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| <b>Title</b> | <b>Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes</b> |                |          |
| <b>Level</b> | <b>4</b>  | <b>Credits</b> | <b>7</b> |

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| <b>Purpose</b> | 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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| <b>Classification</b> | Exercise > Human Anatomy, Physiology and Nutrition |
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| <b>Available grade</b> | 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.

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### 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.

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| <b>Planned review date</b> | 31 December 2022 |
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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                      |

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| <b>Consent and Moderation Requirements (CMR) reference</b> | 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 Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.