

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 ½ roast carrot ½ cup cooked peas ½ roast potato	1 cup tea 4 glasses water	1 apple 1 muesli bar 1 tub strawberry yoghurt 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

Tony Attridge, Martine Felice



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 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

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 *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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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

Case Studies in Abnormal Child and Adolescent Psychology Robert Weis, 2020-09-03 Case Studies in Abnormal Child and Adolescent Psychology is designed to accompany the textbook Introduction to Abnormal Child and Adolescent Psychology by Robert Weis Clinical case examples based on real children and parents pair with chapters in the core text to illustrate principles of developmental psychopathology psychological assessment evidence based treatment and examples of specific disorders prevalent in children and adolescents These brief cases modeled after the same format as DSM 5 clinical cases are paired

with a series of discussion questions that can be used as in class activities discussion starters writing assignments or exam questions *Sports Nutrition Workbook and Assessments* Fink, Heather Hedrick Fink, Lisa A. Burgoon, Alan E.

Mikesky, 2010-09-10 *Sports Nutrition Workbook and Assessments* provides expanded or alternative activities that will broaden students understanding of sports nutrition The workbook can be used as a standalone or in conjunction with the Third Edition of *Practical Applications in Sports Nutrition* Features Real life examples problems and case studies from the sports nutrition field Exercises and activities to help students review chapter topics and assess their own health behaviors in relation to these topics Crossword puzzles using key terms encountered by sports nutrition professionals **Case Studies**

in Coaching Ethics Anthony Parish, Timothy Baghurst, 2023-09-15 Coaches are placed in a myriad of ethical decision making situations Making decisions such as playing time boosters parents social media power differentials scholarships and relationships are just a few examples of what a coach may need to navigate While many day to day situations are easily resolved some are not Therefore how and by what process should a coach make these decisions This book presents a variety of cases based on true stories that present some of the ethical decisions coaches must make across high school collegiate and professional sports Using a sequential system of less to more complicated 40 case studies are presented across the sports spectrum that coaches have experienced This is a key component of the book Although names and situations have been changed these cases have happened and provide real applicability to coaches In addition each case may contain multiple situations perhaps with no right answer that test a coach s value system and ability to prioritize actions Questions are provided at the end of each case that allow for reflection The primary audience for this book includes current coaches as well as students in coach education programs at both the undergraduate and graduate levels *Fitness Trainer Essentials For the Personal Trainer 4e* Tony Attridge, Martin Felice, Kirsten Fagan, 2023-12-01 *Fitness Trainer Essentials 4e* has been written for students undertaking the SIS40221 Certificate IV in Fitness qualification studying to become personal fitness trainers The text contains all core and popular elective units to support a range of fitness specialisations *Fitness Trainer Essentials 4e* provides the knowledge to support students to be able to develop instruct and evaluate personalised exercise programs for generally healthy and low risk clients and to achieve specific fitness goals With new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices As with the previous edition *Fitness Trainer Essentials 4e* assumes that the reader has acquired the Certificate III in Fitness qualification and therefore the *Fitness Trainer Essentials 4e* is used as an advancement on the Certificate III in Fitness qualification

NSCA's Essentials of Personal Training NSCA -National Strength & Conditioning Association, Brad J.

Schoenfeld, Ronald L. Snarr, 2021-11-23 Developed by the National Strength and Conditioning Association NSCA *NSCA s Essentials of Personal Training Third Edition* With HKPropel Access is the definitive reference for personal training professionals and students This comprehensive guide to personal training with contributions from leaders in the field

provides the most accurate and reliable information and guidance for current and aspiring professionals Updated to reflect the latest research with clear explanations of supporting scientific evidence this edition will give readers the knowledge skills and abilities KSAs needed by modern personal training professionals New content addresses the latest objectives found on the National Strength and Conditioning Association's Certified Personal Trainer NSCA CPT exam maintaining this text's position as the single best resource for those preparing for the NSCA CPT exam NSCA's Essentials of Personal Training Third Edition provides guidelines for the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs for clients of all ages and fitness levels With comprehensive coverage of various categories of unique client needs readers will learn how to make specific modifications and adjust exercise programs for each individual client Multiple fitness testing protocols and norms for each component of fitness including 10 new tests are all presented along with instructions that are detailed yet easy to follow Over 200 full color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills including stretching plyometrics and stability ball exercises There are new sections on suspension training manual resistance training and common types of resistance training equipment Plus 27 online videos delivered through HKPropel demonstrate exercise technique in action preparing readers to instruct clients through safe exercise performance Students will also be able to complete chapter quizzes assigned by instructors through HKPropel Study questions at the end of each chapter written in the same style and format as those found on the NSCA CPT exam facilitate learning of chapter content and fully prepare candidates for exam day Practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as a personal trainer NSCA's Essentials of Personal Training Third Edition remains the most comprehensive resource available for personal training preparation and professional development Unmatched in scope this essential text continues to be a definitive reference for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Research Anthology on Doctoral Student Professional

Development Management Association, Information Resources, 2022-03-11 The path for doctoral students is laden with obstacles and challenges that can cause students to stumble if they are not prepared for what their future holds In order to avoid the uncertainty anxiety and stress that can consume doctoral students a comprehensive guide is needed that provides the best practices and strategies to support them in their professional journeys The Research Anthology on Doctoral Student Professional Development considers the difficulties associated with being a doctoral student such as mental health issues and provides different avenues for success such as mentorship and group study The text seeks to provide a thorough investigation into what it means to be a doctoral student in order to best prepare potential and current students for what to expect Moreover it discusses best practices for developing dissertations Covering a range of topics such as anxiety research

methods and dissertations this major reference work is ideal for researchers academicians scholars practitioners instructors and students The Practical Guide to Weight Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle ,2006 **Communication Case Studies for Health Care Professionals, Second Edition** Michael P. Pagano,2014-12-03 Print CourseSmart 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 *ACSM's Resources for the Personal Trainer* American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs THE EIGHTH SIGMA ENGINEERING QUALITY SANDEEP MANNAN,2024-09-18 Book Summary Unlock the power of engineering quality to transform not just your career but your entire life The 8th Sigma Engineering Quality takes the principles of Lean Six Sigma and other renowned methodologies and translates them into accessible actionable insights that enrich both professional practices and personal experiences Whether you re leading a project team managing a family or striving for personal excellence this book offers practical strategies for achieving sustained success and fulfilment Unique Contents In this book you will discover How Lean Six Sigma variation principles can help you navigate the unpredictability of daily life The importance of design reviews and how regular life reviews can foster personal growth The 5S methodology revealed as a tool for maintaining family harmony Insights into how product development stages are mirrored in child development The

valuable practice of morning meetings adapted for enhancing family communication A comparison of SPC Statistical Process Control to ECG Electrocardiogram for continuous monitoring and improvement Thoughts from the Author In my years of experience spanning across both high pressure engineering environments and dynamic family life I have found a fascinating intersection where professional quality standards meet personal development This book is not just a manual for engineers but a comprehensive guide for anyone looking to improve all facets of their life through structured proven methodologies

Be Your Own Nutritionist George Cooper, 2013-01-03 This is an exciting new take on nutrition showing how factors such as climate time environment and emotional wellbeing should all affect the way we eat Combining age old traditions of healthy eating with modern scientific research clinician George Cooper shows you how to ignore the fads and eat right for yourself

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.), 1973 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976

Whispering the Techniques of Language: An Psychological Quest through **Personal Trainer Nutrition Case Study**

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