



YMCA Awards

Level 3 Nutrition to support
physical activity
2018

Level 3 Nutrition to support physical activity

Professional role boundaries

Role boundaries for offering nutritional advice

You are able to:

- Analyse a food diary
- Educate on the process of healthy eating
- Provide recommendations to ensure client fits into 'healthy eating guidelines'
- Feedback on popular mainstream diets and analysis of their pros and cons but not recommend any 'fad' diets
- Provide guidance on creating a calorie deficit or a calorie surplus

Role boundaries for offering nutritional advice

Refer to experienced practitioner when a client:

- Presents with an eating disorder
- Presents with an alcohol addiction
- Presents with a medically controlled condition linked to nutrition
e.g. diabetes
- Wants a specifically prescribed meal plan
- Wants supplementation advice

