**Students Name** –

**Course Type** – Obesity & Diabetes

**Course Venue** – Online

**Course Date** -

**Lecturer’s Name** – John Robinson and Dr. Grant Ralston

**Word Count** -

Table of Contents

[Section 1- 3](#_Toc129165282)

[Section 2 4](#_Toc129165283)

[Section 3 5](#_Toc129165284)

[Section 4 6](#_Toc129165285)

[Section 5 7](#_Toc129165286)

[Section 6 8](#_Toc129165287)

[Section 7 9](#_Toc129165288)

[Section 8 10](#_Toc129165289)

[Section 9 11](#_Toc129165290)

[Section 10 12](#_Toc129165291)

[Section 11 13](#_Toc129165292)

[Section 12 14](#_Toc129165293)

[Section 13 15](#_Toc129165294)

[Section 14 16](#_Toc129165295)

[References 17](#_Toc129165296)

**Section 1-** Create a summary statement of your client`s medical history explaining his/her medical status

**Section 2 –** Details of any medication your client may be taking, including the reason for taking the medication, the effect, the potential side effects, and the implications for exercise prescription.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Group name of the drug** | **Drug name** | **Desired effect** | **Side effects** | **Implications to exercise** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Section 3 -** Provide statements of the appropriate clinical objectives. Each objective must be accompanied by the underlying reason, or multiple reasons, for selection.

**Section 4 –** A six-week plan of Physical Activity (PA), gym based or utilising appropriate PA programming, to introduce an increase of ≈ 200 kcals.day.1 energy expenditure averaged over the six-week period.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Weekly Kcals** |
| **1** | **ADLx10 minutes.**  **300 Kcals** |  | **PALx10 minutes.**  **300 Kcals** |  | **ADLx10 minutes.**  **300 Kcals** |  |  | **-900 Kcals** |
| **2** |  |  |  |  |  |  |  |  |
| **3** | **ADLx20 minutes. 300 Kcals** |  | **PALx20 minutes.**  **300 Kcals** |  | **ADLx20 minutes.**  **300 Kcals** | **Gym x20 minutes.**  **300 Kcals** |  | **-1200 Kcals** |
| **4** |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |
| **6** | **ADLx30 minutes.**  **300 Kcals** |  | **PALx30 minutes.**  **300 Kcals** | **Circuit class. 300 Kcals** | **ADLx30 minutes.**  **300 Kcals** | **Gym x30 minutes.**  **300 Kcals** |  | **-1500 Kcals** |

***Example: please complete the whole table***

***Use principles of F.I.T.T. and show, on average 200 kcals pd activity***

**Section 5 -** Consider all psychological issues you feel are relevant in dealing with your client, in order to effect positive lifestyle change(s), and provide details of which behavioural strategies you feel would be appropriate.

**Section 6 -** A summary of pre-post physiological measurements with a rationale for each measurement and, where appropriate, a rationale for not taking a specific measurement (i.e., fat mass); you must include classifications.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Physiological Measurement** | **Rationale for this measurement** | **Baseline (Before) intervention Score** | **Post (After) intervention Score** | **Baseline vs. Post intervention difference (change)** | **Classification/ Ranking/Grading Score** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Section 7 -** An assessment of your client’s BMR and average daily kcal expenditure from the information given or obtained

**Example: Harris Benedict equation (show work) x 1.2 PA multiplier**

**Example: Male. 78 kg. 175 cm. 57-year-old.**

**66.473**

**+ 1072.578**

**+ 875.5775**

**= 2014.6285**

**- 385.035**

**= 1629.5935**

**1630 kcals x pa 1.2**

**= 1956 kcals**

**Section 8-** An assessment of your client’s average daily caloric intake from the information given in the client profile

**Example: Clients BMR and 1.2 PA multiplier in Kcals - Calorie Intake (from client profile)**

**Example: Client profile offers 2500 kcals daily**

**2500 kcals, intake**

**-1956 kcals, required**

**= +544 kcals per day**

**Section 9 -** An assessment of the effect(s) items 7 and 8 will have on the mass of your client over an annual cycle, assuming all other factors remain constant.

**Example: 200Kcals per day surplus x 365 (days of year) calorie surplus per year equates to Kg gain per year (7700 Kcals per Kg)**

**544 kcals per day**

**X 365 days**

**= 198,560 kcals pa**

**/ 7700 (=1 kg)**

**= 25.78 kg pa**

**Increase body mass by 25.78 kg**

**Section 10 -** An information sheet suitable for your lay client listing a range of healthy food choices from each of the macronutrient groups.

**Section 11 -** An information sheet suitable for your lay client (one side A4) listing the benefits of habitual, volitional PA

**Section 12 -** A six-week plan of dietary modification that will elicit a reduction of 300-400 kcals.day-1 (be clear to acknowledge you are not a dietician or nutritionist)

***Example***

*Week 1:*

*Take a 7-day diet diary from client. Include portion sizes for Macros of Fat, carbohydrate and Protein. Calculate the Kcals intake based on total intake. Balance the macros based on the Eatwell plate of 30% fat 10% protein and 60% Carbohydrate. Then reduce the portion sizes to manage a 300 Kcal per day reduction from portion size.*

Week 2: Paragraph per week. What is changed. How it reduces calories by 300 Kcals

Week 3:etc

Week 4:etc

Week 5:etc

Week 6:etc

**Section 13 -** A plan of how you would engage the help of, or offer your services to, the local NHS/PCT dieticians to form a multidisciplinary team in obesity management.

**Section 14 - I**dentify an exit strategy for your client that would encourage/elicit long term weight management and volitional physical activity

# **References**