



Nutrition Case Study

Student Guidance



Nutritional Case Study

Applying the principles of nutrition to a physical activity programme p1 of 2

Learner name: _____ Learner's contact number: _____

Assessor's name: _____

Please note it is essential the above details are completed as the assessor may need to contact the learner should further clarification be required



1. Client Profile			
Gender:		Age:	
		Height:	
		Weight:	
BMI		Health status	
2. Description of lifestyle, to include: family, occupation, hobbies etc.			
3. Description of present exercise and physical activity levels (apply FITT where appropriate).		Description of past exercise and physical activity levels (apply FITT where appropriate)	
4. Exercise and physical activity likes and dislikes:			
Likes:		Dislikes:	

The nutritional case study takes you as an exercise professional, through the journey of helping your client achieve their goals and improve their health through improved nutritional intake. This process is typical of how you would work with clients 'in the field' within the professional boundaries of this unit .

This document has been developed to give you guidance on completing the different sections of your nutrition case study. We hope it helps!

1. All fields must be completed. BMI must include classification, not just your clients score.
2. Here give as much detail as possible. Include your clients profession, working hours, overview of active and inactive hours, do they have kids, do they/can they cook, drink, smoke etc.

3. Here describe/summarise your clients present exercise and activity levels. Do this for the previous 5 years in the right column. Use FITT to supplement your description if possible.

4. Provide at least 3 likes and dislikes for your client. This can include exercises, equipment, environment etc.



Nutritional Case Study - Nutritional profile and analysis

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 Based on the client's 7 day food diary (this can be found at the end of this document) and other information gathered from the client, completed the nutritional profile and analysis. Please include a copy of the client's 7 day food diary with this analysis.

7. Clients nutritional likes and dislikes							
Likes:		Dislikes:					
8. Analysis of the client's eating habits							
<p>9. Analysis of the client's current nutritional intake in relation to quantity (number of portions eaten daily and portion size) and nutritional quality of their diet compared to healthy eating guidelines. Provide a rationale for your analysis in terms of health status.</p> <table border="1"> <thead> <tr> <th>Quantity</th> <th>Quality</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>				Quantity	Quality		
Quantity	Quality						

7. List at least 3 likes and 3 dislikes.

8. In your analysis comment on things such as timings of meals e.g. do they eat 3 large meals a day or are they a grazer, general types of foods they consume - fast foods, microwave meals, organic etc., whether they skip meals, whether they prepare food, how their work and lifestyle commitments affect their nutrition (whatever is applicable)
 You can refer to government guidelines to help you.
 Provide as much detail as possible here, aim for a minimum of 250 words!

9. **Quantity** – for guidance on tallying food portions see the ‘*Example Food Diary and Portion Sizes Tally*’ document in the resources/written assignments section of the e-learning site. Once you’ve provided a tally compare your findings to government advice on the proportions of different food groups.
Quality – give a detailed description on the quality of your clients food choices, not recommendations. The quality of all food groups from the Eat well Plate must be covered here.
 Things you may comment on (you may find many more!): -
 - *The health risks/benefits or what nutrients your client could be missing*
 - *Cooking methods*
 - *Fluid intake*
 - *Organic or processed foods*



10. Following the analysis in the previous question, identify the good components of the client's nutritional intake and any recommendations in accordance to the Eatwell Guide and Governmental guidelines.

Good intake	Recommendations

10. Following your analysis of your clients food diary use the left hand column to identify the good points or positives (what they're currently doing well) then in the right hand column list recommendations to improve their diet going forward. Again, refer to government guidelines when making your recommendations.



Nutritional Case Study - Goal setting

Applying the principles of nutrition to a physical activity programme.

Based on the information gathered from the client and the analysis of this information agree short, medium and long-term SMART (nutritional and exercise/activity) goals with the client.

11. SMART goals	
Long-term	
Agreed review points:	
Medium-term	
Agreed review points:	
Short-term	
Agreed review points:	

I agree with the above goals and review points and understand the advice I have been given.

Client's signature: _____ Date: _____

11. On this page you need to set nutritional AND exercise/activity goals for your client.

Nutritional goals – these should relate to the analysis of your clients food diary and recommendations given as well as reflecting basic healthy eating advice from the government.

Exercise/activity goals – these should complement and be related to your nutritional goals.

Make sure goals are 'SMART' and remember, it's usually easiest to establish long term goals first then work backwards.

The agreed review point is when your goal will be reviewed (date or time frame) – it should be approximately mid way to the time the goal was set to the time you'd set it to be achieved by i.e. the T in smart.



Nutritional Case Study - Nutritional and exercise/activity plan

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Based on the information you have gathered from your client, your analysis and agreed goals, provide a nutritional and exercise/activity plan that will help your client to achieve their goals.

11. Identify 2 sources of educational information that you will access and make use of with your client and describe how these will help your client achieve their goals	
Source of information	How it will help the client achieve their goals
a)	
b)	
12. Outline of nutritional changes required	
	Why these changes will help your client achieve their goals

11. Make sure the two sources listed are credible, blogs or opinions are not appropriate for this.

In the second column – ‘How it will help the client achieve their goals’ make sure what you say is relevant to the source provided i.e. what type of nutritional information can your client learn about when visiting this source.

12. Aim to list at least 7 nutritional changes. This could be things such as different choices of foods, food preparation, changes to cooking methods, quantities of different food groups which should have been identified following the analysis of the food diary.

In the right hand column explain why each change will improve your clients nutrition intake and help them achieve their goals. Each change must have an explanation of why.

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13. Proposed exercise and physical activity plan aligned to the agreed nutritional changes and goals (applying FITT where appropriate)

13. Here use FITT for a basic gym or physical activity programme and provide an explanation to justify your plan. This should complement the proposed nutritional changes in helping your client achieve their goals.

Nutritional Case Study - Short-term goal review

Review the short-term goals and evaluate your client's understanding of the nutritional advice and how it links to the exercise/physical activity plan. Evaluate their progress and suggest any changes that might be needed as a result of this review.

14. Review of client's understanding and feedback from the client about the plan

14. Here give a description of your clients feedback after you have explained the proposed changes to your clients diet. This should include a summary of the discussion you had with your client about the goals and plan. Are they happy? how do they feel about achieving goals? etc.

15. Negotiated changes to the nutritional goals and/or exercise/physical activity plan

15. Changes that were made following the discussion with your client should be explained here showing input from your client.

If no changes were made and the student was happy with the proposed changes then state this.

I can confirm that I have worked with a client and that the information given in this case study is authentic.

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*

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Nutritional Case study - checklist (Assessors use)

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: _____

Key: ✓ = Pass, C = Pass with comment, Q = Question, R = Refer

The learner requires a ✓ or a C in every box in order to pass. Questioning can be used where written evidence is insufficient and should be indicated by a Q and then ✓ or R.

	The learner:	Outcome
1.	Collected information needed to provide the client with appropriate healthy eating advice.	
2.	Recorded information about the client and their nutritional goals in an approved format.	
3.	Analysed the collected information including nutritional needs and preferences in relation to the client's current status and nutritional goals.	
4.	Accessed and made use of credible sources of educational information and advice in establishing nutritional goals with the client.	
5.	Designed and agreed nutritional goals that are compatible with the analysis, accepted good practice and national guidelines.	
6.	Ensured that the nutritional goals support and integrate with other programme components.	
7.	Agreed review points with the client.	
8.	Reviewed the client's understanding of how to follow the nutritional advice as part of their physical activity programme.	
9.	Monitored, evaluated and reviewed the client's progress towards their nutritional goals.	

Final result:

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: _____