**Mapping Form –Fitness and Leisure Competence Framework – Level 1**

**Course provider:**

**Course title:**

*Use the form below to show clearly which competences and sub-competences your course covers and where each is addressed in the course documents. You can do this by labelling the documents you have provided, with comments, codes or line numbers where each sub-competence is addressed, then refer to each label in the second column of this mapping form. If you have provided more than one document, be sure to name each to help course evaluators find the correct place.*

*Example: to show where your course meets Core Competence 1 Fundamentals of Nutrition at Level 1 sub-competence 1, you could mark your course material FHN L1 #1 where it addresses that sub-competence.*

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| Competence 1  Fundamentals of Human Nutrition | | All Sub Competences of Fundamentals of Human Nutrition must be addressed |
| Level 1 |  |  |
| 1 | *Healthy eating guidelines*  a. Be aware of sources of reliable, evidence-based healthy eating guidelines. |  |
| 2 | *Food groups and sources of nutrients*  a. Be aware of the main food groups and the benefits of eating a variety of foods |  |
| 3 | *Carbohydrates, proteins and fats and the production of energy.*  a. Be aware carbohydrates, proteins and fats provide different amounts of energy (kJ/kcal). |  |
| 4 | *Energy requirements and energy balance*  *a.* Be aware of the energy requirements (kJ/kcal) of the average male and female adult.  b. Be aware of the principles of energy balance and how this relates to weight control. |  |
| 5 | *Eating patterns*  a. Be aware of the principles of regular eating patterns and their importance for a healthy and balanced diet. |  |
| 6 | *Portion size of food and drink*  a. Be aware of how portion size impacts on energy and nutrient intake. |  |
| 7 | *Food labels*  a. Be aware of nutrition information contained on food labels. |  |
| 8 | *Food preparation and cooking techniques*  a. Be aware of different food preparation and cooking techniques to meet healthy eating guidelines. |  |
| 9 | *Hydration and fluid/ beverage intake*  a. Be aware of fluid intake guidelines, appropriate drinks and the importance of hydration for both general health and physical activity.  b. Be aware of the benefits and limitations of sports drinks. |  |
| 10. | *Alcohol*  a. Be aware that alcohol contributes to energy (kJ/kcal) intake.  b. Be aware of reliable sources of information on alcohol intake limits and effects of excess intake. |  |
| 11. | *Nutrition communication and safe practice*  a. Be able to communicate nutrition information accurately.  b. Be aware of the importance of communicating reliableevidence-based healthy eating guidelines clearly.  c. Know the limits of own knowledge and competence and when to refer on or seek further information/ support. |  |
| Competence 2  Improving Health and Wellbeing | | **Detail which sub-competences your course covers and where**  **each is addressed in the course document** |
| Level 1 | |  |
| 1 | *Under and over nutrition, diet and health risks*  a. Be aware under and over nutrition can impact on health. |  |
| 2 | *Nutrition, body composition and health*  a.Be aware of the relationship between nutrition, body composition and health |  |
| 3 | *Limits of safe practice when recommending dietary supplements (& performance aids).*  a.Know reliable sources of evidence which describe dietary supplements (& performance aids) and their limitations/risks |  |
| Competence 3  Nutrition Monitoring and Data Collection Techniques | | **Detail which sub-competences your course covers and where each is addressed in the course document** |
| Level 1 | |  |
| 1 | *Body composition measurement and interpretation*  a. Be aware of the principles of body composition measurement and the limitations of these measures. |  |
| 2 | *Technology for dietary information collection and monitoring*  a.Be aware of technology to record and monitor dietary intake information. |  |
| 3 | *Data collection*  a.Know and be able to obtain consent when collecting data from individuals and methods for protecting and securing confidentiality of sensitive or personal data. |  |

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| Code of Practice | | All Sub Competences of Code of Practice must be addressed |
| 1. Understand the boundaries of your role and responsibilities | |  |
| a | Work within the limits of your knowledge, competence and skills |  |
| b | Understand the boundary of your role and if necessary, refer on as appropriate |  |
| c | Seek supervision when situations are beyond your competence and authority |  |
| d | Promote and demonstrate good practice as an individual and as a team member |  |
| e | Be accountable for your own decisions and behaviours |  |
| 2. | **Maintain the levels of your competence** |  |
| a | Maintain competence within your role and field of practice |  |
| b | Keep knowledge and skills up-to-date to ensure safe and effective practice |  |
| c | Understand your own development needs and make continuing improvements |  |
| 3. Uphold basic standards of good character | |  |
| a | Respect dignity, privacy and safety of individuals |  |
| b | Be honest, trustworthy, reliable and dependable |  |
| c | Ensure that the service you provide is delivered equally and inclusively |  |
| d | Respect and promote the views, wishes and wellbeing of individuals |  |