# Applying the principles of nutrition to a physical activity programme – Knowledge questions

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| Learner name: |  | Date: |  |
| Assessor’s name: |  | Date: |  |

You are required to complete fully the knowledge questions, externally set by CYQ. These knowledge questions should be completed prior to the case study, as the knowledge required in this section will assist you with completion of your case study.

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| 1. **Give one reason why it is important to gain a client’s informed consent before collecting nutritional information** |
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| 1. **Outline 3 key things you would need to know about a client in order to offer nutritional advice** | |
| a) |  |
| b) |  |
| c) |  |

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| 1. **Explain the legal and ethical implications of collecting nutritional information with reference to:** | |
| Data protection |  |
| REP’s code of ethical conduct |  |

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| 1. **Describe 2 formats for recording nutritional information** | |
| a) |  |
| b) |  |
| How would you analyse information that had been collected in either of these ways? | |

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| 1. **Explain why confidentiality is important when collecting nutritional information** |
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| 1. **Give an example of a sensitive issue that might be raised when collecting nutritional information** |
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| 1. **List 2 methods of measuring body composition/health risks in relation to weight** | |
| 1. |  |
| 2. |  |

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| 1. **Describe how to interpret information gained from one of the methods listed in Q7, stating which method you are referring to** |
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| 1. **Explain ‘how’ and ‘where’ it would be most appropriate to give your client feedback on their body composition and nutritional analysis results** | |
| How | Where |
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| 1. **During a client consultation how would you recognise if a client had one of the following eating behaviour patterns?** | |
| Anorexia nervosa | Bulimia nervosa |
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| **If a client presents signs of disordered eating, how would you manage them?** | |
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| 1. **When would it be appropriate to advise to advise a client to visit their GP for referral to a registered dietician?** |
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| 1. **What principles would you apply when setting a client’s nutritional goals?** |
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| 1. **How would you apply basic healthy eating advice to a client’s nutritional goals?** |
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| 1. **Other than the client, list 2 people that could be involved in their nutritional goal setting. Explain when it is appropriate for these people to be involved** | | |
| Who | | When would it be appropriate |
| a) |  |  |
| b) |  |  |

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| 1. **List 2 common client-centred barriers to achieve nutritional goals** | |
| a) |  |
| b) |  |

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| 1. **Explain how to apply a motivational strategy to encourage healthy eating and prevention of relapse with a client** |
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| 1. **Explain why reappraising a client’s health status including body composition, in relation to their nutritional goals is useful at agreed stages of the programme** |
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**Assessor feedback sheet**

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| **Learner’s Name:** |  | **Assessor’s Name:** |  |

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| **Question number** | **Assessor feedback** |
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| Final Result: |  | | Pass |  | | Fail | | |
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| Learner’s signature: | |  | | | Date: | |  |
| *\*an electronic signature is acceptable on this document* | | | | | | | |
| Assessor’s signature: | |  | | | Date: | |  |
| *\*an electronic signature is acceptable on this document* | | | | | | | |
| IAQ’s signature: | |  | | | Date: | |  |
| *\*an electronic signature is acceptable on this document* | | | | | | | |