

Scope of Practice May 2025

BTEC Level 4 Diploma in Professional Nutrition & Health Coaching

Scope of practice refers to the boundaries within which individuals and groups operate in the context of a professional field of practice.

Your scope of practice is the extent of your knowledge, skills and experience and is made up of the activities you carry out within your professional role.

Adapted from: Health and Wellness Care Council UK

As an organisation we are aligned in scope, practice and ethical standards with the professional body for United Kingdom and Ireland – the UK & International Health Coaches Association (UKIHCA).

As a Nutrition and Health Coach it is important to be aware of and operate within your scope of practice at all times, to ensure you are practising safely, effectively and with respect for professional boundaries.

Included in Scope of Practice:

- The Coach partners with individuals and groups in a collaborative client-centred process to elicit, facilitate and empower the client to achieve their desired Nutrition, Health and Wellness Goals.
- Coaches assist clients to develop personal awareness, insights, strengths and resources, as well as goal setting, action steps and accountability on their journey towards sustainable behavioural and lifestyle changes over time.
- Coaches may offer the client information and resources from robust evidence-based sources, so they can develop awareness, draw their own conclusions, and gain a sense of empowerment in relation to their health and wellness. Such information and resources include recognised national and international authorities and public health guidelines, among others.
- While working in partnership with a client, the coach is always cognizant that their goals may be framed within the context of a treatment plan provided by the client's professional health care provider(s).
- While practice includes individual and group coaching settings, it also includes any related activity, for example writing blogs, giving presentations, hosting webinars, speaking at educational events, posting on online forums, meeting with colleagues and peers, or communicating with other health care professionals.
- All coaches must hold valid insurance to practice coaching
- A coach employed by an organisation may be required to adhere to that organisation's own scope of practice.

Excluded from Scope of Practice:

- Activities which lie outside the bounds of a Nutrition and Health Coach's practice include: assessing symptoms, diagnosing conditions, ordering functional testing, interpreting lab results, giving specific dietary advice, suggesting permanent removal of food groups, prescribing treatments or therapeutic interventions.
- A Nutrition and Health coach may not claim to prevent or cure any condition, nor engage in activities which could harm a patient, invalidate insurance cover, lead to a legal lawsuit or bring the health coaching profession into disrepute.
- In tandem with all health and wellness professionals our coaches follow a 'do no harm' approach by refraining from carrying out activities and actions that may harm clients.

Exceptions:

- Some students who enrol with us come with recognised healthcare qualifications (for example nurse, doctor, dietician, nutritional therapist, pharmacist, chiropractor, osteopath, acupuncturist, psychologist, physiotherapist, mental health professional, among others). Where a qualified coach also wishes to practise additional credentialed insured modalities to complement their nutrition and health coaching services, there will be a separate scope of practice and insurance pertaining to such additional services, and this will need to be discussed with the client to obtain their informed consent.