



Competence Framework in Nutrition for Fitness and Leisure

The Competence Framework in Nutrition for Fitness and Leisure is made up of three competences and a Code of Practice.

The three competencies are:

1. Fundamentals of Human Nutrition;
2. Improving Health and Wellbeing;
3. Nutrition Monitoring and Data Collection Techniques.

Level 1

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in fitness and leisure at Level 1 on the Qualifications and Credit Framework (QCF) who guide food choice.

They might be:

Assistant/Level 1 Coach;
Meet & Greet Volunteer;
Walk Leader;
Expedition Volunteer;
Dance Leader;
Sports Volunteer/Organiser.

Each competence is supported by a number of competency topics and knowledge statements.

Achievement of Competencies

On achievement of all three competencies, those who work or volunteer in fitness and leisure at Level 1 should:

- be aware of sources of healthy eating and drinking guidelines for the average adult;
- be aware of healthier food choices including the importance of regular eating patterns and impact of portion size;
- be aware of the benefits and limitations of sports drinks;
- be aware of the limitations and potential health risks of dietary supplements (& performance aids);

- be aware of the principles of energy balance in relation to body weight goals;
- gain consent when collecting data in line with data protection requirements;
- be able to communicate reliable evidence-based nutrition information.

Those who work or volunteer in fitness and leisure at Level 1 **MUST** seek advice either from senior staff or a suitably qualified individual for any other nutrition related query/issue.

They **SHOULD NOT** give:

- individualised, bespoke or prescriptive dietary advice;
- advice in relation to medical conditions;
- dietary advice for the primary aim of influencing sport/ fitness performance (i.e. for elite/professional individuals or groups).

About the Competence Framework

The Competence Framework has been developed and tested with the fitness and leisure workforce by Association for Nutrition, with the support of Public Health England. For more information and a full copy of the Competence Framework in Nutrition for Fitness and Leisure at Levels 1-4 please visit www.associationfornutrition.org



The Competence Framework in Nutrition for Fitness and leisure

Competence 1	Fundamentals of Human Nutrition
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 included on food labels.
8. Food preparation and cooking techniques	a) Be aware of different food preparation and cooking techniques in relation to nutrition.
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 reliable evidence-based healthy eating guidelines clearly. c) Know the limits of own knowledge and competence and when to refer on or seek further information / support.



LEVEL 1 : FITNESS AND LEISURE

Competence 2	Improving Health and Wellbeing
1. Under and over nutrition, diet and health risks	a) Be aware how 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
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.



All users of the Competence Framework must act in accordance with the Code of Practice. Other groups such as employers, training providers and prospective students may also wish to use the Competence Framework and Code of Practice to assess staff competence, to inform the nature of the training curricula or set career aspirations and goals.

Code of Practice

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