

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

**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

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

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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

[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

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 professionals

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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

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

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

Uncover the mysteries within is enigmatic creation, **Personal Trainer Nutrition Case Study** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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web 6 une fois l huile à température placez vos tranches dans la friteuse remuez à l aide d un écumoire pour éviter qu elles ne se collent entre elles lorsque vos chips sont bien dorées sortez les du bain de friture égouttez les et disposez vos chips maison sur un

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rincer à l'eau froide jusqu'à ce que l'eau qui s'écoule soit claire Égoutter les pommes de terre et bien les éponger dans un linge 2 mettre les pommes de terre essorées dans un grand bol ajouter l'huile et la fleur de sel et

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