



IfATE

Shaping skills training

STANDARD DRAFT PREVIEW

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Standard in development L6: Nutritionist

Title of occupation

Nutritionist

UOS reference number

ST0891

Core and options

No

Level of occupation

Level 6

Occupational maps data

Route: Health and science

Pathway: Healthcare Science

Cluster: Healthcare science professional

Typical duration of apprenticeship

36 months

Degree apprenticeship

integrated degree

Target date for approval

01/01/0001

Resubmission

No

Would your proposed apprenticeship standard replace an existing framework?

No

Does professional recognition exist for the occupation?

Yes

Occupation summary

This occupation is found in a range of public, private and voluntary sector organisations. Nutritionists may work in the food industry, public health organisations, academia, caterers, charities, elite sports, voluntary organisations, public bodies, the pharmaceutical industry, health and wellbeing providers and retailers. They may also work in the health service as part of multi-disciplinary and communications teams.

The broad purpose of the occupation is to provide scientific, evidence-based nutritional information, advice and recommendations to groups and individuals about the impacts of food and nutrition on health and wellbeing. Nutritionists help and support those individuals and organisations to make healthy and sustainable nutritional choices. In contrast to dietitians, nutritionists will often operate at population rather than an individual level, including leading efforts towards greater food sustainability by guiding both organisational

policy and individual choices towards equitable access to sustainable, nutritious and healthy food. Nutritionists also play an important role in teaching and advising others in their role as advocates for eating for health. In order to provide appropriate guidance, Nutritionists must draw from a wide range of advanced theoretical knowledge in a range of disciplines including physiology, anatomy, and other health-related and science-based disciplines.

In their daily work, an employee in this occupation interacts with staff and volunteers in their organisation, members of the public, clients, customers, suppliers, consumers, policy makers and health professionals. Nutritionists may also interact with wider audiences as advocates for evidence-based eating for health. They carry out critical analysis and interpretation of complex scientific evidence drawn from a range of sources in order to provide specialist nutritional advice to both internal and external stakeholders. Nutritionists also generate scientific data to inform policy and guidance.

Nutritionists use underpinning theoretical knowledge and apply this to practical situations such as reviewing food product offerings, nutrition education programmes or sports performance. Nutritionists investigate issues using complex scientific methods leading to conclusions and practical strategies which may have significant, positive implications for the health and wellbeing of individuals and populations. For example, they might be involved in developing public health programmes or advising food manufacturers on how to improve their products.

An employee in this occupation will be responsible for different aspects of nutritional practice and their skills are highly transferable across a range of employers and professional contexts. Nutritionists provide scientific and nutritional expertise, guidance and leadership on nutritional issues to their business or organisation. Nutritionists will also act in an advisory role in their organisation. They will be responsible for maintaining an up-to-date knowledge of the latest nutritional science, which they will share in appropriate formats with colleagues and other stakeholders. They may also be responsible for creating, maintaining, interpreting and applying data sets and generating reports which inform wider organisational policy and operations.

They provide reliable and accessible information, tailoring their communication style according to their intended audience. Although they will work as part of a wider team, nutritionists are autonomous practitioners, which means that they are accountable for their own actions and decisions. They work within ethical and legal frameworks and the limits of their scope of practice and are responsible for maintaining their own knowledge and skills and must partake in continuing professional development activities. They will often help to make sure that their organisations comply with relevant legislation and regulations. Nutritionists typically have direct experience, knowledge and skills in at least one of the following areas: nutrition science, public health, food, or sports and exercise.

Typical job titles

Community nutritionist

Corporate nutritionist

Graduate nutritionist

Infant nutritionist

Nutrition advice specialist

Nutrition educator

Nutrition manager

Nutritionist

Performance nutritionist

Public health nutrition manager

Public health nutritionist

Quality assurance nutritionist

Research and development nutritionist

Research nutritionist

School catering nutritionist

Sports nutritionist

Weight management nutritionist

Are there any statutory/regulatory or other typical entry requirements?

No

Occupation duties

DUTY	KSBS
<p>Duty 1 Provide evidence-based information and guidance about the impacts of nutrition on the health and wellbeing of groups and individuals.</p>	<p>K1 K5 K6 K11 K14 S4 S12 B2</p>
<p>Duty 2 Communicate appropriately with a range of stakeholders as an advocate for evidence-based eating for health.</p>	<p>K2 K20 S2 S15 B2</p>
<p>Duty 3 Provide training, advice and guidance based on the critical analysis and interpretation of complex scientific evidence drawn from a range of sources.</p>	<p>K9 K10 K17 S4 S7 S10 S14 S15</p>
<p>Duty 4 Participate in quality improvement activities including service evaluation, institutional audit or research to ensure continuous improvement of nutrition services.</p>	<p>K10 K19 K21 S1 S6 S8 S11 S12 B6</p>
<p>Duty 5 Generate, evaluate, and present quantitative and qualitative nutritional data.</p>	<p>K4 K7 K8 K12 S3 S7 S8</p>
<p>Duty 6 Apply advanced theoretical knowledge to practical situations.</p>	<p>K11 K19</p>
<p>Duty 7 Engage in continuous professional development, keeping up to date with scientific research.</p>	<p>K13 K16 S11</p>
<p>Duty 8 Prepare and maintain accurate records according to organisational guidelines and protocols.</p>	<p>K3</p>
<p>Duty 9 Operate within professional competence and apply ethical principles to practice.</p>	<p>K1 K15 K16 K17 K18 S5 S10 S13 B1 B4</p>

Duty 10 Maintain business and client confidentiality.	K3 K12 S9 B5
Duty 11 Contribute to organisational policy on sustainable food practices.	K1 S1
Duty 12 Work effectively in a multi-disciplinary team.	K2 K16 K21 S2 S13 B3

KSBs

Knowledge

K1: All relevant policies and procedures, codes of professional conduct, ethical boundaries and legislation relevant to scope of practice.

K2: Communication strategies, techniques, technologies and skills, including non-verbal communication skills to the diverse needs of individuals, groups and communities.

K3: The importance of and processes for obtaining informed consent.

K4: Collect, handle and store information in line with data management legislation and regulations.

K5: The principles of biochemistry, physiology, metabolism, nutrigenetics and or genomics within the context of nutritional practice, and other disciplines associated with nutritional practice.

K6: Anthropometric and biochemical assessment tools and techniques used to determine nutritional status.

K7: Tools and techniques used to analyse dietary intake, menus and recipes, and to interpret results.

K8: Gather and evaluate research, industry knowledge and trends and other sources of complex information to inform professional judgement and practice.

K9: Methods for translating Reference Nutrient Intakes and evaluating nutritional status and its effectiveness to help develop practical advice and strategies for individuals, groups and communities.

K10: Educational strategies, models of empowerment, markers of behaviour change and health improvement methods used in the context of nutrition practice.

K11: The structure and function of the human body, health, disease, disorder and dysfunction in relation to optimising nutritional status.

K12: Manage and maintain records and information including the principles of confidentiality and information governance.

K13: The value of continuous improvement and methods used for audit, evaluation and review of nutrition practice.

K14: The principles of evidence-based practice and nutritional epidemiology.

K15: Manage own workload and resources understanding the limits of own practice.

K16: When to seek advice in accordance with appropriate knowledge, skills and experience, the appropriate use of delegation, and signposting to ensure safe and effective practice.

K17: Leadership and how it can be applied in nutrition practice.

K18: Safeguarding and responsibilities in relation to a duty of care.

K19: Food hygiene, food science, food skills, management of food systems and factors influencing, food choice and how they can be applied to nutrition practice.

K20: Sociology, social policy, management of health and social care and public health as applied to the nutritional management of individuals, groups or communities.

K21: Food labelling legislation and health claims and how these can be used to advise individuals, groups and communities.

Skills

S1: Practice safely and effectively as an autonomous professional in line with the Association for Nutrition's requirements, legislation, ethical boundaries, national and local policies and procedures.

S2: Apply communication strategies, techniques, technologies and skills including non-verbal communication skills according to the needs of individuals, groups and communities using nutrition services.

S3: Obtain informed consent as appropriate and collect, handle and store information in line with current data management regulations.

S4: Apply different techniques, technologies and resources to assess the nutritional needs of individuals groups and communities.

S5: Apply different sources of evidence to help determine and justify actions in line with professional codes of conduct.

S6: Assess and manage risks appropriately using relevant professionals and agencies.

S7: Develop, formulate and evaluate the effectiveness of dietary advice provided for individuals, groups and communities.

S8: Monitor and evaluate the progress of nutrition interventions using information, techniques and measures.

S9: Manage, maintain and audit records.

S10: Reflect on practice and take ownership of own and contribute to other's professional development.

S11: Undertake research to identify improvements to the quality of nutrition services.

S12: Apply statistical, epidemiological, and research skills to gather and interpret evidence to develop nutrition practice.

S13: Manage own workload, time and resources, including delegating and signposting where appropriate.

S14: Demonstrate leadership skills and apply these to nutrition practice.

S15: Apply food labelling, legislation and health claims when advising individuals, groups and communities.

Behaviours

B1: Challenges areas of concern.

B2: Has an enquiring attitude and willingness to share knowledge with others.

B3: Is empathetic, committed, compassionate and respectful.

B4: Is adaptable, resilient and consistent.

B5: Acts in a non-discriminatory manner to promote respect, rights, dignity, values, and autonomy of others.

B6: Be open to change and continuous improvement for self and the organisation.

Qualifications

English and Maths

Apprentices without level 2 English and maths will need to achieve this level prior to taking the End-Point Assessment. For those with an education, health and care plan or a legacy statement, the apprenticeship's English and maths minimum requirement is Entry Level 3. A British Sign Language (BSL) qualification is an alternative to the English qualification for those whose primary language is BSL.

Does the apprenticeship need to include any mandated qualifications in addition to the above-mentioned English and maths qualifications?

Yes

Other mandatory qualifications

Qualification name to be confirmed with TB group

Level: 6 (integrated degree)

Additional information: Qualification name to be confirmed with TB group

Professional recognition

This standard aligns with the following professional recognition:

- Association for Nutrition for Registered Associate Nutritionist

Consultation

Progression Routes

This apprenticeship standard will be aimed at Level 6 as per Institute for Apprenticeship Ofqual Level Descriptors. The completion of an accredited degree will meet the identified skills gap and meets the level required for membership of the Association for Nutrition.

Supporting uploads

Mandatory qualification uploads

Mandated degree evidence uploads

Professional body confirmation uploads

Subject sector area

1.3 Health and social care