

Introduction to Unit 2

Please read and analyse the case study below. This case study includes his activity level and a detailed food diary.

Please complete this work in an essay format of at least 1500 words.

1. Interpret the lifestyle factors and screening information for the selected individual. (12)
2. Provide lifestyle modifications (12)
3. Nutritional guidance, providing a breakdown of his appropriate macronutrients. (8)

Mr Mann is 30 years old and works 9 hours a day sitting down in an office. He does not take part in any exercise and often has to do more work when he gets home. He catches the bus to work each day, a journey of 3 miles. He has recently noticed that he is gaining weight and also feels constantly tired. He works with Miss Tibbs who exercises regularly and seems to be fitter, healthier and happier than him. Miss Tibbs suggests that Mr Mann joins her gym and trains to be able to take part in a 5K fun run that is taking place in 6 weeks. Mr Mann decides to join the gym and takes part in a fitness assessment. As part of the fitness assessment he will be given a 6-week training programme to follow. Mr Mann has previously completed a PAR-Q form and has indicated that he has no medical conditions and is fit to take part in physical activity.

Lifestyle questionnaire

Section 1: Personal details

Name: Mr A Mann
Address: 5 The High Street
Anytown

Home telephone: 01234 567890 Mobile telephone: 07123 456789

Email: amann1@email.com

Date of birth: 01/01/1975

Please answer the following questions to the best of your knowledge.

Occupation

- What is your occupation?
Office worker
- How many hours do you work daily?
9am-6pm with a 1 hour lunch break
- How far do you live from your workplace?
3 miles
- How do you travel to work?
Bus

Section 2: Current activity levels

- How many times a week do you currently take part in physical activity?
Not at all

Section 3: Nutritional status

- How many meals and snacks do you have each day?
- Do you take any supplements? If yes, which ones?

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day		12.30pm	7pm (ish)	Different times in day - normally - morning - afternoon - evening
Food intake		Ham and Cheese Baguette Packet of crisps Cake	Takeaway - fish and chips	A banana Chocolate bar Crisps
Fluid intake	Coffee x3 cups, Can of fizzy drink x2, Small bottle of water, 3 pints of beer			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day		12.30pm	7pm (ish)	Different times in day - normally - morning - afternoon - evening
Food intake		Chicken Caesar Baguette Packet of crisps Chocolate bar	Takeaway - 12" Pepperoni Pizza and Garlic bread	An apple Chocolate bar Popcorn
Fluid intake	Coffee x3 cups, Can of fizzy drink x1, Small bottle of water x2, 3 pints of lager			