



YMCA Awards

Level 3 Nutrition to support
physical activity
2018

Level 3 Nutrition to support physical activity

Collecting client information

Learning outcomes

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

- Identify why it is important to obtain clients' informed consent before collecting nutritional information
- Identify the information that needs to be collected to offer nutritional advice to clients
- Apply different methods of and analysing nutritional intake and body composition suitable for use with your clients

Learning outcomes

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

- Use a variety of tools to collect and record information about clients and their nutritional goals in an approved format
- Use a variety of tools to analyse collected information, including nutritional needs and preferences in relation to the client's current status and nutritional

It is important to obtain clients' informed consent before collecting nutritional information:

- To prove that the client intentionally engaged in the nutritional intervention after full disclosure of the benefits of the approach
- To ensure that the client provides honest information to support the intervention

Information that needs to be collected to offer nutritional advice to clients

- Goals of the client
- General physical activity levels
- Food likes and dislikes
- Any allergies
- Any cultural or religious food restrictions
- Timing of food intake
- Quantity of food intake
- Specific macronutrient content
- Any additional supplementation
- Any medication being undertaken
- Water, caffeine and alcohol intake

Methods of and analysing nutritional intake and body composition

- Discussion (recall)
- Manual diaries
- Digital diaries (using apps)
- Skinfold measurements
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- Judging against norm charts such as ACSM body fat norm chart
- Weighing scales
- Bioelectrical impedance
- Body mass index (BMI)
- Anthropometric measurements (e.g. waist circumference)

