**Assessment STRATEGY for HLT52615  
Diploma of Ayurvedic Lifestyle Consultation**

***Assessment Strategy***

Assessment tasks to establish competency in this unit may include written assignments, oral question and answer quizzes, observation and participation in-group discussions.

***Competence***

To demonstrate competence you must complete all assessment tasks for all units

***Assignments***

Each of the Ayurvedic units has assignments to be completed on the conclusion of the unit.

Name and date all Word documents and upload or send via email.

References (if required).

All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.

Plagiarism may result in exclusion from the course.

***Exams***

Each of the Ayurvedic units have exams to be completed on the conclusion of the unit.

On successful completion of all the units in **Diploma of Ayurvedic Lifestyle Consultation**, there will be one final written examination that will cover the theoretical content from all the Ayurvedic core units of competency. This exam will consist of; short answer, multiple choice, true/false questions and case studies. The exam duration is 3 hours and 100% competency is required. (Learners are able to re-sit exams)

***Observational Examination***

There are also Observational examinations to demonstrate skills and knowledge in:

1. Conducting Ayurvedic Lifestyle Consultations
2. Conducting Abhyanga (massage)
3. Conducting Katibasti
4. Conducting Shirodhara

***Health Institute Australasia’s Principles of Assessment***

**Fairness** The individual learner’s needs are considered in the assessment process.  
• Where appropriate, reasonable adjustments are applied to take into account the individual learner’s needs.

**Flexibility** Assessment is flexible to the individual learner by: reflecting the learner’s needs

**Validity** Any assessment decision is justified, based on the evidence of performance of the individual learner. • assessment against the unit/s of competency and the associated assessment requirements covers the broad range of skills and knowledge that are essential to competent performance

**Reliability** Evidence presented for assessment is consistently interpreted and assessment results are comparable irrespective of the assessor conducting the assessment.

Assessment plan

HLTAYV005 Provide advice on Ayurvedic nutrition

**Task 1 (knowledge)**

* Complete all 12 online Common Units
* Complete Core Ayurvedic Courses (Courses 1 through to Course 12)
* Complete theoretical assignments and exams (Courses 1 through to Course 12)
* Attend class lectures and tutorials (fill in Contact diary, for international students only)
* Phone tutorials conducted with lecturer. (learners will be advised by email prior to date)

**Task 2 (practical)**

* Conduct Ayurvedic lifestyle consultations
* Students to demonstrate an understanding of the procedures that should be followed when conducting Ayurvedic lifestyle consultations
* Prepared for and managed 25 different Ayurvedic cases on **nutrition**
* Make Ayurvedic assessments according to 3-fold and 8-fold examination
* Provide **nutritional advice** according to Ayurvedic principles in a clear manner
* Specific information on each assessment will be emailed to students prior to the assessment date, outlining clear instructions on what is expected in the performance assessment.

# Application

This unit describes the skills and knowledge required to develop **Ayurvedic nutritional recommendations** based on the outcomes of an existing **Ayurvedic health assessment**, and provide relevant advice, support and follow up to clients.

**Competence**

To demonstrate competence, you must complete all assessment tasks for all units.

**Written Assignments**

Presentation of any written assessment is to include name, date and references.

All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.

Plagiarism is a form of cheating. It is taking and using someone else’s thoughts or writings and representing them as your own. It may result in exclusion from the course.

On successful completion of all the units in **HLT52615 Diploma of Ayurvedic Lifestyle Consultation** there will be one final written examination that will cover content from all the Ayurvedic units of competency. This exam will consist of; short answer, multiple choice, and true/false questions. The closed book exam is 3 hours and 100% is required for competency.

# Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

* performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Ayurvedic lifestyle client consultation work
* prepared for and managed at least 25 different lifestyle sessions. Clients must include males and females from different stages of life
* provided **nutritional advice** appropriate to client needs according to the Ayurvedic framework
* interacted effectively with clients, providing clear, accurate and supportive information and guidance

# Unit Outcomes – on completion of this unit you should be able to:

| ELEMENT | PERFORMANCE CRITERIA | Yes | No |
| --- | --- | --- | --- |
| **1. Develop nutritional recommendations** | 1.1 Evaluate client assessment information and imbalances that may be addressed through nutritional changes or supplementation |  |  |
| 1.2 Identify presentations that fall outside scope of own practice and make appropriate referrals |  |  |
| 1.3 Determine Ayurvedic nutritional corrections suited to the client’s prakruti, vikruti, agni, ama and trigunnas |  |  |
| 1.4 Evaluate the influence of environmental factors on nutritional status |  |  |
| 1.5 Integrate cultural and lifestyle factors that affect individual clients |  |  |
| 1.6 Integrate Ayurvedic lifestyle corrections with nutritional recommendations |  |  |
| **2. Offer Ayurvedic nutritional recommendations** | 2.1 Provide clear information about recommendations, their rationale and underpinning Ayurvedic philosophy and framework to suit the individual client |  |  |
| 2.2 Use language and concepts the client understands |  |  |
| 2.3 Provide client with resources to support the recommendations, including advice on preparation and cooking of foods |  |  |
| 2.4 Discuss and agree on evaluation strategies |  |  |
| 2.5 Accurately document recommendations made |  |  |
| **3. Follow up nutritional advice** | 3.1 Review progress with the client based on previous advice and client feedback |  |  |
| 3.2 Identify and accurately record effects of previous advice |  |  |
| 3.3 Evaluate the need for change in advice, ongoing and/or additional nutritional adjustments |  |  |
| 3.4 Negotiate changes to the plan with the client to ensure optimal outcomes |  |  |

# Knowledge Evidence Checklist

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

|  |  |  |
| --- | --- | --- |
| **legal and ethical considerations (national and state/territory) for nutritional advice:** | Yes | No |
| * codes of conduct |  |  |
| * duty of care |  |  |
| * informed consent |  |  |
| * mandatory reporting |  |  |
| * practitioner/client boundaries |  |  |
| * privacy, confidentiality and disclosure |  |  |
| * records management |  |  |
| * work role boundaries |  |  |
| * working within scope of practice including limitations of nutritional advice to be provided |  |  |
| * presenting symptoms that require referral to a medical practitioner |  |  |
| * work health and safety |  |  |
| * role of Ayurvedic nutritional advice in lifestyle and preventative contexts |  |  |
| * ama, its causes, signs and symptoms |  |  |
| **basic principles of Ayurvedic nutrition:** |  |  |
| * ahara vidhi vidhan |  |  |
| * panchamahabhuta (elemental composition of food) |  |  |
| * gunas (properties of food) |  |  |
| * shad rasa, gunas, virya, vipaka, prabhava |  |  |
| * triguna theory and its relationship to diet and nutrition |  |  |
| * tridosha theory in relation to diet and nutrition |  |  |
| * prapaka, vipaka (digestive processes) |  |  |
| * agnis and their role in transformation of nutrients |  |  |
| * function of fibre in the body |  |  |
| * **Ayurvedic food classifications, categories and composition** |  |  |
| * fruit |  |  |
| * vegetables |  |  |
| * dairy |  |  |
| * animal foods |  |  |
| * oils |  |  |
| * sweeteners |  |  |
| * nuts and seeds |  |  |
| * grains |  |  |
| * beans and legumes |  |  |
| * herbs and spices |  |  |
| * best utility of ahara |  |  |
| * gruels |  |  |
| * virudha ahara |  |  |
| * pratinidhi ahara |  |  |
| * ahara to suit various prakruti and vikruti |  |  |
| **features of herbs and spices used in Ayurvedic lifestyle consultation and their wellbeing benefits, including** |  |  |
| * ajwain |  |  |
| * dadima |  |  |
| * dhanyaka |  |  |
| * ella |  |  |
| * haridra |  |  |
| * hingu |  |  |
| * ikshu |  |  |
| * jeeraka |  |  |
| * lasuna |  |  |
| * lavana |  |  |
| * lavanga |  |  |
| * maricha |  |  |
| * methika |  |  |
| * narikela |  |  |
| * nimbuka |  |  |
| * palandu |  |  |
| * patra |  |  |
| * rason |  |  |
| * shatapushpa |  |  |
| * sunthi/ adraka |  |  |
| * til |  |  |
| * tulasi |  |  |
| * twak |  |  |
| * yava |  |  |
| **features of other herbs used in Ayurveda, their safe use and their wellbeing benefits, including** |  |  |
| * amalaki |  |  |
| * ajmoda |  |  |
| * alukam |  |  |
| * amra |  |  |
| * ashoka |  |  |
| * ashvagola/isabgol |  |  |
| * ashwagandha |  |  |
| * atasi |  |  |
| * bala |  |  |
| * bhringaraja |  |  |
| * bibhitaka |  |  |
| * bilva |  |  |
| * champaka |  |  |
| * chitraka |  |  |
| * draksha |  |  |
| * gokshura |  |  |
| * guggulu |  |  |
| * haritaki |  |  |
| * kharjura |  |  |
| * karpura |  |  |
| * kumari |  |  |
| * kutaja |  |  |
| * misreya |  |  |
| * mudga |  |  |
| * mushra |  |  |
| * nimba |  |  |
| * pippali |  |  |
| * punarnava |  |  |
| * rajika |  |  |
| * chandana |  |  |
| * shatavari |  |  |
| * shigru |  |  |
| * svarnapatri |  |  |
| * svetajirakatulasi |  |  |
| * ushira |  |  |
| * safed musali |  |  |
| * pippali |  |  |
| * yasthimadhu |  |  |
| * yava |  |  |
| **Ayurvedic herbal combinations for use in daily life, rasayana, and their safe use:** |  |  |
| * avaleha lehyam |  |  |
| * pravahi |  |  |
| * chyawanprash |  |  |
| * ghritam |  |  |
| * kashayam |  |  |
| * choorana |  |  |
| * Ayurvedic cooking and food preparation techniques and variations to suit different vikruti and seasons |  |  |
| * rasa, guna, virya and vipaka, prabhava |  |  |

|  |  |  |  |  |  |  |
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| **Unit Code** | **Unit Title** | | | | **This unit assessed holistically with other units? Listed below.** | ☒Yes ☐No |
| **HLTAYV005** | **Provide advice on Ayurvedic nutrition** | | | | **HLTAYV001**  Develop Ayurvedic practice  **HLTAYV002**  Make Ayurvedic lifestyle assessments  **HLTAYV003**  Provide Ayurvedic bodywork therapies  **HLTAYV004**  Provide Ayurvedic lifestyle advice  **HLTAYV005**  Provide advice on Ayurvedic nutrition  **HLTAAP002**  Confirm physical health status  **HLTWHS004**  Manage work health and safety  **HLTINF004**  Manage the prevention and control of infection  **CHCDIV001**  Work with diverse people  **CHCCOM006**  Establish and manage client relationships  **CHCLEG003**  Manage legal and ethical compliance  **BSBSMB404**  Undertake small business planning  **CHCAGE001**  Facilitate the empowerment of older people  **CHCCCS001**  Address the needs of people with chronic disease  **CHCDIS007**  Facilitate the empowerment of people with disability  **CHCMHS001**  Work with people with mental health issues  **CHCPRP003**  Reflect on and improve own professional practice  **HLTAID003**  Provide first aid (this Unit of Competency is to be completed externally) | |
| **Assessor/s** |  | | | |
| **Assessment Methods** | | | | | | |
| ☒ Observation in the workplace  ☒ Observation in a simulated environment  ☒ Fault finding/Problem solving | | ☒ Verbal Questioning/ Interview  ☒ Presentation  ☒ Class Discussion  ☒ Formal Exam/Test | | ☒ Written questions  ☒ Essay  ☒ Project  ☒ Case Study | ☒ Ayurvedic consultation feedback documents  ☒ Self-Assessment | |
| **Assessment Instruments**  **(please list)** | | | **Venue and Schedule**  **(Location, due date, time allowed)** | | **Resources and equipment required to conduct the assessment** | |
| Written questions and assignments  Exams  **Observation checklist** | | | Online. Due date set by assessor.  Online. Due date set by assessor  Due date set by assessor  Venue: Health Institute Australasia  Southport / Nirvana campus  3 x observations required during the course | | Computer & internet access  Computer & internet access  Observation checklist | |
| **Target Learner(s)**  (Describe the learner cohort generally and identify special needs) | | | No special needs | | | |
| **Assessment Conditions**  (from Unit of Competency) | | | Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:   * use of suitable facilities, equipment and resources, including: * client information – health, lifestyle and nutritional record, assessment outcomes * private consultation area * kitchen area and cooking equipment * modelling of industry operating conditions, including provision of services to the general public * clinic supervision by a person who meets the assessor requirements outlined below | | | |
| **Applicable industry or workplace standards , and Training Package advice** (if any) | | |  | | | |
| **Stakeholders that any of the assessment arrangements need to be confirmed with** | | | Students  RTO  Trainer and Assessor | | | |
| **Special arrangements and allowable adjustments that may be made** | | | Flexible time frame for delivery.  Flexible learning environment.  Support person for diverse learner needs.  Special considerations | | | |
| **Recording and Reporting Procedures** | | | Mark the assessment items  Provide feedback  Record the result  Issue certificate of attainment  Archive records  Use relevant software to maintain records | | | |

**Practicum – Observation**

|  |  |
| --- | --- |
| Unit | **HLTAYV005 Provide advice on Ayurvedic nutrition** |

**Student will be observed on at least 3 occasions over the course.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Details of observation | | | | | | | |
| RTO | Health Institute Australasia | | | | | | |
| Learner name |  | | | | | | |
| Assessor name |  | | | | | | |
| Competency standard | **HLTAYV005 Provide advice on Ayurvedic nutrition** | | | | | | |
| **Assessment dates** | **1.**  **2.**  **3.** | | | | | | |
| Task/procedure observed | Provide advice on Ayurvedic nutrition | | | | | | |
| Observation checklist | | | | | | | |
| **Did the learner:** | | **1.Yes** | **No** | **2.Yes** | **No** | **3.Yes** | **No** |
| 1. Develop nutritional recommendations | |  |  |  |  |  |  |
| 2. Offer Ayurvedic nutritional recommendations | |  |  |  |  |  |  |
| 3. Follow up nutritional advice | |  |  |  |  |  |  |

|  |  |
| --- | --- |
| Results | |
| Overall performance | ❒ Satisfactory ❒ Not Yet Satisfactory |
| Feedback to student |  |
| Assessor signature |  |
| Student signature: |  |