

LESSON 1

- a) What societal and cultural beliefs and activities have an impact on people's food choices?

<https://www.eufic.org/en/healthy-living/article/the-determinants-of-food-choice>

The main driver for eating food is obviously Hunger however there are many other societal and cultural beliefs and activities that impact people food choices. The main ones being biological, economic, physical, social and psychological. This relates to factors such as money and income, culture family, education and knowledge and beliefs about food.

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Observation of religious practices can have an effect on training.

For example Ramadan can impact performance at training as there is no water allowed during the day or food impacting hydration and fuelling when expending energy.

<https://www.lesmills.com/fit-planet/health/ramadan-ready/>

- a) What are some training considerations for a client undertaking Ramadan?

To make sure before the sun comes up to drink as much water and eat as much food as possible. To monitor how their head is feeling and stay in the shade when not training.

- b) Describe your role, as a trainer, in guiding a person who still wants to train during this month of fasting.

Make sure they are ok with the pace of the session, be mindful their body is not allowed to eat or drink during the day so try to help them use enough fuel but not too much when training,

The role of social media has had a large impact on people's use of fad diets, supplements and performance enhancers.

<https://www.sportsdietitians.com.au/fad-diets/>

<https://www.healthdirect.gov.au/blog/when-it-comes-to-sports-supplements-play-it-safe>

- a) What advice would you give to a client with regards to these issues?

To go

- b) Who would you refer clients to talk to before using/undertaking any of these nutritional avenues, in order to ensure their safety?

LESSON 2

In the above picture, describe the differences you see here.

What image do you classify as the ideal body?

What image do you classify as normal?

What would cause the difference between these two images?

Body image is an area that affects people of all ages. In what ways can you, as a trainer, assist in the promotion of healthy body image for the following parties:

<https://www.girlsgonestrong.com/blog/articles/7-ways-fitness-professionals-can-help-clients-improve-body-image/>

- a) Your clients.

- b) All people in the fitness industry.

Michael has joined your gym after training at another facility for six (6) months. Michael has expressed frustration at his inability to lose body fat and gain lean muscle mass. He wants to make significant changes over the next six (6) months.

Michael is lifting weights from a program he found on the internet, and he is following advice that he has read online. Michael is interested in following the Paleo diet to help him lose body fat.

Respond to the following points:

- a) Recommend methods to help lost body fat, increase lean muscle mass and improve general wellbeing.
- b) Describe the way body systems react to nutrients in food and use them for energy.
- c) Identify ways to improve Michael's current body satisfaction.
- d) Flag issues with internet forums and advice suggested online.
- e) List the best places and people to go to for nutritional and training advice.
- f) Discuss fad diets and the benefits/positives of the Paleo diet.
- g) Explain the consequences of poor nutrition with regards to chronic diseases.
- h) Develop a program of exercises and training methods to help Michael meet his goals of fat loss and hypertrophy.

Response

- a) Lose body fat –
Start a balanced diet with a calorie deficit do weights training and cardio
Increase lean muscle –

Improve general wellbeing -

- b) Protein –

Fats –

Carbohydrates -

- c)
- d)

Issues with Internet forums and advice suggested online is that the internet is not always credible and/of factual. This means that all the information may not be reliable. The internet is Unregulated, people with no qualifications that are not within their scope of their learning or practice can add advice onto these forums. . Micheal needs to make sure that he is getting advice from professionals in the industry such as personal trainers for exercise advice and nutritionist or dieticians for dietary advice. He needs to be wary of people with no qualifications online.

- e) 1. The best places for nutritional and training advice is areas with professionals in these types of fields. For example someone could hire a nutritionist or dietician for nutritional advice and a personal trainers for exercise advice.

- 2.
- 3.

- f) Fad diets –

Fad diets are unreliable and lead the user to believe in a diet that might lack evidence for working and lack nutrients. Some fad diets also demonise unhealthy foods and don't promote that everything in moderation is ok. There are often not backed up by professionals in the industry such as nutritionist or dieticians in the diet leading the user to be unsatisfied with the results and often not having a big enough variety in their diet. If people want credible diet advice they should go to a Dietician, Nutritionist or the website Fitness Australia (Fitness.org.au).

Nutritionist

Dietician

Fitness Australia with (Fitness.org.au)

Paleo diet benefits –

- g) Poor nutrition can cause the initialisation of many lifestyle diseases such as diabetes, a higher risk of heart attack and heart disease, high cholesterol and setbacks in life expectancy. Poor diet impacts energy levels as if unhealthy foods are consistently eaten energy levels will go high and then plummet as unhealthy foods tend to be higher in simple carbohydrates.
- h) Supporting document – program card below

FIT TO LEARN PROGRAM CARD

Client Name: Michael

Trainer: Jade Date: 15/9/2021

Goals/Aims Get a good workout increase muscle and lose fat

Contraindications Improve general wellbeing's, increase lean body and mass lose body weight

Session length 45-60 minutes

Warm up

Inchworm, squats, inverted row, lunges and push-ups x5

2 sets

Exercise	EPC	Sets	Reps	%1RM/Weight	Rest	
Back squat into skipping		3 sets	30 seconds	85%	30	
Lat pull down into ski machine		3	30 seconds	85%	30	
Seated cable rows into burpees		3	30 seconds	85%	30	
Incline press into star jumps		3	30 seconds	85%	30	
Curls into triceps		3	30 seconds	85%	30	

Other training methods: AMRAP / INTERVAL / TABATA

AMRAP

Lunges, squats, ski erg, inch worms, bike

5 minutes

Cardiovascular training method	Time/Distance	Level/Resistance/Intensity
Interval	45-60 minutes	RPE 8
Cool down	Bike 3 minutes cool down	RPE 3
Stretches	Leg, back, calves, glutes, quads	

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