



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 3

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in fitness and leisure at Level 3 on the Qualifications and Credit Framework (QCF) who guide food choice.

*Personal Trainer/Physical Instructor;
Level 3 Coach;
Exercise Referral;
Yoga/Pilates Instructor;
Club Manager;
Advanced Exercise to Music Instructor.*

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 3 should:

- know, describe and apply healthy eating and drinking guidelines, including the importance of food variety, impact of portion size, and regular eating patterns;
- be able to identify 'fad' diets and describe their limitations;
- 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;
- understand and describe the benefits and limitations of sports drinks and when it is appropriate to suggest their consumption;
- support individuals and groups to alter energy intake to support their body weight goals;
- be able to identify groups or individuals at risk of under and over nutrition and be able to refer on appropriately;
- be able to communicate nutrition information to customers and colleagues in an appropriate manner.

Those who work or volunteer in fitness and leisure at Level 3 **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



Public Health
England

Working in Partnership
with Public Health England



The Competence Framework in Nutrition for Fitness and leisure

Competence 1	Fundamentals of Human Nutrition
1. Healthy eating guidelines	<ul style="list-style-type: none"> a) Select and apply reliable, evidence-based, healthy eating guidelines to guide individual and group food choice. b) Know and be able to describe how dietary needs can differ by gender, age and physical activity level. b) Identify and describe the limitations of 'fad' diets
2. Food groups and sources of nutrients	<ul style="list-style-type: none"> a) Apply knowledge and understanding of the contribution of a variety of foods from different food groups to meet carbohydrate, fat, protein, vitamin and mineral requirements. b) Apply understanding of the proportion of each food group required for a healthy and balanced diet to guide individual and group food choice in relation to healthy eating guidelines. c) Know and be able to describe food sources of macronutrients (carbohydrate, protein and fat) and micronutrients (vitamins A,C, D,E, calcium, iron, zinc and sodium) in relation to healthy eating guidelines.
3. Carbohydrates, proteins and fats and the production of energy.	<ul style="list-style-type: none"> a) Know and be able to describe the amount of energy (kJ/kcal) provided by carbohydrates, proteins and fats, and how/ when they are used in the body (ATP, aerobic and anaerobic metabolism).
4. Energy requirements and energy balance	<ul style="list-style-type: none"> a) Apply knowledge and understanding of energy requirements (kJ/kcal) for individuals depending on age, gender and activity level when guiding food choice in relation to healthy eating guidelines. b) Apply knowledge and understanding of the principles of energy balance and the importance of maintaining a balanced diet that follows healthy eating guidelines when supporting individuals and groups to alter energy intake to support their body weight goals and know when/how to refer individuals on.
5. Eating patterns	<ul style="list-style-type: none"> a) Apply knowledge and understanding of regular eating patterns and how this may relate to individuals and groups eating habits including the importance of maintaining regular eating patterns for a healthy and balanced diet.
6. Portion size of food and drink	<ul style="list-style-type: none"> a) Understand and be able to describe the impact of altering portion size on energy and nutrient intake. b) Understand and be able to describe methods to promote appropriate portion size selection and control.
7. Food labels	<ul style="list-style-type: none"> a) Apply understanding and interpretation of nutrition information included on food labels to guide individual and group food choice in relation to healthy eating guidelines.

LEVEL 3 : FITNESS AND LEISURE

8. Food preparation and cooking techniques	a) Know and be able to describe the impact of different food preparation and cooking techniques in relation to nutrition and healthy eating guidelines.
9. Hydration and fluid/ beverage intake	a) Apply hydration and fluid intake guidelines for different activity levels and environments. b) Apply knowledge and understanding of the benefits, limitations and suitability of different types of sports drinks (iso, hypo and hypertonic).
10. Alcohol	a) Apply knowledge of the average alcohol content of common beverages and alcohol intake limits to support dietary behaviour change b) Be able to describe the contribution of alcohol to energy intake (kJ/kcal) and the effects of excess intake, applying this to healthy eating guidelines.
11. Nutrition communication and safe practice	a) Be able to clearly and accurately communicate reliable evidence-based healthy eating guidelines and nutrition information relevant to the individual/ group and across the workforce, consistent with their level of understanding, language, culture and background. b) 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) Identify and describe groups or individuals who may be at risk of under and over nutrition and associated dietary behaviours/choices. b) Know when and how to seek further information/ support or refer on.
2. Nutrition, body composition and health	a) Apply knowledge and understanding of the relationship between nutrition, body composition and health and disease risk factors, to guide food choice in relation to healthy eating guidelines.
3. Limits of safe practice when recommending dietary supplements (& performance aids).	a) Apply and describe the evidence and limitations/risks related to the use of dietary supplements (& performance aids). b) Be able to manage conflicts of interest surrounding sale of dietary supplements (& performance aids) within the workplace.
4. General strategies for promoting behaviour change in relation to nutrition	a) Select and apply appropriate strategies to support individual and group behaviour change to meet healthy eating guidelines.

Competence 3		Nutrition Monitoring and Data Collection Techniques
1. Body composition measurement and interpretation	a) Be able to accurately measure and interpret body composition and understand how these measures (and their limitations) relate to nutrition intake.	
2. Technology for dietary information collection and monitoring	a) Understand and describe how technology can be used for data collection and monitoring of dietary information, (e.g. applications and monitors) to support nutrition and behaviour change, and know their limitations.	
3. Dietary records	a) Be able to use dietary records (and know their limitations) as a tool to support behaviour change (e.g. food diary, food recall and food frequency questionnaires) when guiding food choice in relation to healthy eating guidelines.	
4. Data collection	a) Apply knowledge and understanding of the objectives and purpose of data and information collection, storage and retrieval practices and data sharing protocols in accordance with organisational policies and standards Apply knowledge of suitable methods for collecting and validating b) the quality of data and information.	

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

ASSOCIATION FOR NUTRITION
 28 PORTLAND PLACE
 LONDON W1B 1LY
 T: +44 (0)20 7291 8352
www.associationfornutrition.org

Registered Charity in England and Wales no.1136624
 Registered Company No. 6488331
 Copyright © 2015 by Association for Nutrition (AfN). All rights reserved.
 This material may not be reproduced in whole or in part and in any media without written permission from AfN.