UCF College of Nursing
Community and Public Health Practicum for RNs – NUR4604L
Clinical Practice Project Proposal

Problem Statement

Diet and exercise are two of the best tools when it comes to disease prevention and health in general, although many people are still unsure of what proper nutrition actually consists of. “In the United States, 40% of adult premature deaths are attributable to unhealthy lifestyle patterns, these deaths are preventable with health eating and increased physical activity” (Shieh, Weaver, Hanna, Newsome & Mogos, 2015, p. 200, par.1) Although exercise is a huge component of a healthy lifestyle and disease prevention, it is not as effective if the individual does not eat properly in order to fuel their body. Not only is what you eat and drink before and after working out important, but the timing also has a big impact on helping the individual get the most of his or her workout.

Changes in community health as a whole begin with changes at an individual and group level. According to Stoutenberg, Stanzilis, and Falcon, “addressing issues of PA [physical activity] and dietary habits can be successfully implemented in a community setting” (312, par. 5), yet there is still much to be done in bringing this knowledge to the community. On an individual level, I have observed an educational need among participants of the Camp Gladiator workout group I belong to. These individuals have a need for education regarding proper food and beverage choices and the timing of each pre and post-workout. I have witnessed many different people asking the trainer for nutrition advice, and I believe a short presentation on this topic will be very useful to all members of this group.
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Project Description

1. The proposed change is inclusion of a 10-minute teaching segment before or after the group workouts on proper food and beverage choices and the timing of each in order to get the most out of the workout and increase the health and energy levels of participants.
   a. These changes are to be made in various steps. Step 1 will be sending out initial surveys via email to all participants with five basic questions to gauge baseline knowledge on proper nutrition pre and post-workout, how they feel their energy levels are during workouts, and if they feel like they are getting the most out of every workout.
   b. Step 2 will be the actual teaching session during morning and evening workout sessions. This will include me verbally teaching the group the dos and don’ts of food and water intake pre and post workout. I will be creating a pamphlet with the teachings on it so that they have something to reference at home. I will ask that participants modify their current habits for one week and include aspects of my teaching into their pre and post-workout routines.
   c. Step 3 will be to send out post-teaching surveys via email a week later with the same five questions to gauge the effectiveness of the teaching.
   d. The estimated time for this project from implementation to post-evaluation is approximately 1-2 weeks.
Stakeholders

1. Those who will directly benefit from this teaching are the members of the Camp Gladiator workout groups. This is a community based health company with a very diverse population of members. The workout groups include people of every age, race, gender, and socioeconomic status.

2. Host Agency
   a. Camp Gladiator
   b. Ian Childers- Primary trainer
   c. Contact Information
      i. 10775 Cabbage Tree Loop, Orlando, FL, 32825
      ii. (850) 296-4455
      iii. ianchilders@campgladiator.com

References:


Signatures indicate approval of the proposal as listed above. Scan the completed & signed document in the Assignments section of the course for faculty approval.

Host Agency Representative
(Enter Name Here)
Ian Childers

Student
(Enter Name Here)
Ashley Gast