**Students Name** –

**Course Type** - Level 4 Mental Health

**Course Venue** –

**Course Date** -

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

**Case Study 1 Word Count** –

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**Case Study 1**

**Case Study 1 Section 1-** Describe the experience of an individual taking part in an exercise referral scheme. What exercise are they doing, at the facility and away from it.? [Suggested word count for this section is a minimum of 450 words]

**Case Study 1 Section 2 –** What elements of the exercise referral scheme does the individual perceive as important? [Suggested word count for this section is a minimum of 450 words]

**Case Study 1 Section 3 -** What **positive** and **negative experiences** does the client anticipate [predict] and [actually] experience from being in the exercise referral scheme? [Suggested word count for this section is a minimum of 250 words]

|  |  |
| --- | --- |
| Clients **anticipated positive** experiences about being in the exercise referral scheme | Clients **anticipated negative** experiences about being in the exercise referral scheme |
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| --- | --- |
| Client’s **actual positive experiences** about being in the exercise referral scheme | Client’s **actual negative experiences** about being in the exercise referral scheme |
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|  |  |
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**Case Study 1 Section 4**. What are the positives and negatives attached to being involved in the exercise referral scheme for the client? [Suggested word count for this section is a minimum of 250 words]

|  |  |
| --- | --- |
| **Positive experiences** attached to being involved in the exercise referral scheme for the client | **Negative experiences** attached to being involved in the exercise referral scheme for the client |
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**Case Study 1 Section 5 -** What are the main positive and negative **influences** on the client’s experiences in the exercise referral scheme? [Suggested word count for this section is a minimum of 250 words]

|  |  |
| --- | --- |
| The client’s **main positive influences** | The client’s **main negative influences** |
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**Case Study 1 Section 6 -** How does the client perceive the role of the exercise practitioner/professional [i.e., what are the exercise professionals here for in the client’s eyes]? [Suggested word count for this section is a minimum of 350 words]

**Case Study 1 Section 7 -** What is the perceived role of the exercise leader in the participants’ experience [what do you think you do as an exercise professional]? [Suggested word count for this section is a minimum of 350 words]

**Case Study 1 Section 8 -** What are the main aspects that may impact the likelihood of the client maintaining an active lifestyle? [Suggested word count for this section is a minimum of 350 words]

**Case Study 1 Section 9 -** Did the involvement in the exercise referral scheme have any influence on helping the client regulate mood and manage less healthy behaviours (e.g., snacking, smoking)? [Suggested word count for this section is a minimum of 350 words]

**Case Study 1 Section 10 -** What measures did you use to assess any changes in physical activity and mental health? [Suggested word count for this section is a minimum of 450 words]

|  |  |
| --- | --- |
| Physical or psychological measures | Reasoning for inclusion of the physiological or psychological measures |
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**References**

# **Appendix**