Section 3 - On Course Discussion Notes

Physiological information	
BP (seated): 142/88 mmHg	RHR: 82bpm
Weight: 99kg	Height: 1.80m
Gross cholesterol: 5.8mmol/L	Waist: 95cm
Body fat percentage (BIA) = 29%	

Patient's statement regarding psychology and state of change:
"I don't like being fat but I just don't believe that exercise is good for me, I've had injuries in the past playing sport and don't want to go back there. I do wish that I could be myself a bit more, it depresses me when people look at me and you know they're thinking he's fat, I bet he's a lazy sod".

Medical conditions
Obesity
Hypertension
Hypercholesterolaemia

Physical Metrics

- Reduction in waist circumference
- Body composition up or down?
- Muscle mass vs fat composition [weight stays the same]
- Waist to hip?
- Neck circumference
- Skin fold – athletes?
- Bioimpedance -menstrual cycle and water levels? Hormonal fluctuation? Changes in water levels?
- Blood pressure [sys/dia]
- Resting Hr
- Blood glucose levels?
- Value of the Gross Cholesterol is given above [5.8mmol/litre]

Mental Health Measures

- WEMWEBS
- PHQ-9- check webpage for more information as there is a link for it