Department of Allied Health Professions and Midwifery.
Department of Biological and Environmental Sciences.

Obesity and weight management

Module code 7HSK0123  15 Credits at level 6

This course is run over 5 days:

- Monday 5th – Tuesday 6th March 2018
- Monday 19th and Tuesday 20th March 2018
- Tuesday 1st May 2018
- Case study presentation May 2018 TBC

This course is designed for a range of health and exercise professionals dealing with service users for whom effective weight management is essential to reduce health risks. You should be a qualified health, exercise or psychology professional. Course participants are expected to present relevant cases from their own clinical practice to their peers.

Course aims

This course aims to enable you to gain an in-depth knowledge and understanding of obesity from a biological and sociological perspective and apply realistic approaches to management. It will enable you to develop strategies to conduct thorough individualised assessments of the person with obesity and to design relevant interventions for their management. In addition the course enables you to critically evaluate your own practice and develop action plans for the audit and evaluation of your own service.

Content

- The aetiology of obesity
- Assessment of obesity and weight management interventions
- Lifestyle interventions including diet, physical activity, pharmacological and alternative therapies used in weight management.
- Bariatric surgery.
- The use of counselling skills and psychological techniques such as motivational interviewing and cognitive behavioural therapy.

You will be expected to work together to explore and share your clinical experiences, to illustrate issues of patient assessment and management.

Assessment

The assessment is a combination of an oral case presentation and a written critical review of theories and evidence.

Who teaches this course?

The course is led by Gill Cuffaro and involves both University and external lecturers. Classes take place at College Lane Campus, Hatfield.

Cost

The fee for new self-funding students is £680.00. Fees may vary depending on your source of funding and whether you are a returning student. To find out information about the fees visit go.herts.ac.uk/cpdfees

The course forms part of a broader CPD framework which can lead to the award of Postgraduate Certificate, Postgraduate Diploma or Master’s degree.