



## Higher National Unit specification

### General information

**Unit title:** Applied Nutrition and Health Assessment

**Unit code:** H4T7 35

**Superclass:** NH

**Publication date:** August 2013

**Source:** Scottish Qualifications Authority

**Version:** 01

### Unit purpose

This Unit aims to provide learners with the Knowledge and Understanding of diet assessment, diet analysis and nutritional advice. The learner should be able to design a nutritional assessment tool, carry out diet analysis and prescribe nutritional advice to selected clients.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Design an assessment tool to gather key information required to carry out a full nutritional assessment for clients with a range of special nutritional needs.
- 2 Plan and carry out a nutritional assessment for clients with a range of special nutritional needs.
- 3 Analyse and interpret nutritional assessment data to inform client diagnosis.
- 4 Prescribe detailed nutritional advice relating to client diagnosis.

### Credit points and level

1.5 Higher National Unit credits at SCQF level 8: (12 SCQF credit points at SCQF level 8)

### Recommended entry to the Unit

Whilst entry is at the discretion of the centre, learners should possess good written and oral communication skills. Other knowledge skills or experience relevant to the Unit would also be beneficial, for example *Health Screening*, and *Exercise Principles and Programming*.

## Higher National Unit specification: General information (cont)

**Unit title:** Applied Nutrition and Health Assessment

### Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>)

### Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## Higher National Unit specification: Statement of standards

**Unit title:** Applied Nutrition and Health Assessment

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### Outcome 1

Design an assessment tool to gather key information required to carry out a full nutritional assessment for clients with a range of special nutritional needs.

#### Knowledge and/or Skills

- ◆ Historical Information
- ◆ Anthropometric Measurements
- ◆ Physical Appearance
- ◆ Blood Chemistry Results
- ◆ Current Nutrition Intake

### Outcome 2

Plan and carry out a nutritional assessment for clients with a range of special nutritional needs.

#### Knowledge and/or Skills

- ◆ Selection of appropriate screening tools
- ◆ Application of appropriate screening tools
- ◆ Application of correct testing protocol
- ◆ Accurate recording of results

### Outcome 3

Analyse and interpret nutritional assessment data to inform client diagnosis.

#### Knowledge and/or Skills

- ◆ Accurate analysis and interpretation of nutritional assessment data
- ◆ Client diagnosis in the form of accurate written feedback

## Higher National Unit specification: Statement of standards (cont)

**Unit title:** Applied Nutrition and Health Assessment

### Outcome 4

Prescribe detailed nutritional advice relating to client diagnosis.

#### Knowledge and/or Skills

- ◆ Nutrient and food groups involved in client diagnosis
- ◆ Rationale behind nutritional advice
- ◆ Presentation skills

#### Evidence Requirements for this Unit

It is strongly recommended that this Unit be assessed holistically by means of a written or recorded portfolio of work.

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

**Outcome 1** Design an assessment tool to gather key information required to carry out a full nutritional assessment for clients with a range of special nutritional needs.

- ◆ Historical information:
  - health history
  - socio-economic history
  - drug history
  - diet history.
- ◆ Anthropometric measurements:
  - height
  - weight
  - body mass index
  - waist to hip ratio
  - body fat percentage
  - limb girths
  - resting heart rate
  - blood pressure
- ◆ Physical appearance:
  - healthy
  - malnutrition
  - under-nutrition
  - over-nutrition
- ◆ Blood chemistry results:
  - haemoglobin
  - cholesterol
  - glucose

## Higher National Unit specification: Statement of standards (cont)

### Unit title: Applied Nutrition and Health Assessment

**Assignment:** Learners must prepare a nutritional assessment tool to gather health and nutritional information. This information will form the knowledge base which will be analysed and interpreted (Outcome 3) to prescribe detailed nutritional advice for a specific client (Outcome 3 and 4). It will form part 1 of their nutritional portfolio.

**Outcome 2** Plan and carry out a nutritional assessment for clients with a range of special nutritional needs.

- ◆ Identify, ascertain and record appropriate information required for a nutritional assessment for at least two of the following performance clients: strength training, endurance training, weight loss, weight gain.
- ◆ Identify, ascertain and record appropriate information required for a nutritional assessment for at least two of the following dietary disorder clients: coronary heart disease, obesity, diabetes mellitus (type I or II), osteoporosis, anorexic, bulimic, hypertension, high cholesterol, food allergies/intolerance, anaemic.

**Practical assessment:** Learners must select two clients from each of the dietary categories and use the nutritional assessment tool designed in Outcome 1 to carry out the nutritional assessment. Ideally, learners should be working with live clients. If this is not possible, the centre should devise a bank of case studies. It will form part 2 of their nutritional portfolio.

**Outcome 3** Analyse and interpret nutritional assessment data to inform client diagnosis.

- ◆ Comprehensive explanation of client diagnosis; identification of main features of client needs/disorder; clear correlation between data results and client diagnosis.
- ◆ Analyse and interpret data collected from nutritional assessments (gathered in Outcome 2), comparing them with population norms, current nutritional guidelines and optimum dietary intakes.
- ◆ Identify considerations for dietary disorder risk factors.
- ◆ Provide detailed and accurate feedback on the nature of nutritional problem (client diagnosis).

**Assignment:** Learners should produce a clear analysis of the data collected in Outcome 2 followed by a detailed explanation of the diagnosis made. It will form part 3 of their nutritional portfolio.

## Higher National Unit specification: Statement of standards (cont)

**Unit title:** Applied Nutrition and Health Assessment

**Outcome 4** Prescribe detailed nutritional advice relating to client diagnosis.

- ◆ Prescribe nutritional advice relating to the client diagnosis which is in line with current research and thinking.
- ◆ Explain the rationale behind the dietary changes prescribed giving a clear explanation of how the nutritional advice will improve nutritional status.
- ◆ Present the findings in a personalised client nutrition fact sheet containing accurate information; clear layout of information; and appropriate communication of nutritional advice to client.

**Assignment:** Learners should produce a personalised fact sheet that relates to client diagnosis and analysis (Outcome 3) ensuring that it prescribes appropriate nutritional advice. It will form part 4 of their nutritional portfolio.



## Higher National Unit Support Notes

**Unit title:** Applied Nutrition and Health Assessment

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 60 hours.

### Outcome 1

Health History:	Medical records, personal interview, screening questionnaires.
Socio-Economic History:	Lifestyle questionnaire covering ethnic background, religion, education, environment, income, cooking skills/facilities, access to shopping facilities.
Drug History:	Prescription drugs, non-prescription drugs, nutritional supplements, eg vitamins.
Diet History:	Usual intake, food diary, food models.
Under-nutrition/Malnutrition:	Hair, complexion and skin, eyes, teeth and gums, nails, body composition.
Over-nutrition:	Fat mass and distribution.
Blood Chemistry Results:	Comparisons to healthy norms.

### Outcome 2

Application of testing protocols:	Adherence to standard testing protocols, effective communication with clients.
Recording of results:	Pre prepared results sheet, correct Units used, eg mm, cm, kg.

### Outcome 3

Accurate analysis and interpretation:	Population norm tables, comparisons to optimum dietary intakes, standards for dietary risk factors; current nutritional guidelines and research.
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## Higher National Unit Support Notes (cont)

**Unit title:** Applied Nutrition and Health Assessment

### Outcome 4

Explained rationale: Clear explanation of how the nutritional advice will improve nutritional status.

Nutritional Fact Sheet: Accurate information; clear layout of information; appropriate communication of nutritional advice to client; use of colour, diagrams, slogans and personalised information.

### Guidance on the content and context for this Unit

This Unit should emphasise both the importance of theoretical knowledge and sound practical skills in relation to nutritional assessment and advice for special population groups. Ideally the learner should work through the Unit, applying the principles gained to produce a portfolio of information specific to their special population client.

**Outcome 1** Design an assessment tool to gather key information required to carry out a full nutritional assessment for clients with a range of special nutritional needs.

- ◆ Special attention to client types should be taken into account in order to design an appropriate assessment tool. Two performance clients from: strength training, endurance training, weight loss, weight gain. Two dietary disorder clients: coronary heart disease, obesity, diabetes mellitus (type I or II), osteoporosis, anorexic, bulimic, hypertension, high cholesterol, food allergies/intolerance, anaemic.

**Outcome 2** Plan and carry out a nutritional assessment for clients with a range of special nutritional needs.

- ◆ It is strongly recommended that learners work with live clients.

**Outcome 3** Analyse and interpret nutritional assessment data to inform client diagnosis.

- ◆ Clear nutritional analysis and interpretations specific to the client should be explained and used in the production of the client fact sheet in Outcome 4.

**Outcome 4** Prescribe detailed nutritional advice relating to client diagnosis.

- ◆ It is intended that the personalised fact sheet with specific nutritional advice is given to the client.

### Guidance on approaches to delivery of this Unit

The Unit will be delivered as one of a number of Units that will fully prepare the learner for work as a Fitness, Health and Exercise Professional. It specifically prepares learners to assess, analyse and offer nutritional advice for clients with special nutritional needs.



## Higher National Unit Support Notes (cont)

### Unit title: Applied Nutrition and Health Assessment

The Unit is delivered as a year two mandatory Unit in HND Fitness, Health and Exercise. Knowledge gained in Nutrition for Fitness, *Health and Exercise and Health Screening* will provide a basis for this Unit, although it may be free-standing. There are opportunities to link this Unit with *Applied Fitness Assessment for Special Population Groups* and *Applied Exercise Prescription for Special Population Groups*. The content of these Units directly feed into the Graded Unit for year 2 of HND Fitness, Health and Exercise programme.

The knowledge and expertise gained from this Unit link to specialist options, eg Plan, Deliver and Evaluate an Exercise Session for Older Adults, Assisting Sports for Disability, Exercise for Pre and Post Natal Clients.

Assessment for this Unit is in the form of a portfolio. Oral presentations may be allowed for written assignments, but if this is done a synopsis/handout detailing the key points should be produced.

It is strongly recommended that learners work with live clients to gather nutritional information and give suitable feedback in the form of the personalised fact sheet. This will enhance their learning experience and contribute to their employability. Where this is not possible learners will choose four case studies of specific clients to base their portfolio on.

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

It is strongly recommended that this Unit be assessed holistically by means of a written or recorded portfolio of work.

Outcome 1 — learners must prepare a nutritional assessment tool to gather health and nutritional information. This information will form the knowledge base which will be analysed and interpreted (Outcome 3) to prescribe detailed nutritional advice for a specific client (Outcome 3 and 4).

Outcome 2 — learners must select two clients from each of the dietary categories and use the nutritional assessment tool designed in Outcome 1 to carry out the nutritional assessment. Ideally, learners should be working with live clients. If this is not possible, the centre should devise a bank of case studies.

Outcome 3 — learners should produce a clear analysis of the data collected in Outcome 2 followed by a detailed explanation of the diagnosis made.

Outcome 4 — learners should produce a personalised fact sheet that relates to client diagnosis and analysis (Outcome 3) ensuring that it prescribes appropriate nutritional advice.

## Higher National Unit Support Notes (cont)

**Unit title:** Applied Nutrition and Health Assessment

### Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).

### Opportunities for developing Core and other essential skills

Throughout the Unit, learners are required to research and analyse material. There are opportunities to use the internet and other information sources, leading to skill development in *Information and Communication Technology (ICT)* and *Communication*.

All elements of *Problem Solving* could be developed and enhanced as learners plan, analyse and evaluate the complex tasks involved.

Therefore there are opportunities to develop the Core Skill of *Information and Communication Technology (ICT)*, *Problem Solving*, *Communication* and *Working with Others* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

All Outcomes will require numeracy skills to gather and analyse data.

## History of changes to Unit

Version	Description of change	Date

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## **General information for learners**

### **Unit title:** Applied Nutrition and Health Assessment

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

The Unit is intended to provide you with the knowledge and skills required to assess, analyse and provide nutritional advice to selected clients. Current research and thinking regarding nutritional advice will be explored. A personalised client fact sheet will be produced and it is recommended that this be given to the client on completion of the Unit.

It is strongly recommended that this Unit be assessed holistically by means of a written or recorded portfolio of work.

#### **Outcome 1**

Assignment — You will design a nutritional assessment tool to gather health and nutritional information which will be used in Outcome 2. This will include such areas as: health history, diet history, anthropometric testing, etc. This information will form the knowledge base which will be analysed and interpreted (Outcome 3) to prescribe detailed nutritional advice for a specific client (Outcome 3 and 4).

#### **Outcome 2**

Practical assignment — In this Outcome you will select two clients from each of the dietary categories and use the nutritional assessment tool designed in Outcome 1 to carry out the nutritional assessment. It is strongly recommended that you work with live clients to fully experience carrying out nutritional assessments. If this is not possible, the centre should devise a bank of case studies.

#### **Outcome 3**

Assignment — You should produce a clear analysis of the data collected in Outcome 2 followed by a detailed explanation of the diagnosis made for each of their clients.

#### **Outcome 4**

Assignment — With the information produced in Outcome 3, you should produce a personalised fact sheet giving recommendations and detailed nutritional advice for each client. It is suggested that this is given to the client.

This Unit can be extremely rewarding if live clients are used. A portfolio can be produced for learner assessment purposes, but also for client interest.

## General information for learners

### Unit title: Applied Nutrition Assessment and Prescription

Throughout the Unit, you will be required to research and analyse material. There are opportunities to use the internet and other information sources, leading to skill development in *Information and Communication Technology (ICT)* and *Communication*.

All elements of *Problem Solving* could be developed and enhanced as you plan, analyse and evaluate the complex tasks involved.

Therefore there are opportunities to develop the Core Skill of *Information and Communication Technology (ICT)*, *Problem Solving*, *Communication* and *Working with Others* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components. All Outcomes will require *Numeracy* skills to gather and analyse data.