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# Case Study Guidance Form

## iUSP169 – Applying the principles of nutrition to a physical activity programme

Identify the constituents of a dietary plan for a client, over a four week period in relationship to physical activity, to include:

- Knowledge of basic nutrients and their sources
- Explain the relationship between nutrition and physical activity
- Collect information from clients regarding nutrition and diet (using the Case Study Assessment Form)
- Discuss and record client's present diet and eating habits
- Explain the principles of nutritional goal setting with clients
- Analyse client's diet
- Devise a full diet plan including rationale to show evidence of the progression of weight management over a four week period:
  - Week 1
  - Week 2
  - Week 3
  - Week 4
- Overall conclusion including nutritional advice and reflective practice

Analysis of findings may be presented in any of the following formats and may include some ICT:

- Written report
- Consultation form
- Chart
- Spider diagram
- Graph
- Other pictorial presentation

## Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator