



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 2

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in fitness and leisure at Level 2 on the Qualifications and Credit Framework (QCF) who guide food choice. They might be:

*Fitness/Gym Instructor;
Level 2 Coach;
Leisure Assistant;
Exercise to Music Instructor;
Lifeguard;
Older Adults Activity Leader.*

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 2 should:

- know and be able to describe healthy eating and drinking guidelines for the average adult;
- know and be able to describe healthier food choices including the importance of regular eating patterns, variety of food sources and impact of portion size;
- know and be able to describe the benefits and limitations of sports drinks;
- know and be able to describe the limitations and potential health

risks of dietary supplements (& performance aids);

- know and be able to describe the relationship between nutrition, body composition and health;
- know and be able to describe 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 2 **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) Know and be able to describe reliable, evidence-based, healthy eating guidelines.
2. Food groups and sources of nutrients	a) Know and be able to describe the main food groups in relation to healthy eating guidelines and the benefits of eating a variety of foods. b) Know and be able to describe food sources of carbohydrates, proteins and fats in relation to healthy eating guidelines.
3. Carbohydrates, proteins and fats and the production of energy.	a) Know the amount of energy (kJ/ kcal) provided by carbohydrates, proteins and fats.
4. Energy requirements and energy balance	a) Know the energy requirements (kJ/kcal) for the average male and female adult. b) Understand the principles of energy balance, how this relates to weight control and the importance of maintaining a balanced diet to follow healthy eating guidelines when altering energy intake to support body weight goals.
5. Eating patterns	a) Know and be able to describe regular eating patterns and their importance for a healthy and balanced diet.
6. Portion size of food and drink	a) Know the impact of altering portion size on energy and nutrient intake. b) Know and describe how portion size can differ for different groups of individuals and for body weight goals.
7. Food labels	a) Know how to interpret nutrition information included on food labels in relation to food choice and healthy eating guidelines.
8. Food preparation and cooking techniques	a) Know the impact of different food preparation and cooking techniques in meeting healthy eating guidelines.
9. Hydration and fluid/ beverage intake	a) Know and be able to describe fluid intake guidelines, appropriate drinks and the importance of hydration for general health and physical activity. b) Be able to describe the benefits, limitations and suitability of different types of sports drinks (iso, hypo and hypertonic).

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10. Alcohol	a) Know and be able to describe alcohol intake limits, health risks associated with excess intake/ binge drinking and contribution of alcohol to energy (kJ/kcal) intake.
11. Nutrition communication and safe practice	b) Be able to clearly and accurately communicate reliable evidence-based healthy eating guidelines and nutrition information relevant to the individual or group. a) Know the limits of own knowledge and competence and when to refer on or seek further information/ support.

Competence 2	Improving Health and Wellbeing
1. Under and over nutrition, diet and health risks	a) Know there are health risks associated with over and under nutrition b) Be able to describe signs of over and under nutrition and when/how to refer on.
2. Nutrition, body composition and health	a) Know and be able to describe the relationship between nutrition, body composition and health.
3. Limits of safe practice when recommending dietary supplements (& performance aids).	a) Know and be able to describe the evidence and limitations/risks related to the use of dietary supplements (& performance aids).
4. General strategies for promoting behaviour change in relation to nutrition	a) Know a range of strategies and approaches to support behaviour change to meet healthy eating guidelines.



Competence 3	Nutrition Monitoring and Data Collection Techniques
1. Body composition measurement and interpretation	a) Know how to describe body composition measurements in relation to nutrition, and the limitations of these measures
2. Technology for dietary information collection and monitoring	a) Know how technology can be used for data collection and monitoring of dietary information (e.g. applications and monitors) and be aware of their limitations.
3. Dietary records	a) Know how to use dietary records as a monitoring tool to support behaviour change (e.g. food diary, food recall and food frequency questionnaires) and be aware of their limitations.
4. Data collection	a) Understand the objectives and purpose of data and information collection, storage and retrieval practices and data sharing protocols in accordance with organisational policies and standards.

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

- Work within the limits of your knowledge, competence and skills
- Understand the boundary of your role and if necessary, refer on as appropriate
- Seek supervision when situations are beyond your competence and authority
- Promote and demonstrate good practice as an individual and as a team member
- Be accountable for your own decisions and behaviours

2. Maintain the levels of your competence

- Maintain competence within your role and field of practice
- Keep knowledge and skills up-to-date to ensure safe and effective practice
- Understand your own development needs and make continuing improvements

3. Uphold basic standards of good character

- Respect dignity, privacy and safety of individuals
- Be honest, trustworthy, reliable and dependable
- Ensure that the service you provide is delivered equally and inclusively
- Respect and promote the views, wishes and wellbeing of individuals

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