

**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:

| <b>Breakfast</b>                         | <b>Lunch</b>              | <b>Dinner</b>                                                                  | <b>Drinks</b>                | <b>Snacks</b>                                                                   |
|------------------------------------------|---------------------------|--------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 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

| <b>Age and Sex</b> | <b>Vegetables</b> | <b>Fruit</b> | <b>Grain (cereal) foods</b> | <b>Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes/beans</b> | <b>Milk, yoghurt, cheese and/or alternatives</b> |
|--------------------|-------------------|--------------|-----------------------------|--------------------------------------------------------------------------|--------------------------------------------------|
| 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

**Tom Webb, David J. Hancock, Pamm  
Phillips, Jacob K. Tingle**



## **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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**Weight Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle ,2006**

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 Advanced Personal Training Paul Hough, Brad Schoenfeld, 2021-11-14 Effective fitness

instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence This book allows readers to develop their understanding of the scientific rationale behind important components of personal training such as monitoring fitness and training programme design Each chapter synthesizes the findings of cutting edge scientific research to identify optimum training methods and dispel some myths that are prevalent in the fitness industry The chapters within this new edition have been written by internationally renowned experts from several disciplines including strength and conditioning physiology psychology and nutrition

Contributions have also been made from esteemed academics who have conducted some of the scientific studies discussed within the book The authors have interpreted and summarised the scientific evidence and produced evidence based recommendations allowing readers to explore the latest concepts and research findings and apply them in practice The book includes several new chapters such as evidenced based practice EBP and designing training programmes female clients This second edition remains the essential text for fitness instructors personal trainers and sport and exercise students The book provides an invaluable resource for fitness courses exercise science degree programmes and continued professional development for exercise professionals **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

Obesity and Weight Management Alexios Batrakoulis, 2025-05-19 Editor Dr Alexios Batrakoulis has brought together 48 of the field's top researchers and practitioners to build this one of a kind resource From assessment to application Obesity and Weight Management The Exercise Professionals Guide to Fitness Programming equips practitioners with the knowledge to safely and effectively address client needs and challenges The text provides fitness professionals with the tools they need to help more clients with overweight and obesity become successful in getting stronger fitter and healthier Tools such as exercise preparticipation interviews health history screenings and a cardiovascular disease risk factor analysis will give readers skills they can immediately implement with clients in the real world Readers will encounter the latest information regarding the epidemiology definition and classification of overweight and obesity preparing them to meet larger bodied clients where they are The text also explains the role of an exercise professional as a valuable member of a multidisciplinary client health care team To help practitioners create engaging plans for clients the book comes with 21 sample workouts and more 15 warm up movements 10 movement prep activities 13 warm up games 87 resistance training exercises 27 balance and coordination exercises 21 cool down movements and stretches At the end of the first 12 chapters readers will find a summary key points several multiple choice recap questions and short case studies to help them engage deeply with the content Twelve longer case studies included in chapter 14 provide readers with the opportunity to think practically and evaluate real life scenarios Readers will have access to online content including a section on translating overweight and obesity research into practice a section on business and marketing strategies and all the references from the text An authoritative resource for exercise professionals Obesity and Weight Management bridges the gap between research and practice in creating solutions for safe effective and

personalized fitness journeys      *Top 100 Case Studies in PR*, 2006      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 *Organizational Learning Communities* Andy Lancaster,2024-06-03 Learning communities transform organizations through sharing knowledge spearheading practice solving problems seeding innovation and supercharging development So how can you develop a culture of learning in your organization Organizational Learning Communities answers this question and explains how and why this approach can improve individual employee performance and drive overall business results Written by a leading voice in the learning profession this book contains everything that Learning and Development L D practitioners need to know to successfully embed learning communities in their organizations Following the 7Cs model of Cause Culture Conditions Cadence Content Contributions and Credit the book establishes the key factors that underpin thriving learning communities as well as the benefits of social and collaborative learning in the company This practical guide establishes strategies to drive community impact and report success to stakeholders drawing widely on evidence based research and real world examples Each chapter ends with reflective questions to support transfer to the reader s context This is essential reading for those involved in facilitating learning communities or planning on pioneering one to empower their organization s productivity and performance *Strength for Life* Shawn Phillips,2008-08-05 Shawn Phillips is an internationally respected strength and fitness expert who has helped athletes celebrities and tens of thousands of others over the past twenty years Now he s sharing his fresh approach to fitness with everyone Strength for Life is an easy to implement program to help you get in fantastic shape enjoy abundant energy and maintain a lean strong physique not just for 12 weeks but for the rest of your life Let s face it with the demands of family work and life many of us simply don t have the time to stick to a rigorous workout schedule Through his own life experience Shawn Phillips has recognized this challenge and risen to it literally reinventing fitness with a results oriented program that you can embrace even with your hectic schedule and do either at home or at the gym Homing in on the idea of building mental and physical strength rather than just sculpting your body Shawn has pioneered a technique called Focus Intensity Training FIT which uses the mind body connection to yield incredible results The program features a workout plan that can take as little as 35 minutes a day 3 times a week illustrated exercises with clear step by step instructions 3 workout phases a 12 day Base Camp pre training period a 12 week Transformation Camp and a year round continuation plan geared to keep you going strong and vibrant for the rest of your life a simple eating plan to fuel your body for optimum energy and performance one that will free you from dieting forever goal setting exercises to help you achieve lasting motivation and

reach your loftiest visions It s never too late to get in shape If you re in your twenties or thirties Strength for Life will show you how to achieve peak levels of fitness year after year For those forty and beyond you can look forward to recapturing the energy and vitality you thought you had lost By following Strength for Life you will make yourself stronger leaner sharper and more confident As Shawn writes Strength is about being more doing more giving more It s not just surviving it s thriving And most important strength is about having a reserve a deeper fuller capacity of body mind heart and soul

**ACSM's Resources for the Personal Trainer** Trent Hargens,American College of Sports Medicine (ACSM),2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination ACSM s Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level This updated edition is fully aligned with the eleventh edition of ACSM s Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening exercise program development and working with special populations Published by the American College of Sports Medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients

*ChatGPT for Fitness Trainers* Jade Summers, Transform Your Fitness Coaching with AI In the digital age fitness coaching is evolving and so should you ChatGPT for Fitness Trainers is your comprehensive guide to using AI to elevate client interactions streamline workout planning and create powerful training experiences Whether you re a seasoned trainer or just starting out this book provides you with actionable strategies and real world case studies that reveal how ChatGPT can become an invaluable tool in your fitness business Highlights include Client Communication Instantly answer client questions and provide 24 7 support Customized Training Programs Use AI to tailor workouts to each client s unique goals Nutrition Guidance Offer personalized meal advice and plan ideas for optimal performance Progress Tracking Leverage AI to monitor and adjust client programs for steady progress Community Building Discover how to foster motivation and a supportive community Step into the future of fitness coaching with AI powered insights and take your training to the next level

## Adopting the Song of Phrase: An Mental Symphony within **Personal Trainer Nutrition Case Study**

In some sort of taken by screens and the ceaseless chatter of fast interaction, the melodic beauty and mental symphony developed by the prepared word usually fade into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, located within the pages of **Personal Trainer Nutrition Case Study** a stunning literary prize overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant examination, we shall explore the book is key harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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