

## Level 4 Certificate in Obesity & Diabetes Management

Notional Learning Hours 200

This programme is designed for individuals who want to work in the field of fitness, public health and all related professions supporting people with weight loss, exercise and weight management. The aim of the course is to develop the student's skills and knowledge to become competent to work with overweight and obese subjects who may also have diabetes or metabolic syndrome. The course will provide expertise on working one on one or in group situations.

### Course format

Level 4 Obesity Management Qualification is a blended learning course, meaning that you will do approximately 4-6 weeks home study followed by a 2 day tutorial. You will then complete a further 6-8 weeks home study and attend a further 2 days. In total you will complete approximately 12-14 weeks of home study and attend 4 tutorial days. After the course you will carry out a 12 week progressive physical activity programme, including review & adaptations to be submitted as a case study.

### Appropriate for:

- Independent or Employed Weight Management Practitioner
- Dieticians, 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 and Community Wellness Teams
- Weight Management Programme Managers and Strategy Development Managers
- Obesity Leads



### Entry requirements: Related 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 Dietitian

### To qualify as a Level 4 instructor on Register of Exercise Professionals you also need the following:

- Level 3 Advanced Instructor category on REPs
- Level 3 Exercise on Referral (GP referral)
- 150 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](http://www.skillsactive.com). It is a recognised Industry Award and will provide eligibility to the new Level 4 on the Register of Exercise Professionals (REPs).

SkillsActive

Level 4 status on the REP's currently requires Level 2 fitness instructor and Level 3 GP referral 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

**Behaviour Change and Motivational Interviewing (MI):** Theories of Behaviour Change, Cognitive Behavioural Therapy, Motivational Interviewing, The Performance Equation, Health Belief Model, Self Efficacy Theory, 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

## General overview

The course takes in depth looks at the aetiology of obesity and its links with in particular type 2 diabetes. This section covers the environmental, social, behavioural, genetic and biological drivers of obesity, metabolic syndrome and type 2 diabetes, we also briefly look at the aetiology / pathophysiology of the autoimmune disorder that is type 1 diabetes. We examine the management of obesity and both type 1 and type 2 diabetes through healthy lifestyle changes and an approach that can be delivered from a non clinical setting. We look at what are the dietary and physical activity recommendations for each condition

and how can the practitioner support clients to develop more positive behaviours to better manage their condition.

A large section of the course is devoted to weight and obesity management providing the practitioner with a high level of behavioural change techniques including Motivational Interviewing and cognitive behavioural therapy, which are both useful techniques for developing behaviour change in clients with chronic lifestyle related conditions. The course includes a level 4 human nutrition component to offer students a deeper understanding of human nutrition and to ensure delegates are confident and competent to provide detailed healthy eating advice for those trying to manage obesity and or diabetes.

We do provide specific exercise programmes for both type 1 and type 2 diabetes, but as with all management of chronic conditions, the key is in effective client assessment. A thorough assessment will enable the practitioner to provide a programme that is not only suitable for the ability of the client, but also for the stage of their condition. Dealing with a 30 year old type 1 lean diabetic whose condition is well managed, would be a completely different scenario to working with a 55 year old, morbidly obese type 2 diabetic with advanced diabetes (peripheral neuropathy, microvascular damage, retinopathy and nephropathy) along with compounding comorbidities such as hypertension and hyperlipidaemia; a constellation of disorders that is all too common in advanced diabetes. Similarly, diabetics just like non diabetics have a variety of likes and dislikes when it comes to food and food preferences, and whilst dietary approaches to diabetes are relatively standard, unfortunately people aren't. The course guides students to work around dietary preferences in order to provide an optimum diet for both obese and diabetic people based upon the Eatwell plate.

One practical element of the course requires students to don obesity suits and weighted jackets and then to negotiate routine daily activities such as getting up out of low chairs, or climbing stairs or simply just moving around to navigate our environment. This allows the practitioner to build empathy with the client and the feedback from students following this component is always one of shock as to the restrictive and debilitating aspect of even type one obesity.

### **What is a Level 4 Award?**

Whilst this industry award is not currently on the QCF framework, the accrediting organisation (SkillsActive) use the framework guidelines to set the level of the course. The role of the QCF is to set the standard for the skills and knowledge a qualification requires in order to be classed at a particular Level. Level 4 courses must also fully map to the relevant National Occupational Standard

To be classified at level 4, learning must meet the criteria of QCF level 4 defined as; "Qualifications that 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).

**For more information or to book please contact  
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