

# INDIVIDUAL CASE STUDY

## KINESIOLOGY AND REHAB SCIENCES COMMITTEE

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### PARTICIPANT GUIDELINES

- Event will be presented to you through your reading of CURIS Skills, CURIS Knowledge and Case Details
- Each case study must be completed individually and should take approximately 1 hour
- You should take approximately 10 minutes to review this information and 20 mins to conduct external research to help prepare your response
- You should then take approximately 20 minutes to write your response and allot 10 minutes to edit your response and submit your work
- Please also include a citations page to indicate which external sources were used
- All submissions will be made through the CurisConnect website:  
<https://curisconnectinfo.wixsite.com/curisconnect> via written responses on a pdf document in paragraphs (fill in the given response template)
- You will be evaluated on how well you demonstrate the CURIS Skills and meet the CURIS Knowledge criteria. The last page in your case study package consists of an Evaluation Form whereby the evaluator will allot points for the completion of the case study.
- The points allotted will be based on the depth and detail of your explanation in your response since there are no defined right or wrong answers, but rather we want to see your thinking, research, knowledge and understanding on the situation at hand.
- The amount of points earned will correspond to the amount of volunteer minutes or hours you will earn. The threshold and range for this grading scheme can also be found at the bottom of the Evaluation Form.
- Participants who successfully complete the case study will receive a Certificate of Participation

### CURIS SKILLS

- Critical Thinking – Reason effectively and use systems thinking.
- Communication – Communicate clearly.
- Creativity and Innovation – Show evidence of creativity.
- Healthcare Oriented Mindset - Utilizes proper terminology and demonstrates foundational educational understanding in discipline.

### CURIS KNOWLEDGE

- Explain the principles of macro balances
- Identify factors affecting client's meal plan
- Identify the different diets needed for different activities

## CASE DETAILS

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You are to assume the role of a dietician at FUEL FOR LIFE, a well established athlete nutritional database and organization. A new athlete client has come to FUEL FOR LIFE for some nutrition advising. The athlete runs long distance cross country for the first half of the year and runs short distance track and field events for the second half of the year and wants to know what his macro balance should be between carbs, fats, and proteins for cross country versus track.

FUEL FOR LIFE is located in the centre of the city surrounded by high school, collegiate, and some professional sports teams. FUEL FOR LIFE offers personalized nutrition plans to athletes as well as free consultations by appointment or by walk-in.

The athlete is a college athlete and as such is limited on time and money. The athlete would like a free consultation to determine what their macro balance should be, and they would also like a personalized nutrition plan with quick and affordable meal options.

Your task is to figure out what an ideal macro balance would be for the athlete both in cross country season and in track and field season. Be sure to explain both the similarities and the differences in both macro balances to the athlete. Next, you will create a sample one week meal plan for both the track season and cross country season. You will need to ensure that the meals included in the meal plan are both quick and affordable to make. Outline the estimated budget and duration of time to make the meals included in the meal plan.

Please also address the following questions in your response:

- Are there any foods that should be avoided?
- What would an appropriate pre-event or in between event snack be for both the track and cross country seasons?
- At what point should the diet change between cross country and track occur? Right after the end of the cross country season? A certain amount of months before the track and field season?

## EVALUATION FORM

PARTICIPANT: \_\_\_\_\_

EVALUATOR: \_\_\_\_\_

Did the participant:		Below expectations	Meets expectations	Exceeds expectations	Judged score
<b>CURIS KNOWLEDGE</b>					
1	Explain the principles of orthodontic treatment.	2	4	6	
2	Describe pros and cons of different orthodontic appliances.	2	4	6	
3	Identify factors affecting patient decisions on treatment options.	2	4	6	
<b>CURIS SKILLS</b>					
4	Critical Thinking & Problem-Solving	1	2	3	
5	Communication, Terminology & Professionalism	1	2	3	
6	Creativity & Innovation	1	2	3	
7	Healthcare Oriented Mindset	1	2	3	
<b>TOTAL SCORE</b>					

Total Score	Volunteer Minutes
25-30 points	1 hour
20-24 points	45 mins
15-19 points	30 mins
10-14 points	15 mins