


 <p style="text-align: center;">Commission on Dietetic Registration Board Certified Specialist in Obesity and Weight Management Certification (CSOWM) Examination Specifications *</p>	# of items
1. Assessment	52
A. Screening and Assessment	22
1. Pathophysiology of Obesity and Overweight	
2. Anthropometrics	
3. Physical Assessment	
4. Diagnostic and Laboratory Testing	
5. Behavioral Health and Substance Use	
6. Functional and Cognitive Status	
7. Readiness for Change	
B. Health History	15
1. Diet and Weight	
2. Exercise and Physical Activity	
3. Behavioral Health	
4. Medical and Treatment	
5. Medication and Supplementation	
C. Psychosocial Factors	15
1. Living and Working Environment	
2. Cultural Factors	
3. Social Support Systems	
4. Access to Food and Healthcare	
2. Interventions	48
A. Nutrition -Related Interventions	12
1. Diet Modification Modalities	
2. Macronutrient Needs	
3. Micronutrient Needs	
4. Dietary Supplements	
B. Exercise and Physical Activity Interventions	12
1. Contraindications to Exercise and Medical Clearance	
2. Program Design and Exercise Prescription/Recommendations	
3. Lifestyle Activity and Recreation	
4. Exercise and Fitness Activity Monitoring	
C. Behavioral Health Interventions	12
1. Behavioral and Mental Health Comorbidities	
2. Body Image and Weight Stigma	
3. Psychotherapy Modalities	
4. Behavior Modification and Goal Setting	

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D. Medical, Surgical, and Pharmacotherapeutic Interventions	12
1. Medical Comorbidities	
2. Pharmaceutical Intervention and Optimization	
3. Endoscopic Bariatric Therapy	
4. Metabolic and Bariatric Surgery	
3. Continuation of Care	25
A. Interdisciplinary Coordination of Care	10
1. Treatment Plan Development	
2. Professional Referrals and Resources	
3. Community and Government Resources	
4. Patient Advocacy and Healthcare Provider Education	
B. Patient Care Follow-Up and Evaluation	15
1. Progress and Outcomes	
2. Treatment Plan Engagement and Resistance	
3. Treatment Plan Modification	
4. Program Development and Evaluation	
Total	125

* Each test form will include 1 set of 25 unscored pretest items in addition to the 125 scored items.
3 hours of testing time.