K26.3 types of fat
- K27 the nutritional requirements and hydration needs of the physical activity programme and how to explain it to clients
- K28 practical issues and other factors that influence your clients' eating habits and the constraints that may prevent them from achieving their nutritional needs and goals
- K29 groups of clients at risk of nutritional deficiencies, including:
 - K29.1 those on severely energy restricted diets
 - K29.2 those who exclude animal products from their diets
 - K29.3 those who exclude other food groups from their diet
 - K29.4 those who are pregnant or lactating
 - K29.5 older people
 - K29.6 children
 - K29.7 those with certain diagnosed medical conditions/diseases
- K30 how to access reliable sources of nutritional information and interpret available information including the distinction between evidence based knowledge versus unsubstantiated anecdote and the marketing claims of suppliers
- K31 the role of carbohydrate, fat and protein as fuels for aerobic and anaerobic exercise
- K32 the components of energy expenditure and the energy balance equation
- K33 how to determine Basal Metabolic Rate (BMR)
- K34 how to determine energy requirements based on physical activity levels and other relevant factors
- K35 energy needs/expenditure for different physical activities

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- K36 a basic understanding of the function and metabolism of the macro nutrients
- K37 a basic understanding of the function and metabolism of micro nutrients
- K38 the main food groups, nutrients they contribute to the diet and portion sizes in the context of the national food model
- K39 the calorific/kilo joule value of nutrients
- K40 an awareness of common terminology used in nutrition including:
 - K40.1 UK dietary reference values (DRV)
 - K40.2 recommended daily allowance (RDA)
 - K40.3 recommended daily intake (RDI)
 - K40.4 Glycaemic Index
- K41 how to identify and agree nutritional goals and translate them into basic healthy eating advice that reflects current national guidelines
- K42 familiarity with food labelling information and its interpretation
- K43 the significance of healthy food preparation
- K44 the potential health and performance implications of severe energy restriction, weight loss and weight gain
- K45 a basic awareness of cultural and religious dietary practices
- K46 the importance of communicating the health risks associated with current weight-loss fads and popular diets to clients
- K47 why detailed or complex dietary analysis that incorporates major dietary change should always be referred to a Registered Dietician
- K48 the needs for reappraisal of client's body composition and other relevant health parameters at agreed stages of the program
- K49 safety, effectiveness and contraindications relating to protein and vitamin supplementation
- K50 familiarity with the industry guidance note on 'Managing users with suspected eating disorders'

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Additional Information

Scope/range related to performance criteria

1. **information**
 - 1.1. personal goals
 - 1.2. lifestyle
 - 1.3. medical history
 - 1.4. physical activity history
 - 1.5. diet history
 - 1.6. food preferences
 - 1.7. supplement use
 - 1.8. nutritional knowledge, attitudes and motivation
 - 1.9. stage of readiness
2. **clients**
 - 2.1. with specific fitness needs
 - 2.2. with general health needs
3. **goals**
 - 3.1. health eating
 - 3.2. weight management
 - 3.3. improved fitness
 - 3.4. improved self-image

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