

<b>Title</b>	<b>Demonstrate knowledge of nutrition and nutritional concerns and provide support to exercise participants on nutrition</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	People credited with this standard are able to: demonstrate knowledge of nutrition information for exercise participants; demonstrate knowledge of nutritional concerns and their effects on individuals; provide coaching and support on nutrition for exercise participants; and, develop a process to refer an exercise participant to a nutrition professional.
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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:
  - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Consumer Guarantees Act 1993, Accident Compensation Act 2001;
  - guidelines and codes of practice include the NZ Register of Exercise Professionals (REPs) Code of Ethical Practice and the REPs Pre-Screening form and guide. These are available from the REPs website [www.reps.org.nz](http://www.reps.org.nz);
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 2 Definition  
*Nutrition Professional* is a person who is affiliated with a professional organisation such as Dietitians NZ, Nutrition Society of New Zealand, Clinical Nutritionists Association or International Organisation of Nutritional Consultants.

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## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of nutrition information for exercise participants.

### Performance criteria

- 1.1 Define the scope of practice of an exercise professional in terms of providing diet and nutrition advice to exercise participants.

- 1.2 Explain the role and scope of nutrition professionals.  
Range nutritionist, dietician
- 1.3 Critique the credibility of a source of nutritional guidance using evidence-based principles.
- 1.4 Critique a dietary trend using evidence-based nutrition principles.
- 1.5 Explain the benefits and risks associated with the use of dietary supplements, multivitamins and performance enhancing drugs.
- 1.6 Explain how a variety of factors both internal and external can impact on an exercise participant's nutritional needs.  
Range age, gender, ethnicity, culture, socio-economic status, dietary restrictions, lifestyle, pregnancy.

## Outcome 2

Demonstrate knowledge of nutritional concerns and their effects on individuals.

### Performance criteria

- 2.1 Describe common concerns associated with nutrition or concerns that may impact nutritional patterns and identify the associated signs and symptoms.  
Range may include but is not limited to – diabetes, anorexia, bulimia, binge eating, excessive weight gain, excessive weight loss, excessive alcohol intake, drug use, excessive supplement and/or vitamin use.
- 2.2 Explain the effect of nutritional concerns on health and physical performance.  
Range growth and development, body composition, ability to learn, ability to perform, lifestyle, self-esteem.
- 2.3 Describe strategies to assist in the management of nutritional concerns of an exercise participant.  
Range development of trust, ongoing support, awareness of guilt and/or fear, referral to medical and/or nutritional professionals, confidentiality, ethical considerations.
- 2.4 Explain unsafe methods used to manage body composition and the effect of these methods on the health of the individual.  
Range dehydration, binge, starvation, diuretics, laxatives, unbalanced diets.
- 2.5 Identify indicators that nutritional concerns may require referral to a relevant nutrition professional.

**Outcome 3**

Provide coaching and support on nutrition for exercise participants.

**Performance criteria**

3.1 Assess an exercise participant's current diet and exercise levels in accordance with evidence-based nutrition principles.

3.2 Review and support an exercise participant's adherence to a dietary programme.

Range moral and motivational support, monitoring food and fluid intake.

**Outcome 4**

Develop a process to refer an exercise participant to a nutrition professional.

**Performance criteria**

4.1 Explain the benefits of a referral to a nutrition professional for exercise participants.

4.2 Establish criteria on how to compare and select a reputable nutrition professional for referral of exercise participants.

4.3 Develop a process to engage, communicate and document communications with a nutrition professional in accordance with relevant legislation.

<b>Planned review date</b>	31 December 2028
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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	31 December 2025
Review	2	24 August 2023	N/A

<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 Toi Mai Workforce Development Council [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.