

**Certificate of Training in Adult Weight Management Program**  
**Competencies and Performance Indicators**  
**19 CPE Hours**  
**Activity Type: 120 (Certificate Program)**

**Current Perspectives and Future Directions – 1.5 CPE hours**

**8.2 Recognizes and respects the physical, social cultural institutional and economic environments of the individual group, community and population in practice.**

8.2.1 Assesses the Physical, social and cultural needs of the individual, group, community of population.

8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.

**8.3 Demonstrates a commitment of maintaining and enhancing knowledge.**

8.3.6 Keeps abreast of the current nutrition and dietetics knowledge and trends.

**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 RDN's**

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.

**Nutrition Management of Overweight and Obesity – Parts 1 & 2 – 2.5 CPE hours**

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

9.6.3 Determines the customer's expectations and aspirations and manages situations wherein these expectations cannot be met.

9.6.4 Assesses customer's readiness to change when applying specific counseling strategies.

**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 RDN's**

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.

- 10.2.8 Establishes the plan of care, directly addressing the nutrition diagnosis in collaboration with the patient in defining the time, frequency and duration of the intervention.
- 10.2.11 Monitors, identifies and adjusts the intervention based on patient progress in meeting established goals

## **Do All Diets Work? – 1 CPE Hour**

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

- 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

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

- 8.3.6 Keeps abreast of the current nutrition and dietetics knowledge and trends.

## **Physical Activity: What's the Weight Management RDN's Role? – 1.5 CPE Hours**

### **1.2 Works within personal and professional limitations and abilities.**

- 1.2.3 Refers customers to the appropriate professional and/or service provider when needs are beyond personal or professional scope of practice.

### **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.

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

- 9.6.4 Assesses customer's readiness to change when applying specific counseling strategies.
- 9.6.5 In collaboration with the customer, develops counseling or coaching goals.

### **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 RDN's**

- 10.2.3 Analyzes and synthesizes the assessment data to identify nutrition problems following the Standards of Practice in Nutrition Care for RDNs.
- 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.

- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

## **Life Transitions and Weight Control – 1 CPE Hour**

### **6.3 Participants in and/or leads research initiatives following ethical and professional research methodology.**

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

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

- 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

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

- 8.3.6 Keeps abreast of the current nutrition and dietetics knowledge and trends.

### **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 RDN's**

- 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.
- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

## **Medical Complications and Pharmacotherapy in Overweight and Obesity -**

### **1.5 CPE Hours**

**Employs strategies and facilitates team-building skills.**

- 2.3.1 Applies the principles and collaboration and negotiation in teamwork.

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

- 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

**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.**

10.4.1 Collects information related to the patient's use of pharmacotherapy and dietary supplements.

## **Nutritional Care of the Bariatric Surgery Patient – 1.5 CPE Hours**

**2.3 Employs strategies and facilitates team-building skills.**

2.3.1 Applies the principles and collaboration and negotiation in teamwork.

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

8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

**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.**

10.4.1 Collects information related to the patient's use of pharmacotherapy and dietary supplements.

## **Behavior Management of Obesity and Breakout Sessions – 2.5 CPE Hours**

**8.4 Demonstrates and applies knowledge of culinary practices to effect behavioral change, taking into consideration customer needs and demands.**

8.4.4 Considers customer's choice, beliefs, food sensitivities, allergies, wants and needs.

8.4.5 Uses counseling techniques to promote behavior changes in food preparation.

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

9.1.3 Identifies and analyzes factors that influence behavioral change.

**9.2 Establishes, develops and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.**

9.2.1 Assesses learning needs of the individual or target group.

9.2.4 Collaborates with learner(s) and colleagues to formulate specific, measurable and attainable objectives and goals.

**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.

- 9.6.3 Determines the customer's expectations and aspirations and manages situations wherein these expectations cannot be met.
- 9.6.4 Assesses 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.
- 9.6.7 Determines if further action is required as follow-up to counseling and coaching.

## **Dietary Supplements in Weight Management – 1.0 CPE Hour**

### **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 RDN's**

- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

### **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.**

- 10.4.1 Collects information related to the patient's use of pharmacotherapy and dietary supplements.

## **Role of Public Health in Obesity Prevention – 1.0 CPE Hour**

### **12.1 Advocates for health and disease prevention 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.
- 12.1.3 Collaborates with community partners and stakeholders in promoting nutritional health and disease prevention.

## **Technology and mHealth in Lifestyle Intervention – 1.0 CPE Hour**

### **2.1 Utilizes appropriate communication methods and skills to meet the needs of various audiences.**

- 2.1.3 Tailors message to meet the needs of the target audience.

### **9.4 Teaches, guides and instructs a variety of individuals, groups or populations.**

- 9.4.7 Demonstrates competent use of technology to enhance the learning experience and delivery of information.

## **Final Case Study – 1.0 CPE Hour**

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

8.3.7 Integrates new knowledge and skills into practice

## **Post-Test – 2.0 CPE Hours**

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

8.3.7 Integrates new knowledge and skills into practice