Conducting client consultations to support positive behaviour change

 Unit Accreditation Number: A/616/7504

LEARNER NAME: DATE OF SUBMISSION

**There are 38 marks available in this worksheet. You must score a minimum of 31 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.**

1. Identify one risk stratification model and explain how it can be used to assess risk.

|  |  |
| --- | --- |
| **Risk stratification model** | **How it can be used to assess risk** |
|  |  |

**2 marks** (minimum 1 mark)

1. How would you use the following approaches to support clients in changing their exercise behaviour?

|  |  |
| --- | --- |
| **Approach** | **How this could be used to support clients to change their exercise behaviour** |
| **Rewards** |  |
| **Motivational interviewing** |  |
| **Cognitive reframing** |  |

**3 marks** (minimum 2 marks)

1. Identify two other professionals to which an instructor might need to refer or signpost a client. Give an example of when it might be necessary to refer/signpost to each professional, and how it will take place.

|  |  |  |
| --- | --- | --- |
| **Other professionals** | **When referral/signposting might be necessary** | **How referral/signposting will take place** |
|  |  |  |
|  |  |  |

**6 marks** (minimum 4 marks)

1. Label the Eatwell Guide below and provide examples of foods that belong to each section.

If completing electronically please list in the table underneath the image

|  |
| --- |
| **Eatwell Guide** |

**10 marks** (minimum 7 marks)

|  |  |
| --- | --- |
| Area of image | Examples  |
| GREEN =  |  |
| YELLOW = |  |
| BLUE = |  |
| RED =  |  |
| PURPLE = |  |
| IMAGE TOP RIGHT |  |
| IMAGE BOTTOM LEFT (this refers to a grouping of foods) |  |

If you cannot circle answers electronically then insert your choice as shown – or highlight in any other way to make it clear

1. The Eatwell Guide recommends that salt intake should be limited to how many grams a day? (Circle or the correct answer.) If completing electronically please insert your answer choice here :
	1. 2
	2. 4
	3. 6
	4. 8

**1 mark** (minimum 1 mark)

1. What is the main fluid required to keep the body hydrated? (Circle the correct answer.) If completing electronically please insert your answer choice here :

 A Water

1. Coffee

C Lemonade

D Fruit juice

**1 mark** (minimum 1 mark)

1. What is the average daily energy requirement for an adult female? (Circle the correct answer.) If completing electronically please insert your answer choice here :

 A 1,000 kcals

1. 1,500 kcals
2. 2,000 kcals
3. 2,500 kcals

**1 mark** (minimum 1 mark)

1. What would be the result of consuming more calories than you expend? (Circle the correct answer.) If completing electronically please insert your answer choice here :

 A Increase in weight

1. Decrease in weight
2. Weight remains the same
3. Increase in flexibility

**1 mark** (minimum 1 mark)

1. Which of the following is the primary role of protein? (Circle the correct answer.). If completing electronically please insert your answer choice here :

 A To help the body to use fat-soluble vitamins

B To provide insulation under the skin

C To grow and repair human tissue

D To assist digestion and hydration

**1 mark** (minimum 1 mark)

1. Which of the following is a common source of complex carbohydrate? (Circle the correct answer.) If completing electronically please insert your answer choice here :

 A Fish

B Chocolate

C Brown rice

D Egg

**1 mark** (minimum 1 mark)

1. Explain two health risks of poor nutrition and two benefits of a nutrient-rich diet.

|  |  |
| --- | --- |
| **Health risks of poor nutrition** | **Benefits of a nutrient-rich diet** |
|  |  |
|  |  |

**4 marks** (minimum 3 marks)

1. Which of the following is a credible source of scientific, nutritional guidance? (Circle the correct answer). If completing electronically please insert your answer choice here :

A Wikipedia

B British Nutrition Foundation

C The Guardian newspaper

D Men’s Health

**1 mark** (minimum 1 mark)

1. Identify two technologies that could be used to support a client’s exercise adherence. For each technology, explain how it could be used to motivate clients and help them achieve their goals.

|  |  |
| --- | --- |
| **Technology** | **How it can be used to support and motivate clients** |
|  |  |
|  |  |

**4 marks** (minimum 3 marks)

1. Consider the following scenario and complete the table below: A client would like to lose a stone in weight and improve his/her cardiovascular fitness in preparation for a ‘Race for Life’ in six months.

|  |  |
| --- | --- |
| **Which fitness assessment/s would be appropriate?** |  |
| **Describe the protocols for administering each assessment chosen** |  |

**2 marks** (minimum 1 mark

**Result total / 38 marks** (31 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**

|  |
| --- |
| **Assessor’s feedback:** |