

**Nutrition case study assessment task:**  
**Students are to select ONE of these case studies to complete.**

## CASE STUDY ONE

Content links:

- energy input/ output
- Australian guide to healthy eating

**Using the Australian Dietary Guidelines and the Australian Guide to Healthy Eating as tools to promote healthy eating**

Read the following case study and answer the questions that follow.

Nikita is a 15-year-old girl who attends school five days a week. She plays in the school netball team once a week and also plays in a local hockey team. She trains for hockey once a week and plays a match on Saturday mornings. Nikita eats fairly healthy meals when she is at home with her family; however, she often buys lunch at the canteen and enjoys going out for meals with her friends on the weekend. A typical food intake for one day for Nikita on a weekday would include:

| Breakfast                                | Lunch                     | Dinner                                                                         | Drinks                       | Snacks                                                                          |
|------------------------------------------|---------------------------|--------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 2 slices of toast with 1 slice of cheese | 1 sausage roll with sauce | 1 serve roast chicken<br>½ roast carrot<br>½ cup cooked peas<br>½ roast potato | 1 cup tea<br>4 glasses water | 1 apple<br>1 muesli bar<br>1 tub strawberry yoghurt<br>2 chocolate chip cookies |

**1** Using the information above and Tables 5.1 and 5.2, complete the table below.

**Table 5.1** AGHE serving size of food groups for youth

| Age and Sex       | Vegetables | Fruit | Grain (cereal) foods | Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes/beans | Milk, yoghurt, cheese and/or alternatives |
|-------------------|------------|-------|----------------------|-------------------------------------------------------------------|-------------------------------------------|
| Boys 12-13 years  | 5 ½        | 2     | 6                    | 2 ½                                                               | 3 ½                                       |
| Boys 14-18 years  | 5 ½        | 2     | 7                    | 2 ½                                                               | 3 ½                                       |
| Girls 12-13 years | 5          | 2     | 5                    | 2 ½                                                               | 3 ½                                       |

# Personal Trainer Nutrition Case Study

**D Keegan**



## **Personal Trainer Nutrition Case Study:**

How to Open and Operate a Financially Successful Personal Training Business John N. Peragine, John N Peragine Jr, 2008 Book CD ROM The manual delivers literally hundreds of innovative ways demonstrated to operate streamline your business Learn new ways to make your operation run smoother and increase performance shut down waste reduce costs and increase profits In addition you will appreciate this valuable resource and reference in your daily activities and as a source of ready to use forms Web site resources and operating and cost cutting ideas that can be easily applied to your operation The Companion CD ROM has the actual business plan you can use in MS Word tm

Case Studies in Personalized Nutrition Angela Walker, 2020-01-21 This edited collection gives practitioners the information they need to put their theoretical nutrition knowledge into practice to help move their patient back towards health It includes ten different case studies case histories and answers to common questions

*Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months* Tony Attridge, Martine Felice, 2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification studying to become personal or fitness trainers The text contains core and elective units to support a range of fitness specialisations Fitness Trainer Essentials 3e teaches the basics of fitness and nutrition principles covers more on functional testing and nutritional assessment and guidelines With a shift to full colour throughout and an abundance of new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices Fitness Trainer Essentials 3e assumes that the reader has acquired the Certificate III in Fitness qualification Therefore the topics covered in the text by Marchese have not been repeated in this text Additional review questions are also available to retouch on key points from a Certificate III perspective

ChatGPT Millionaire: Unleashing Entrepreneurial Success in the AI Era Dr. Mark Duncan, 2024-04-18 Here s the easiest handbook to making quick and easy money with ChatGPT In this book I ll show you how to Establish a one person Enterprise solopreneur online easily with your expertise and passion 100 use cases and success stories that you can refer to Make money without much effort creating passive incomes while you are sleeping 50 highly useful ChatGPT prompt example and response pairs for personal and professional uses Effortlessly create and promote engaging content Have more time for what really matters to you Businesses today pay big bucks for content creation market research and social media marketing With ChatGPT even if you re a newbie you can do them all alone Many businesses aren t onto this yet so you can step in and offer your services for less with hardly any effort This opportunity might not last forever so it s prime time to get started Get ChatGPT Millionaire Unleashing Entrepreneurial Success in the AI Era now and discover how to make money online the easy way Plus you ll gain access to a free book titled Exploring ChatGPT A Guide to Free and Paid Versions The book covers Introduction to the AI Era of Entrepreneurship Understanding ChatGPT Your AI Entrepreneurial Ally Building Your One Person Enterprise Harnessing

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**PR**, 2006 **Becoming a Personal Trainer For Dummies** Melyssa St. Michael, Linda Formichelli, 2011-03-08 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you'll find the practical proven advice you need in *Becoming a Personal Trainer For Dummies* If you want to become a certified personal trainer and start your own business or if you're a certified trainer looking to grow your existing practice you're in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs *Becoming a Personal Trainer For Dummies* includes tips on selecting the right program and meeting the requirements You'll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you'll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources *Becoming a Personal Trainer For Dummies* gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career *NSCA's Essentials of Personal Training* Brad J. Schoenfeld, NSCA -National Strength & Conditioning Association, Ronald L. Snarr, 2021-12-22 NSCA's *Essentials of Personal Training* Third Edition With HKPropel Access is the definitive resource for personal trainers health and fitness instructors and other fitness professionals It is also the primary preparation source for those taking the NSCA CPT exam *The Practical Guide to Weight Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle*, 2006 **Obesity and Weight Management**

Alexios Batrakoulis, 2025-06-09 Forty nine of the field's top researchers and practitioners have come together to create this one of a kind resource From assessment to application Obesity and Weight Management equips practitioners with the knowledge to safely and effectively address client needs and challenges

**Managing and Developing Sports Officials**

Tom Webb, David J. Hancock, Pamm Phillips, Jacob K. Tingle, 2024-08-01 This book offers an evidence based guide to the development management and retention of sports officials Drawing on research at all levels of sport from grassroots to professional this book focuses on best practices for sports officials and for anybody involved in the management or training of sports officials This book is divided into three parts The first takes a close look at who sports officials are their motivations and the formal and informal organizational relationships that define an official's position in sport The second examines the factors that can keep an official engaged in their sport from building healthy cultures and good physical preparation to mentoring and mental health The final part looks at the development of officials to elite level including effective communication improving decision making interpreting rules and laws and career pathways With case studies real life examples and the voices of practicing officials included throughout this book it introduces core concepts and best practices applicable across sports and different national and international contexts This is an essential reference for all sports officials and for practitioners and policymakers working in sports organizations at all levels

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