

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.

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>.