



PRECISION NUTRITION LEVEL 2 CERTIFICATION: A MASTER CLASS

SAMPLE CASE STUDY

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Certification Level 2 Sample Case Study

Every two weeks you'll complete a case study. These are one of the ways you'll be evaluated during the program.

Fair warning: We'll be deliberately throwing you some tough stuff during these simulations. We'll give you the "trial by fire" by asking you to work through difficult and puzzling client scenarios.

You make your mistakes now — with us guiding, mentoring, and helping you out, as well as offering you feedback at key moments — so you make fewer mistakes later.

(You'll still make mistakes, of course. We all do. You'll just get better at fixing them and learning from them!)

Have a look at one of our favorite case studies from the program.

SAMPLE CASE STUDY

Sample Case Study: Assessing Body Composition

This week, we've been exploring the concept of knowledge production — how do we know what we know? And are we making the best use of that knowledge for our coaching?

Next week, we'll be looking more closely at measuring client progress. For example, what is important to test and assess? What indicators are most relevant and important for each client?

Today's case study takes up both these themes of knowledge production and assessment.

CASE STUDY ASSIGNMENT #2

Your new client Maria is a middle-aged woman who is interested in losing body fat to improve her health. In particular, Maria is concerned about the relationship between body fat and health problems like heart disease. She wants to know things like:

What is the best method of measuring body fat?

What is the relationship between body fat and heart disease?

Luckily, you've just come across a few relevant studies that might help answer her questions. Problem is, these studies are pretty technical and Maria's just a beginner with minimal nutrition and fitness knowledge.

Frankly, you're not 100% certain you can make sense of these studies either. But, armed with your trusty Level 1 Certification textbook (The Essentials of Sport and Exercise Nutrition) for reference, and your own assessment tools, you're willing to try.

Here's your assignment. Make sure you have read and understood all the instructions.

1. Download and read the following four studies.

- Validation of Five Simple Models Estimating Body Fat in White Postmenopausal Women
- Prevalence of Obesity and the Relationship between the Body Mass Index and Body Fat
- The Relationship of Waist Circumference and BMI to Visceral, Subcutaneous, and Total Body Fat
- Body Composition and Body Fat Distribution in Relation to Later Risk of Acute Myocardial Infarction

2. Review the 7-site skinfold measurement assessment sheet in the Level 1 certification textbook, The Essentials of Sport and Exercise Nutrition.

3. Prepare case study notes of about 2-3 pages.

In your notes, answer the following questions in essay format (i.e. using paragraphs, full sentences, etc.):

- a. Comprehend:** What are the main points in each research study? What are the general findings? Summarize each study in your own words.
- b. Analyze:** What are the pros, cons, and practical considerations of different bodyfat measurement methods, including your 7-site bodyfat measurement technique? What about BMI?
- c. Synthesize:** When considered together, how do these research studies add to your understanding of bodyfat measurement methods?
- d. Evaluate:** In an ideal world, where price and feasibility were no object, which bodyfat measurement method would you choose? Why?
- e. Apply:** What are the key findings from these studies that you would share with your new client?

4. In the final section of your assignment, write out a script for communicating these key findings to Maria, and making recommendations.

In the script, also demonstrate that you have listened actively to her needs and understood her concerns. Remember: She's a nutritional beginner, so you'll have to keep your language and concepts simple and straightforward — to answer her questions without overwhelming her.

Here's a handy opener:

"Hi Maria, I understand you have some questions about..."

Now you take it from here.

NOTES

These studies are purposely information-dense. You need to put on your "active reading glasses" in order to make sense of them. Focus on filtering the information and extracting the most important points for your coaching practice, rather than trying to know it all.

We suggest you divide your case study writeup into sections using subheadings. This will help you organize your thoughts as well as communicate effectively to readers.

Remember: your peers on the forum are there to help you work through this material. Ask for help, and share your own ideas.

This case study assignment will be due at the end of next week.

WHAT'S UP NEXT

Tomorrow, you'll get your first quiz. Let's see how well you can put your thinking cap on.



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