

**KINESIOLOGY SCHOOLS AUSTRALIA:
UNIT:**

**RECOGNITION OF PRIOR LEARNING ASSESSMENT FORM
NUT201 NUTRITION**

ELEMENT	PERFORMANCE CRITERIA	PROOF	Y / N
1. Identify appropriate dietary modifications	1.1 Identify nutrient deficiencies		
	1.2 Determine the influence of <i>exogenous factors</i> on nutritional status		
	1.3 Design <i>dietary modifications</i> appropriate for the client		
	1.4 Address appropriate <i>cultural factors</i>		
	1.5 Address appropriate lifestyle factors		
	1.6 Justify proposed dietary modifications		
2. Negotiate dietary change with client	2.1 Communicate proposed dietary changes to client		
	2.2 Explain reasons for dietary modification		
	2.3 Obtain feedback from client regarding proposed dietary changes		
	2.4 Implement dietary changes in a manner acceptable to the client		

REQUIRED SKILLS AND KNOWLEDGE

Essential knowledge:

- The overriding principle of nutritional medicine philosophy is treatment of the individual. Any treatment plan is expected to reflect this ideal in its design and implementation.
 - Knowledge of contra-indications for recommendations
 - Basic knowledge of biomedical sciences ie anatomy and physiology, pathology, biochemistry, pharmacology
 - Knowledge of nutrition principles
 - Knowledge of cultural diets and restrictions
- Knowledge of the nutritional components of food in common diets

Essential skills:

Ability to:

- Ensure all treatment care delivered is appropriate to relevant legislature and regulatory requirements
- Assess basic nutritional needs and determine the most appropriate modifications to the client's diet
- Discuss basic dietary changes with the client

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- Modify diet with consideration to cultural, lifestyle factors and the capacity of the client to implement the recommendations
- Assess the nutritional value of food components in common diets
- Perform a basic dietary intake analysis
- Determine the basic dietary requirements for basic health.
- Identify the signs and symptoms of the associated with nutritional inadequacies
- Establish the stage of development of a condition or disease state
- Determine the potential impact of recommendations on the individual
- Demonstrate critical reasoning skills
- Demonstrate problem solving skills

RANGE STATEMENT

Nutrient deficiencies must include:

- Macro nutrients (protein, carbohydrate, lipid)
- Vitamins
- Minerals

Exogenous factors may include:

- Food additives
 - Intentional
 - Non-intentional
- Pollution
- Socio-economic factors.
- Local food availability
- Climate

Dietary modifications may include:

- Reduction of some foods or food groupings
- Inclusion of some foods or food groupings
- Increased consumption of some foods or food groupings
- Decreased consumption of some foods or food groupings

Cultural factors must include:

- Religious restrictions
- Dietary choices eg vegetarians, vegan