

Course format

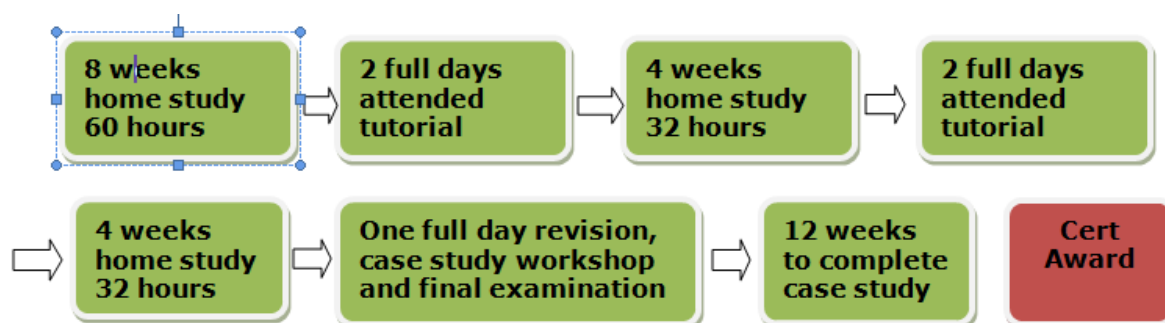
Approx 140 hours of home study & completion of workbooks (16 weeks x 8 - 10 hours)

4 Days attendance 36 hours (2 x two days)

Assessment half day 4 hours (60 question multiple choice & written scenario)

Case study 16 hours (completed within 12 weeks of the course)

Submissions (12 week progressive physical activity programme, including review & adaptations)



Appropriate for:

- Weight Management Practitioners
- Programme & Strategy Managers
- Dietitians, Nutritionists, Healthy Eating Teams, specialist nurses practicing in obesity
- Physiotherapists and Sports Therapists & Rehabilitation Teams
- Advanced Fitness Instructors and Personal Trainers
- Exercise Referral and Phase 4 Cardiac Rehabilitation Personnel
- Experienced Health Trainers (with related qualifications)

Entry requirements: Related \geq level 3 Qualification:

- Level 3 Nutrition & Weight Management or level 3 and above nutrition
- Level 3 Advanced instructor, GP (exercise) Referral Qualification or Physiotherapist
- Level 3 or above Psychology, Social or Behavioural Sciences
- Practicing Specialist Clinician such as Obesity Nurse or Dietician

To qualify as a Level 4 instructor on Register of Exercise Professionals:

- Level 3 Advanced Instructor category on REPs
- An additional Level 3 – e.g. older adults, children, people with disabilities, exercise referral
- 1,200 hours of appropriate professional experience documented at level 3

Course Accreditation

This course is accredited by Skills Active - Sector Skills Council for Health & Fitness www.skillsactive.com It is a recognised Industry Award (IRA) and will provide eligibility to the new Level 4 on the Register of Exercise Professionals (REP's). Phase 2 will involve submission to QCF through one of the Awarding Bodies that we work with, and this is anticipated to become a full qualification on the QCF by spring 2010.



Any exercise professional working within a formal context of referred populations must also complete a REPs approved exercise referral unit of qualification (such as D449 "Design agree and adapt a physical activity programme with referred clients"). This requires L3 advanced instructor status as a pre-requisite.

Course components

An overview of the obesity pandemic: Prevalence of Obesity, Causes of Obesity, Unhealthy Foods and Pathogenesis of Obesity and Disease, Impact of Early Life and Growth Patterns, Economic consequences of an obese population

Obesity & Disease: The Impact of Obesity – Mortality, The Impact of Obesity – Morbidity, Benefits of losing weight, Diabetes and the Metabolic Syndrome, Disordered Eating, Pharmacotherapy for Obesity, Bariatric surgery, Two Models of Obesity: The Medical Model, The Public Health Model, The Obesogenic Environment, Economic Drivers of Food and Drink Consumption, Local Government, Policy and Planning

Weight Gain - an Explanation: Set Point Theory, Diets Don't Work, The Obesity Cycle of Self Perpetuation, Sleep and Obesity, The Palaeolithic diet, Genetic Susceptibility to Weight Gain, Thrifty Genotype, Epigenetics & the Phenotype, The Role of Fat, Fat Equals Energy, Fat Storage and Utilisation, Other Forms of Energy Utilisation, Adipocyte Biology, Fat Deposition & Distribution, Basic concepts of human energetics, Energy – Intake & Expenditure, Regulating Energy Expenditure, Control of Food intake, Chemical Signals and Neuro-transmitters, Energy Regulation, Integrated Models of Food Control.

Some practical aspects of weight management: Food Cravings and Addictions – Are they Real? Why Do We Eat When We Are Not Hungry? Determinants of Food Choice, Some psychological messages for your client, Strategies for Curbing Emotional Eating, A Review of Dietary Regimes for Weight Loss, High Protein Diets (Low Carb Diets), Weight Maintenance

Exercise for Obese or Diabetic Clients: Introduction to Exercise Obesity and Diabetes, ACSM on Appropriate Levels of PA for Weight Loss & Preventing Regain, Barriers to Physical Activity, The Basics of Providing a Physical Activity Plan, A Walking Programme, Exercise and Diabetes, Type 1 Diabetes, Type 2 Diabetes, Exercise and Obesity, Exercise Regime for pre and post Bariatric Surgery

Human Behaviour, Changing Habits: Theories of Behaviour Change, Cognitive Behavioural Therapy, Motivational Interviewing, The Performance Equation, Strategies for Changing Behaviour, Social Marketing a practical explanation

Setting up a Weight Management Intervention: NICE Clinical Recommendations – Summary for Practitioners, Client Assessment, Risk Stratification and Screening, General Guidance of the Assessment of Clients, Body measurements and Calculations, NHS Exercise Referral: Quality Assurance Framework, Health and Safety, Guidance on Efficacy of Self Help Weight Management, Overview of Programme Approach, Course Structure & Suggested Components, Creating a Daily Calorie Deficit, Planning & Time Management, Administration and Record Keeping, Promotion and Evaluation of the Service

What is a QCF Level 4 Qualification?

At present, it is hard to understand all the different types of qualification that learners hold - what level they are, how long they take to complete, what content they cover, and how they compare to other qualifications. A new framework was required to help present qualifications in a way that is easy to understand and measure. The QCF is that new **framework** responsible for **recognising and accrediting qualifications** in England, Wales and Northern Ireland.

Its role is to set the standard for the skills and knowledge a qualification requires in order to be classed at a particular Level. All validated UK educational awards will now be linked to the QCF and they must comply with certain criteria such as learning hours and educational standard.

The qualification must meet the criteria of QCF 4 defined as; "Level 4 qualifications recognise specialist learning and involve detailed analysis of a high level of information and knowledge in an area of work of study. Learning at this level is appropriate for people working in technical and professional jobs, and/or

managing and developing others. Level 4 qualifications are at a level equivalent to Certificates of Higher Education.” The course can be provided as an Award, a Certificate or a Diploma depending upon the number of credits achieved. Every unit and qualification in the framework will have a credit value (one credit represents 10 hours, showing how much time it takes to complete) and a level between Entry level and level 8 (showing how difficult it is).

The levels are set as below:

- GCSEs (grade A* - C) level 2
- GCE A levels level 3
- HNC level 4
- HND or foundation degree level 5
- Honours degrees level 6
- Masters (Post Graduate) level 7
- PhD level 8



There are three sizes of qualifications in the QCF:

- Awards (1 to 12 credits)
- Certificates (13 to 36 credits)
- Diplomas (37 credits or more)

So in the new framework you can have an award at level 1 or an award at level 8. This is because the qualification type 'award, certificate, diploma' represents the size of a qualification, not how difficult it is.

Each qualification title contains the following:

- the level of the qualification (from Entry level at the bottom to level 8 at the top)
- the size of qualification (award/certificate/diploma)
- details indicating the content of the qualification

Simply by looking at the title of a qualification you will be able to see how difficult it is, how long it will take the average learner to complete, and its general content.

Which is why this course is titled: **Level 4 Certificate in Obesity Management**

Weight Management Centre & Discovery Learning

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