

Title	Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes		
Level	4	Credits	7

Purpose	People credited with this standard are able to: explain nutrients and their relationship with the body; describe the relationship between fluid replacement and physical activity; identify how health and wellness frameworks contribute to exercise participant health outcomes; and, describe the roles and competencies of allied health professionals.
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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 1993, Consumer Guarantees Act 1993, Accident Compensation Act 2001, and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include the Code of Ethical Practice endorsed by Exercise New Zealand;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 2 **Definition**

Allied health professionals each have a distinct, specialised body of knowledge and skills, and actively work with people accessing health and disability services across a range of settings. They have a relevant tertiary (or equivalent) qualification, have a professional association, an appropriate code of ethics and standards of practice, and a recognised system for monitoring ongoing competence. In their practice, allied health professionals provide services and engage in activities which may include: prevention, assessment/evaluation, identification/diagnosis, treatment, rehabilitation/habilitation, advocacy, promotion of health and wellbeing, education, research, leadership/management.

Outcomes and performance criteria

Outcome 1

Explain nutrients and their relationship with the body.

Performance criteria

- 1.1 Define macro and micro nutrients.
- 1.2 Describe the use of nutrients by the body in terms of storage, function and food sources.
- 1.3 Explain the use of nutrients by the body during physical activity.
- 1.4 Explain the cause and effects of nutritional imbalances and identify the age groups and genders that are commonly associated.
- 1.5 Explain nutrition principles and define how to establish what qualifies as evidence based.
- 1.6 Explain recommended daily nutritional intakes in terms of their application to individuals and groups.
- 1.7 Analyse nutrient information on food and fluid labels and compare to recommended daily intakes.
- 1.8 Describe how diet can impact on a client's goals and outcomes.

Outcome 2

Describe the relationship between fluid replacement and physical activity.

Performance criteria

- 2.1 Describe the effects of substances on fluid replacement and the implications for physical activity.

Range may include but is not limited to – electrolyte substances, sodium, alcohol, caffeine, liquid supplements, water, diuretics.
- 2.2 Describe techniques to remain hydrated for people involved in physical activity.

Range water, isotonic, hypertonic.
- 2.3 Describe signs of dehydration in terms of perceived symptoms and observable effects.
- 2.4 Describe the effects of, and steps to manage, dehydration in relation to health and physical activity.

Outcome 3

Explain how health and wellness frameworks contribute to exercise participant health outcomes.

Performance criteria

- 3.1 Identify components of health and wellness frameworks.
- 3.2 Describe enablers and barriers that can impact on the health and wellness of exercise participants.
- Range effects of stress, sleep, nutrition, exercise.

Outcome 4

Describe the roles and competencies of allied health professionals.

Performance criteria

- 4.1 Define roles within the allied health professional framework.
- 4.2 Describe ways that allied health professionals can contribute to exercise participants improving their results and/or health outcomes.
- 4.3 Describe what information is required in a referral to an allied health professional.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	31 December 2027
Review	2	27 March 2025	31 December 2027

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.