Childhood Obesity Prevention & Intervention Training

Course Outline:

This course is provided by ***Weight Management Centre***, a leading trainer and provider of childhood obesity services in the UK. This cutting edge course provides students with the knowledge and skills necessary to begin to develop and deliver a firstclass, effective, NICE-complient children's weight management service. It promotes sound nutrition principles and methods to increasing physical activity through behaviour modification and a lifestyle approach. Students will also be equipped to assist in offering advice guidance to strategic staff and decision makers in the wider community on issues of policy, planning and the social and environmental causal factors behind childhood obesity.

This course is for:

All people working with young people on healthy living or weight reduction initiatives, such as: community health providers, school and practice nurses, fitness professionals, teachers or those involved in planning, design or policy formulation in areas impacting children.

Course Format:

- Two days attended tutorial (16 hours)

Course Content:

The Childhood Obesity Prevention & Intervention course investigates the issue of obesity in children, what causes it and how to help obese and overweight children lose weight. The course covers the following areas:

- Aetiology (causes) of childhood obesity
- Defining childhood obesity, prevalence and working with obese children and their families
- Physical activity and overweight children
- Nutrition and weight management
- The psychology of the overweight family
- What to do and what to say when faced with a child/family that is having weight difficulties – How to raise the issue of an overweight child with the parents and the child
- Identification of overweight & obese children through UK Growth Charts and non clinical means.
- Provides a succinct framework for intervention and pertinent advice that is relevant and practical for that family.
- Offers ideas and methods for positive follow up with the family, as well as how to refer the family into other available related services.

The course includes:

2 Tutorial days
Exclusive 2011 Scientific Review
Course manuals and workbooks
16 CPD credits on REPs

Assessment:

Assessment through workshops. Short multiple choice assessment to consolidate summative learning.

Entry Requirements:

Minimum age 18

Certification & Qualifications:

This course is independently accredited by ***SkillsActive*** Sector Skills Council for Health and Fitness in the UK. Health and Fitness Professionals registered on the National Register of Exercise Professioals (REP's) on successful completion of this course will be eligible for 16 CPD credits.

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