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Orientation to Health and Physical Education

25 March 2013

Personal Philosophy

One definition of philosophy is defined as, “A system for guiding life” (Freeman, p. 199). Much like this definition, I enjoy the very basic, primordial concepts of health education. More specifically, I enjoy the kind of foundational knowledge that breathes life into every other branch of health from the subject of study to the implementation. My life has always been shrouded in a sense of athleticism and a desire for control. My primary sport, baseball, has proven to be an effective foundation on which I began to establish my current fascination with the human body. I like helping people, because I understand the significance of maintaining a healthy lifestyle and how this maintenance will yield a promising, foreseeable future.

When confronted with a job decision, people tend to always fall back on two tenets: what do I want to do and how much money will I make? While the concept of money is important in order to maintain a comfortable living, the more applicable the job is, the more enticing it is for me. This is why I have chosen the path to become a dietician. Focusing on the betterment of an individual is something I feel is a worthy contribution to society.

What I want to accomplish as a nutritionist deals with more than just the variable outcomes of dietary decisions. I want to instill a sense of purpose and control in my clients. The quality and type of food yield a certain amount of power over health and body composition. Clients can manipulate these variables to achieve certain goals. Too often in the world, situations fall away to an external locust of control. The realization that clients have some control over their day-to-day life choices is what brings joy to my profession. I’m simply a conduit through which clients have the opportunity to obtain a certain level of influence over their body.

The lifestyle changes associated with food consumption will noticeably be prevalent outside of the comfort of my office. I will try to convey to my clients the word “diet” does not exist. The current model of a “diet” is temporary in today’s cultural medium. I want to emphasize a lifestyle change - something that can be adopted for the rest of a client’s life with minimal limitations. Most commercial diets overcomplicate and limit an individual’s understanding of the basic mechanisms that cause a diet to be a success or failure. I want to change this by introducing a foundation on which my clients and I build a sound structure of nutritional knowledge applicable to any situation. Ultimately, it is up to the clients to make these decisions outside of my guidance. For certain cases, implementing an accountability program with family members or friends may be beneficial. If this can be avoided, it is preferred for the sake of maintaining maximal autonomy over one’s body.

In the end, the goal is to improve one’s health and body composition. It is important to note the means by which these are accomplished will never compromise one or the other. This, however, is not the sole outcome. A successful client will yield a greater understanding of the basic mechanisms behind dietary guidelines and why they work or fail. The client will understand the effectiveness of a minimalistic approach in order to not only maintain one’s sanity, but to distinguish the gimmicks behind marketed diets. Ultimately, the purpose is to alter one’s life through food consumption encouraging a sense of control. The American Dietetic Association comments, “The challenge to dietitians is to teach persons how to be healthy without restriction and deprivation and to reverse the distorted cognitions regarding food as ‘good’ and ‘bad’” (p. 72). This is the challenge I aim to absolve.

Works Cited

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