

Assessor Marking Guide

Programme Name	Health and Fitness Coach (Personal Trainer) (Level 4)	
Assessment Number	Assessment 2 of 2	
Assessment Title	Nutrition Dietary assessment and analysis	
Course Number	Course 4	Version 2
Course Title	Nutrition	Level 4 Credit 10

Internal feedback related to design of assessment tools should be submitted via the online Continuous Improvement Form (eCIF).

This assessment leads to the following graduate profile and learning outcomes.

NZQA GPO	Learning Outcome	Task #
GPO 5: Apply a health and wellness framework and evidence-based nutrition principles to support a personalised exercise programme and recommend referral pathways to allied health professionals (10 credits).	4.2 Apply evidence- based nutrition principles to suit client goals and outcomes <i>Contributes 2 GPO credits</i>	5&6
	4.4 Use appropriate techniques for gathering nutritional data, and templates for summarizing data <i>Contributes 2 GPO credits</i>	1 – 4
	4.5 Analyse current client dietary practices and make appropriate recommendations for improvement. <i>Contributes 1 GPO credit</i>	5&6

NZQF Level 4 Descriptors	
Knowledge	<ul style="list-style-type: none"> Broad operational and theoretical knowledge in a field of work or study
Skills	<ul style="list-style-type: none"> Select and apply solutions to familiar and sometimes unfamiliar problems. Select and apply a range of standard and nonstandard processes relevant to the field of work or study.
Application	<ul style="list-style-type: none"> Self-management of learning and performance under broad guidance. Some responsibility for performance of others.

ADMINISTRATION

Assessors are required to provide feedback to students:

- Constructive feedback to the student must be documented within assessment evidence. Including where resubmission is required.
- Notes on demonstrated performance and application of skills, knowledge, attributes; future improvement/development planning e.g., task management, study skills; relationship to other programme content and use in career.

Student evidence must be assessed against all specified criteria to meet learning outcomes.

- Any adaption in assessment methods must be documented and attached to the assessment by the assessor (where deemed necessary to be fair and transparent in relation to student's specified needs).
- Assessment Pack Cover should be dated and signed by assessor when the student has received the final result.
- Assessment opportunities must be indicated accurately.

Where any practical criteria are not achieved, an additional practical sheet must be used for reassessment for all practical outcomes and attached to this assessment pack. Refer to Assessment opportunities policy for additional detail.

- The student must sign the post-assessment agreement after receiving final result.
- It is the Assessors responsibility to ensure all relevant documentation is included in the assessment prior to reporting and filing.
- Samples of assessments will be forwarded to internal and/or external parties for moderation as required.

Where appropriate **sample answers and or exemplars** may be included: Sample answers are a guide only providing an example of the sufficiency of quantitative and qualitative evidence the assessor could expect to see.

ASSESSMENT SCHEDULE	
<i>Give feedback to student on successes, for N add a note to the student on here or on their assessment evidence (e.g. in Turnitin) about how to improve for resubmission.</i>	
Task Evidence	Achievement Criteria / Judgement
1	Learner has provided their client's personal and biometric data: a) Client's name and age b) Client's height and weight c) Weight goal d) Occupation and general activity level e) Exercise details including number of sessions, type of exercise performed, session length, and intensity (e.g., low, moderate, high) f) Macronutrient calculations are provided and appropriate for client's weight, goals, and activity level. Total calorie requirements are included Nutrition assessment 2 resource is included in learner's submission.
2	Learner has completed the 24-hour recall template with their client
3	Learner has filled in the sign off table for Session 1 including the date, app being used by the client, and the client's signature/name.
4	Learner has inserted the client's 3-day diet log or attached it as a PDF The client has signed and dated Session 2
5	Learner has provided 4 observations from their clients 3-day diet log: a) 150 – 200 words comparing the client's eating habits to the Ministry of Health eating guidelines. Learner has discussed the first 4 eating statements in their answer Statement 1: Enjoy a variety of nutritious food every day – four food groups, serving sizes appropriate for their client's sex and age <ul style="list-style-type: none"> • plenty of vegetables and fruit. • grain foods, mostly whole grain and those naturally high in fibre. • some milk and milk products, mostly low and reduced fat (this includes non-dairy milk alternatives with added calcium). • some legumes (e.g., lentils, beans, chickpeas), nuts, seeds, fish/seafood, eggs, poultry (e.g., chicken), and/or red meat with fat removed. Statement 2: Choose and prepare food and drinks: <ul style="list-style-type: none"> • with unsaturated fats instead of saturated fats. • that are low in salt (sodium); if using salt, choose iodised salt. • with little or no added sugar. • that are mostly 'whole' and less processed. Statement 3: Make plain water your first choice over other drinks

	<p>Water is necessary for the body to survive and be healthy. Generally, tap water in New Zealand is safe to drink making it an accessible and healthy choice. Plain water contains no energy so does not contribute to weight gain. It is sometimes necessary to increase water intake such as during pregnancy and while breastfeeding.</p> <p>Statement 4: If you drink alcohol, keep your intake low Alcohol contains a lot of energy and can contribute to weight gain. There are also long-term health risks and risks of injury.</p>
	<p>b) 100 – 150 words comparing the calorie and macronutrient ratio calculated by the learner to the actual intakes over the 3-day diet log Learner should discuss all three macronutrients making clear comparisons to what they have calculated in Task 1f. Learner may break down their answer day by day or produce a summary for each macronutrient across the three-day period.</p> <p>For example, I calculated my client should eat approximately, x grams of carbohydrates a day, and on day 1 they had x grams, on day 2 they had x grams, and day 3 they had x grams. Clearly, they are/are not meeting their carbohydrate intake, this could have ___ effect on weight/performance/energy levels.</p>
	<p>c) 80 – 100 words describing the clients pre-, during, and post- exercise nutrition for at least one (1) exercise session during the diet log period. Learner should briefly describe the client’s eating habits around training including amounts of macronutrients and timing of foods/beverages in their answer.</p>
	<p>d) 80 – 100 words discussing the client’s preparation methods and includes aspects such as reliance on convenience foods, preparing food at home vs takeaways, cooking skills, cooking methods, and any other relevant notes on their preparation methods.</p>
6	<p>a) Learner had provided 3 appropriate dietary recommendations for their client: Each recommendation should be simple, within scope of practice (i.e promoting a food first approach based on MoH guidelines and the sports nutrition principles covered in the content), and include 2 different meal, snack, and/or beverage options for the client. Recommendation 1 includes 2 sample meal, snack and/or beverage ideas and 80 – 100 words justifying their recommendation Recommendation 2 includes 2 sample meal, snack and/or beverage ideas and 80 – 100 words justifying their recommendation Recommendation 3 includes 2 sample meal, snack and/or beverage ideas and 80 – 100 words justifying their recommendation</p>
	<p>b) Client has signed, dated, and provided feedback to the student</p>

Sample answers:

Session 1: Data Gathering

Before this session you may want to let your client know the type of information you will be collecting from them and have them take a mental note of the foods that they eat the day before session 1. Read through all session tasks before proceeding with your client.

There are 3 tasks associated with this session.

Task 1) Personal and biometric data

Complete all sections (a – f) with your chosen client:

a) Name & age	Jessica Jones, 26 years old
b) Height & weight	175cm tall, 75kgs
c) Weight goal	Indicate whether they want to maintain, gain, or lose: maintain
d) Activity levels	Occupation type, are they sedentary, some activity, moderate actively, high level of activity? Occupation: Lawyer – generally sedentary with some walking at the office
e) Exercise	Outline average weekly exercise. Number of sessions, type of exercise, how long each session is, and intensity level (e.g., low, moderate, high): 2 x 1-hour full body traditional weight training (compound movements moderate intensity) 2 x 30-minute spin class (high intensity) 2 x 30 minutes moderate intensity treadmill walks on an incline 1 x 45-minute netball game (high intensity)
f) Client energy requirements:	Using “Nutrition assessment 2 calculations”, calculate the number of grams per day for each macronutrient and calculate the estimated total calories per day (energy requirements) in kcal. Attach the excel spreadsheet to your hand in. Carbohydrates: $4.5\text{g/kwBW} \times 75\text{kg} = 337.5\text{g}$ Protein: $1.35\text{g/kwBW} \times 75\text{kg} = 97.5\text{g}$ Fat: $1\text{g/kgBW} \times 75\text{kg} = 75\text{g}$ Total calories: 2415kcal

Task 2) Conduct the 24-hr diet recall

Using the template below, perform a 24-hr diet recall with your client ensuring you get all the required information.

Date	Xx/xx/xxxx	
Time of day	Food details	Estimated serving size
7:30am	Weetabix	4 biscuits
	trim milk (Anchor)	¾ cup
	1 banana	Medium sized

Learners should include as much detail here – asking their client for foods throughout the whole day, not necessarily calling each meal breakfast, lunch, dinner and snacks.

Task 3) Prepare and conduct the 3-day diet log

Date	Xx/xx/xxxx
App used by client	MyFitnessPal
Client's signature (or type name)	Jessica Jones

Task 4) 3-day diet log evidence

Learners should have 3 unique diaries uploaded to their assessment. It is important that they include the exercise sessions in the notes section too.

Insert a screenshot of your client's 3-day diet log in the spaces below. Alternatively, attach a PDF of your client's 3-day diet log to your assessment hand in on the online platform – if you choose to do this, please add a note "see attached PDF" in the space below for your assessor.

Day 1

May 18, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Macro Mike - Protein, 40 g	145	6g	3g	24g	--mg	180mg	3g	4g
Sanitarium Soy Good Regular - Soy Milk, 250 ml	155	13g	9g	8g	--mg	113mg	5g	1g
Banana, 1 large	121	31g	--g	1g	--mg	1mg	17g	4g
Coffee, black, 1 cup	2	--g	--g	--g	--mg	5mg	--g	--g
Almond Milk - Almond Milk - Vanilla - Unsweetened, 3 tablespoon	6	--g	--g	--g	--mg	34mg	--g	--g
Lunch								
Tip Top - Wholemeal Bread, 2 Slices	172	27g	2g	7g	--mg	289mg	2g	6g
Olivani - Lite, 10 gram	50	1g	6g	1g	--mg	35mg	--g	--g
Spinach, raw, fresh, 1 oz	7	1g	--g	1g	--mg	22mg	--g	1g
Tomato, 4 slice, medium (1/4" thick)	14	3g	--g	1g	--mg	4mg	2g	1g
Herbivorous Butcher - Vegan Turkey Deli Meat, 100 gram	317	11g	11g	46g	--mg	741mg	--g	--g
Dinner								
Woolworths Macro - Hard Tofu, 150 gms	189	2g	10g	23g	--mg	74mg	1g	2g
Broccoli, 1 cup, chopped or diced	30	6g	--g	2g	--mg	29mg	1g	2g
Canola oil, 1 teaspoon	41	--g	5g	--g	--mg	--mg	--g	--g
Teriyaki sauce, 2 tablespoon	28	5g	--g	2g	--mg	1227mg	5g	--g
Khmer Satay Peanut Sauce - Satay Sauce, 40 g	138	13g	8g	--g	--mg	--mg	10g	--g
Udon Noodles Packet - Udon Noodles, 100 g	124	27g	1g	3g	--mg	136mg	--g	2g
Edamame - Edamame, 1 cup	100	9g	3g	8g	--mg	30mg	1g	4g
Snacks								
Apple, 1 medium	104	28g	--g	1g	--mg	2mg	21g	5g
Cadbury - Moro Bar (Nz), 60 grams	265	43g	9g	2g	--mg	166mg	33g	--g
Almonds, 1 ounce	164	6g	14g	6g	--mg	--mg	1g	4g
TOTALS	2172	232g	81g	136g	--mg	3088mg	102g	36g

Food Notes

Breakfast @ 7:30am Lunch @ 12pm Snack (apple and almonds) 2:30pm Exercise @ 4pm Dinner @ 7pm Snack (moro bar) 8pm

EXERCISES	Calories	minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, <10 mph, leisure (cycling, biking, bike riding)	102	18			
MFP IOS calorie adjustment	67	1			
TOTALS	169	19	0	0	0

Exercise Notes

Exercise performed at 4pm

Session 3: Analysis and recommendations

Once you have gathered all the necessary information from your client regarding their nutrition and exercise over the 3-day diet log and the initial 24-hour food recall, you will perform a dietary analysis. Once you have completed the analysis, you will provide your client with some appropriate recommendations to help them with their specific goals. It is important that the advice you give them is both relevant for the client as well as suitable regarding your current level of nutrition knowledge.

Task 5) Observations

Based on your knowledge of nutrition guidelines, analyse the collected information. You will make four clear **observations** from your client's nutrition data. Note you do not need to provide any recommendations here – you are simply collecting data and making observations.

- a) Overall eating habits – how do your client's eating habits compare to the Ministry of Health eating guidelines? Include eating statements 1 – 4 in your answer. (150 – 200 words)

Learners will need to ensure they meet the word count and discuss the 4 eating statements. See Ministry of Health eating statements in the marking schedule above for more detail.

Statement 1 - Based on my client's 24-hour recall and 3-day food diary, I can see she is doing a good job at getting in her servings of fruits (often having at least 2 pieces per day), she is getting around 3 servings of vegetables a day, so this could be increased, her dairy group is lacking – only getting in 1 serving of soy milk most days, typically she is getting around 3 – 4 serves of grains and cereals, and lastly she seems to be meeting the legumes, nuts, seeds etc group quite well, often having 2 – 3 servings from this group per day.

Statement 2 - Overall my client chooses foods that are whole and less processed, a focus on plant-based foods is clear, with some treats here and there for balance.

Statement 3 – she focuses on drinking a large bottle (about 2L) of water every day but also enjoys 1 – 2 coffees a day either with soy milk or almond milk. Other drinks she might have include sugar free fizzy drinks or energy drinks on occasion.

Statement 4 – my client did not have any alcohol during this time period, but may have a glass of wine or two once a month

Overall, my client follows the ministry of health eating guidelines fairly well, though some additional grains, dairy and veggies could be included.

- b) Macronutrient ratios and calorie intake – how do your client's eating habits compare to the calculations you have performed regarding their calorie intake, carbohydrates, fats, and proteins? (100 – 150 words)

Macro/calorie calculations:

Carbohydrates - 337.5g

Protein - 97.5g

Fat - 75g

Total calories: 2415kcal

During the 3-day diet log, my client ate around 2200 calories per day. She was a little bit low in carbohydrates, pretty close to her fat requirement, and a bit over in terms of her protein requirements. I estimated she should have around. As noted above, her grains and cereals and vegetable food groups were quite low – this is apparent when you look at her carbohydrate intake being overall low as these types of foods are good sources of carbohydrates in the diet. She did quite well with the fat, within 10g of what I calculated, so nothing to add there. Lastly, her protein was quite high – she does use protein powder in the morning so perhaps this is unnecessary considering she's already getting a good amount through her food choices alone.

- c) Timings of meals around training or exercise - Make an observation regarding the client's current pre-, during, and post- exercise nutrition for **one (1) exercise session** during the 3-day diet log. (80 – 100 words)

Sample answer:

On day 2, my client exercised at 5:30pm. They had lunch at 12pm, and this meal had about 45g of carbohydrates in it, but then no further snacks in between – she did inform me she drank about 500ml of water during this time. So, there was about 5 hours where she did not consume any further food before training. She did not consume any carbohydrates DURING her training session. Post exercise at 7pm my client had her dinner; it was a pasta with a tomato-based sauce and had about 15g of protein and 50g of carbohydrates.

- d) Preparation methods – consider the following aspects: does your client rely on mostly convenience foods? Do they mostly prepare their meals at home? Who does the cooking? Do they mostly use healthful cooking methods (steaming, baking grilling, boiling, air-fryer etc)? Any other relevant notes on their preparation methods? (80 – 100 words)

Overall, my client mostly prepares her meals at home and she does the majority of the cooking. Most of the time it looks like she is baking and grilling her foods, she also used the air fryer quite a lot which is a great convenience item. She does cook something new every night which I can imagine being quite time consuming, but she has mentioned she is keen to start meal prepping to cut this time down. She has a reasonable level of skill when it comes to cooking as demonstrated by the variety of foods she is preparing.

Task 6) Recommendations

- a) Based on your observations in Task 5 – you will now develop **three (3)** clear dietary recommendations that you will present to your client in your final meeting. (Minimum 100 words each)

Recommendation 1

- Clearly outline what you are recommending they should do going forward
- Provide two (2) sample meal, snack, and/or beverage ideas that they can incorporate (including timing where appropriate)
- Justify your recommendation based on nutrition principles

The first recommendation I have for Jessica is that she tries to incorporate more vegetables into her diet. She quite often eats 3 larger meals, and it can be hard to get enough veggies in, especially when her breakfast is a sweet option. Two ideas I have for her would be to add spinach into her morning smoothie and for a snack she could cut up some carrots, tomato, and celery to have with some hummus on the side. It is important that she meets these guidelines for vegetables as they contain important vitamins and minerals like vitamin A, folate, and other B vitamins that she could be low in.

Recommendation 2

- Clearly outline what you are recommending they should do going forward
- Provide two (2) sample meal, snack, and/or beverage ideas that they can incorporate (including timing where appropriate)
- Justify your recommendation based on nutrition principles

The second recommendation I have for Jessica is that she increases her serves of grains and cereals. As an active person this is really important to give her the carbohydrates, she needs to fuel her exercises. Two ways she can do this in her diet is add a couple of slices of wholegrain toast with her favourite spreads to have alongside her smoothie in the morning, another way is to have some wholegrain crackers with dip in the afternoon as a snack. These grain foods contain nutrients like magnesium, carbohydrates, and fibre that can help her feel full but also help her fuel for exercise.

Recommendation 3

- Clearly outline what you are recommending they should do going forward
- Provide two (2) sample meal, snack, and/or beverage ideas that they can incorporate (including timing where appropriate)
- Justify your recommendation based on nutrition principles

My third recommendation is that she should work on her exercise nutrition. As she does quite intense workouts, including group fitness classes, she needs to consume more carbohydrates before hand – such as a large banana and a piece of toast with margarine and jam – this will give her approximately 50g of carbs that will help fuel her workout. Secondly, she could increase her protein after the workouts by adding ½ a cup of cooked lentils to her pasta meals. This way she will improve her muscle protein synthesis in the post-exercise timeframe.

- b) Present your recommendations to your client either in person or over the phone and ask them for feedback on whether or not they believe they would be capable of doing the things you have suggested, as well as your professionalism during this process.

Fill in the table below to indicate you have completed your third session with your client:

Date	Xx/xx/xxxx
Client's signature (or type name)	Jessica Jones
Client feedback on dietary recommendations and professionalism	My PT was very professional during this process, she listened to me well and helped me focus on my goal of maintaining my weight and getting stronger. The recommendations she made to me were clear and easy to follow – she took into account that I am vegetarian so the meal ideas she suggested suited my dietary preferences well.