

**ITEC Case Study Guidance Sheet**  
**ITEC Level 3**  
**Nutrition for Fitness Instructors**



*To be completed by the lecturer and verified by the ITEC examiner  
Please attach a copy of this sheet to the front of each candidate's completed case study work.*

**Candidate Name:**

**Candidate Number:**

**Centre Name:**

**Date:**

<i>Please tick box</i>	<b>Yes</b>	<b>No</b>
<b>Consultation</b>		
<b>Medical History</b>		
<b>Activities/Sports</b>		
<b>Lifestyle</b> <i>(inc. Stress levels at home and stress levels at work – on a scale of 1-10)</i>		
<b>Healthy eating regime</b>		
<b>Home care advice</b>		
<b>Overall conclusion of the case</b>		
<b>Reflective practice</b>		

Please note: Each box must be ticked 'Yes' in order to gain a pass grade. If any area is answered 'No' the case studies will be referred until the omitted section is completed.

***Signed by the ITEC Examiner***

***Signed by the Lecturer***

\_\_\_\_\_

\_\_\_\_\_

***Signed by the Candidate***

\_\_\_\_\_