Unit 4 Applying the principles of nutrition to a physical activity programme

Unit accreditation number: L/600/9054

Unit 5 Planning exercise referral programmes with patients Unit accreditation number: D/503/7494

**Case study guidance**

You must either:

* Identify a suitable exercise referral patient who can act as your case study for six weeks. This will enable you to design, agree, deliver and adapt your programme as necessary.

Or your centre will provide you with:

* Details of a theoretical exercise referral patient which has been approved by Active IQ to enable you to design, agree, deliver and adapt your programme as necessary.

When using a real exercise referral patient you should ensure you have the patient’s permission to use their personal information in the completion of your case study by asking them to read and sign the informed consent form provided. This should be submitted with your assignment as evidence.

The chosen patient must have a minimum of **TWO conditions** from the following list that have been covered in the qualification. The conditions can come from one sub section but is down to the discretion of the assessor.

**Cardiovascular Disease**

Hypertension and Hypercholesterolaemia

**Metabolic/Immunological**

Obesity and Diabetes Type 1 and Type 2

**Musculoskeletal**

Osteoarthritis, Rheumatoid Arthritis, Simple Mechanical Back Pain, Osteoporosis and Joint Replacement

**Respiratory**

Asthma and Chronic Obstructive Pulmonary Disease (COPD)

**Psychological/Mental Health**

Depression, Anxiety and Stress

The case study must be no more than 2500 words - a word count and copy of the checklist should be included on the front of the case study.

Case studies should ideally be word processed (if this is not possible, written submissions can be made with prior agreement with your assessor). Arial in size 12 font should be used for word processed assignments. Page numbers should be used.

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There are **three** parts to your case study:

* Patient details and information
* Screening
* Programme Objectives
  1. **Patient details and information:** You should collect and record ALL of the following informationabout your patient, using the headings/ forms provided in the LAP (Learner Achievement Portfolio).

You should carry out an informal interview with your patient to obtain the following required information:

* + - Personal details
    - Medical history
    - Current lifestyle
    - Physical activity history
    - Personal, physical and nutritional goals of the patient
  1. **Screening:** You should provide the following:
     + A copy of the referral form. If a referral form is not available (e.g. if you are not in a role which allows this), then you should provide an explanation of why no form was available)
     + A description and/or copy of any pre-exercise screening questionnaires or standard procedures employed
     + A description of any fitness tests / functional assessments employed
     + **Condition specific exercise guidelines:** You should complete the pro forma documentationin your LAP as appropriate to your patient and the exercise programme
  2. **Programme objectives:** You need to complete the pro forma documentation in the LAP taking intoaccount the principles of training, what the agreed objectives of your 6 week programme are and your patient’s medical conditions. You will need to complete the following:
     + Programme objectives
     + Programme session plan
     + Session plan notes
     + Modification summary
     + Summary / feedback letter

**Programme session plan:** You should complete one session/ class plan in your area of expertise,for example:

* Circuit class
* Gym-based session
* ETM class/aqua class for your patient
* Pilates
* Yoga

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**This session plan should include information regarding:**

* Duration of warm-up and cool-down (they do not need to include a detailed description of these components since this is assumed to be prior knowledge)
* A range of safe and effective exercises/ physical activities to develop (as appropriate to your patient)
  + Cardiovascular fitness
  + Muscular fitness
  + Flexibility
  + Motor skills
  + Core stability
* Structure and timing of components (as appropriate)
* Intensity – this should include how you plan to monitor your patient

You can use the session plan provided within the L.A.P. or you can design your own as long as all criteria are covered.

**Session plan notes should include:**

* Adaptations made to session design / individual exercises (group sessions should be designed to enable an inclusive, integrated session that can cater for all individuals)
* How you intend to set up and manage a safe physical activity environment for your patient
* A brief explanation as to why you have included certain exercises/equipment and not included others in the session
* The procedures to be followed in the event of an emergency given your patient’s medical conditions
* Physical activities that could be included as part of the patient’s lifestyle to complement the exercise session

**Modification summary:** At the end of week four you should complete the modification summarysummarising any feedback from your patient and how they are progressing towards their goals.

You should identify at least one aspect of the programme that you need to modify and describe the modifications you intend to make.

**Summary /feedback letter:** You need to provide a summary/feedback letter that could be providedto the Healthcare Professional who referred the patient describing your patient’s progress on the exercise referral scheme.