# 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 % roast carrot % cup cooked peas % roast potato	1 cup tea 4 glasses water	1 apple 1 muesti 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 1/4	2	6	2 1/2	3 1/4
Boys 14-18 years	5 1/4	2	7	2 1/4	3 1/6
Girls 12-13 years	5	2	5	2 1/2	3 1/4

# **Personal Trainer Nutrition Case Study**

**Dr. Mark Duncan** 

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

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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 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 ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources all levels 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

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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

**Advanced Personal Training** Paul Hough, Simon Penn, 2016-11-10 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence This is the first comprehensive fitness instruction and training programme design resource to explore the evidence base of effective programme design drawing on cutting edge scientific research to identify optimum training methods and dispel some common myths around fitness training Putting clients training goals at the centre of the process by focusing on their most common objectives such as improving general health enhancing cardiorespiratory fitness decreasing body fat and increasing muscle mass this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design Simple to navigate and full of helpful features including applied case studies example training programmes and guides to further reading it covers a variety of key topics such as pre exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory endurance resistance and core training recovery from exercise An essential text for fitness instructors personal trainers and sport and exercise students this book provides an invaluable resource for fitness courses exercise science degree programmes and continued professional development for exercise Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition professionals Information Center (U.S.).,1976 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973 Communication Case Studies for Health Care Professionals, Second Edition Michael P. Pagano, 2014-12-03 Print CourseSmart 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 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

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## **Table of Contents Personal Trainer Nutrition Case Study**

- 1. Understanding the eBook Personal Trainer Nutrition Case Study
  - The Rise of Digital Reading Personal Trainer Nutrition Case Study
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Personal Trainer Nutrition Case Study
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Personal Trainer Nutrition Case Study
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Personal Trainer Nutrition Case Study
  - Personalized Recommendations
  - Personal Trainer Nutrition Case Study User Reviews and Ratings
  - Personal Trainer Nutrition Case Study and Bestseller Lists
- 5. Accessing Personal Trainer Nutrition Case Study Free and Paid eBooks
  - Personal Trainer Nutrition Case Study Public Domain eBooks
  - Personal Trainer Nutrition Case Study eBook Subscription Services
  - Personal Trainer Nutrition Case Study Budget-Friendly Options

- 6. Navigating Personal Trainer Nutrition Case Study eBook Formats
  - o ePub, PDF, MOBI, and More
  - Personal Trainer Nutrition Case Study Compatibility with Devices
  - Personal Trainer Nutrition Case Study Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - o Adjustable Fonts and Text Sizes of Personal Trainer Nutrition Case Study
  - Highlighting and Note-Taking Personal Trainer Nutrition Case Study
  - Interactive Elements Personal Trainer Nutrition Case Study
- 8. Staying Engaged with Personal Trainer Nutrition Case Study
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - $\circ\,$  Following Authors and Publishers Personal Trainer Nutrition Case Study
- 9. Balancing eBooks and Physical Books Personal Trainer Nutrition Case Study
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Personal Trainer Nutrition Case Study
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Trainer Nutrition Case Study
  - Setting Reading Goals Personal Trainer Nutrition Case Study
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Trainer Nutrition Case Study
  - Fact-Checking eBook Content of Personal Trainer Nutrition Case Study
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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