

Title	Provide support to exercise participants on nutrition, health and wellness, and allied health to promote health outcomes		
Level	4	Credits	5

Purpose	People credited with this standard are able to: provide nutritional support for exercise participants; support health and wellness components for exercise participants; and, determine when a referral to allied health professionals would benefit exercise participants.
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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 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**
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.

- 3 Recommended skills and knowledge for the unit standard: Unit 30638, *Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes.*

Outcomes and performance criteria

Outcome 1

Provide nutritional support for exercise participants.

Performance criteria

- 1.1 Apply knowledge of general nutritional guidelines to provide support to exercise participants to make decisions on nutrition for before, during and after a specified physical activity.
- 1.2 Critique different methods of dietary assessment.
- 1.3 Explain a dietary assessment method to a client.
- 1.4 Critically assess diets or guidelines to provide information to help exercise participants to make informed decisions.

Outcome 2

Support health and wellness components for exercise participants.

Performance criteria

- 2.1 Identify barriers that may impact on the exercise participant's health and wellness.
- 2.2 Support the exercise participant to implement health and wellness strategies.
- 2.3 Integrate culturally appropriate values and protocols to meet the exercise participant's needs during exercise.

Outcome 3

Determine when a referral to allied health professionals would benefit exercise participants.

Performance criteria

- 3.1 Identify assessment results and/or observations that may indicate the need for referral.
- 3.2 Referral to an allied health professional is recommended to the exercise participant.

Range recommendation includes - reason for referral, benefits of the specific allied health professional.

Planned review date	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

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 Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.