

**Adult Weight Management Self Study Suggested Competencies**  
**16 CPE Hours**  
**Activity Type: 740 (Self-Study Web-Based)**

**Learning Activity 1**

**Evidenced-Based Literature: Overview of Prevalence, Etiology and Treatment Approaches – 3 CPE hours**

- 6.1 Leads, manages and/or participates in quality improvement and customer satisfaction activities to improve delivery of services.**
  - 6.1.8 Monitors quality of own work and engages in continuing education and professional development to enhance practice knowledge.
  - 6.1.9 Interprets data to formulate judgments, conclusions and reports.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.**
  - 8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

**Learning Activity 2**

**Assessment and Management of Overweight and Obesity – 5 CPE hours**

- 6.2 Demonstrates skills in researching, independent critical examination and evaluating literature to influence practice.**
  - 6.2.3 Interprets data to make recommendations and to inform decisions.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.**
  - 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community, and population in practice.**
  - 8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.
- 10.1 Performs nutrition screening to evaluate individual health, malnutrition and disease while adhering to the Standards of Practice (SOP) in Nutrition Care for RDNs.**
  - 10.1.1 Identifies and selects valid and reliable screening tools to obtain and verify relevant data in support of nutrition assessment.

**10.2 Implements the Nutrition Care Process to ensure individual health goals are established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs.**

10.2.1 Identifies and selects valid and reliable tools to conduct a comprehensive nutrition assessment.

10.2.4 Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem solving, etiology, signs and symptoms (PES) statements), which can be resolved or improved through treatment of nutrition intervention.

**10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary supplements, functional foods and nutrients on health and disease in accordance with Scope of Practice and Standards of Professional Performance for RDNs.**

10.4.2 Applies knowledge of pharmacotherapy and its effect on nutrient absorption, utilization and metabolism when developing and/or revising the plan of care.

### **Learning Activity 3**

#### **Body Composition Measurement Methods – 1 CPE Hour**

**8.1 Interprets and applies current food and nutrition science in principles in dietetics practice.**

8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

**10.1 Performs nutrition screening to evaluate individual health, malnutrition and disease while adhering to the Standards of Practice (SOP) in Nutrition Care for RDNs.**

10.1.1 Identifies and selects valid and reliable screening tool(s) to obtain and verify relevant data in support of nutrition assessment

### **Learning Activity 4**

#### **Counseling in Weight Management – 2 CPE Hours**

**9.1 Recognizes and applies education and learning theories and principles in practice.**

9.1.3 Identifies and analyzes factors that influence behavior change

**9.6 Uses effective counseling and coaching skills and strategies in practice.**

9.6.1 Determines and applies counseling theories, psychological methods and strategies that empower customers to make changes.

- 9.6.4 Assess customer's readiness to change when applying specific counseling strategies.
- 9.6.5 In collaboration with the customer, develops counseling or coaching goals.
- 9.6.6 Assists with resolution of barriers to achieving counseling and coaching goals.

## **Learning Activity 5**

### **Emerging Issues and Non-Traditional Approaches – 2 CPE Hours**

#### **6.2 Demonstrates skills in researching, independent critical examination and evaluating literature to influence practice.**

- 6.2.5 Applies research/evidence-based findings to improve practice, service delivery, and health and nutrition of customers.

#### **12.1 Advocates for health and disease prevention programs in the community and population.**

- 12.1.1 Promotes nutrition programs and resources to address issues of food security, nutritional health, and overall health and wellness.

### **Self-Study Assessment Test – 3 CPE Hours**

#### **8.3 Demonstrates a commitment to maintaining and enhancing knowledge.**

- 8.3.1 Maintains the knowledge and skill to manage a variety of disease states and clinical conditions.
- 8.3.3 Takes action to address deficiencies to enhance practice.
- 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends
- 8.3.7 Integrates new knowledge and skills into practice.