



# YMCA Awards

Level 3 Nutrition to support  
physical activity

2018

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## Identifying and analysing client information

## Learning outcomes

By the end of this session you will be able to:

- Recognise how to interpret collected information so that clients' needs and nutritional goals can be identified with reference to current government healthy eating guidelines and evidence-based recommendations
- Identify how to interpret information gained from methods used to assess body composition and health risk in relation to weight

## **Learning outcomes**

By the end of this session you will be able to:

- Demonstrate how to sensitively divulge collected information and ‘results’ to clients
- Describe the circumstances in which a client should be recommended to visit their GP about the possibility of referral to a Registered Dietician

# **Interpret collected nutritional information to identify the clients' needs and nutritional goals**

Make reference to current government healthy eating guidelines and evidence-based recommendations:

- The UK national Eatwell guide
- Guidelines daily amount for energy
- Recommended daily intake (RDI)
- Recommended daily allowance (RDA)
- UK dietary reference values (DRV)
- Schofield calculation

# **Interpret information from the assessment of body composition and health risk in relation to weight**

- Norm charts: Body fat percentage (ACSM)
- Skinfold data tables
- World Health Organisation (WHO) healthy ranges of body fat percentage chart

# Goal setting

Negotiate SMART goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-framed

Short, medium and long-term periods



## Involving others in goal setting

- If the client has a dietician due to a specific condition
- If the client has a carer
- Other practitioners
- Partner
- Other family members

## Re-negotiating goals

- Re-negotiate goals i.e. taking a break from the programme rather than deal directly with injury and illness which should be referred to a qualified practitioner
- Personal trainers need a high level of understanding of healthy eating guidelines and strategies to maintain motivation throughout the change process and develop and establish positive behaviour patterns

# Collecting and storing personal information

Consider:

- Data protection act
- Register of Exercise Professionals (REPs) 'code of ethical conduct'
- Confidentiality
- Sensitive issues:
  - previous/current health problem
  - previous/current dietary habits/beliefs

## Collecting and storing personal information

- It is important to sensitively divulge collected information and 'results' to clients
- Ensure privacy with just the client in earshot of the results
- Support all analysis with data from charts
- Action plan for positive changes where necessary
- Allow sufficient time for understanding and questioning by the client
- Provide no personal judgement – focus only on facts

## **Referral to GP or a Registered Dietician**

- Client displays signs of an eating disorder
- Client displays signs and symptoms of malnutrition, especially through poor absorption capacity
- Client displays signs of food allergies
- Client requests a specialised diet which falls outside of a trainer's expertise

# Review

- Dates to be agreed and review points to be outlined in advance

## Purpose

- To increase client accountability
- Indicate if an nutritional approach needs to be amended/adjusted
- Indicate if a goal needs to be amended/adjusted
- Boost a client's motivation to see progress

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## Measuring progress

Reappraise the client's body composition and other relevant health parameters at agreed stages of the programme using the most appropriate method of measurement based on your clients goals and motivations:

- To weigh or not to weigh?
- Skinfold calipers
- Bioelectrical impedance
- BMI
- Tape measure
- Food diaries and journals

## **Barriers to achieving goals**

- Lack of time
- Lack of money
- Child care
- Lack of motivation
- Lack of education



## Strategies to overcome barriers

These are individual to the client

- Discuss with your client what would help them, not what you think
- Provide resources, guidance and support to their individual needs
- Consider what 'stage of change' the client is in regarding their nutrition and dietary habits

