Assignment – Infographic and educational information handout

Infographic

During the course you will need to design an information graphic (infographic)* to illustrate each of the main components of the biopsychosocial model of health and illness (**biological, behavioural, psychological and social**) that could be used in personal training consultations.

Educational information handout

During the course you will need to choose one or two (if linked) of the following commonly occurring medical conditions and design a handout that will explain to existing or potential clients how the conditions may impact their lifestyle.

- Hypertension.
- Obesity.
- Cardiorespiratory disease.
- Diabetes.
- Stress.

GREEN SECTION of manual

If you would like to research a different condition or if your case-study client has an existing condition that you would like to design a handout for, please ask your tutor for guidance.

Within your handout include the following information about the condition/s:

- Cause/s.
- Progression.
- Any associated risk factors.
- Clinical signs and symptoms.
- Impact on the client's lifestyle.
- Benefits of exercise.
- Exercise guidelines (including risks of exercise, contraindications and restrictions).
- Nutritional guidelines.

**Information graphics or infographics are graphic visual representations of information, data or knowledge intended to present information quickly and clearly.*

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