

# Certificate of Training in Obesity Interventions for Adults

Fall 2019 Programs

Select Activity Type: 120 Certificate Program

Suggested Essential Practice Competencies:  
See below by pre-work module and on-site session.

## **A total of 52 hours has been awarded to the Certificate of Training in Obesity Interventions for Adults**

- 38 hours for the pre-work online course
- 14 hours for the onsite collaborative learning session

### **Self-Study Module = 38 CPE hours**

Science of Obesity Module ~ 3 CPE Hours

Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.

Diet and Nutrition Module ~ 3 CPE Hours

Essential Practice Competencies Addressed:

- 1.3 Applies customer-centered principles in practice.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 9.2 Establishes, develops, and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.

The Role of Physical Activity in Weight Management Module ~ 5 CPE Hours

Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.
- 9.3 Designs, selects and implements education strategies to meet the learning needs of the individual, group community and population.

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

#### Obesity Management through Adult Life Stages Module ~ 2 CPE Hours

##### Essential Practice Competencies Addressed:

- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population.

#### Behavioral Management and Counseling Module ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

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

#### Obesity Medical Nutrition Therapy Module ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

- 1.1 Identifies with and adheres to the code of the ethics for the profession.
- 5.1 Acquires knowledge of technology systems consistent with role and responsibilities.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 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.
- 10.5 Documents and maintains records according to the SOP for the RDN, legislation, regulations and organization policies.

#### Pharmacotherapy and Medical Complications in Weight Management Module ~ 3 CPE Hours

##### Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when face with problems, issues and challenges.
- 10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary supplements, functional foods and nutrients on health and disease in accordance with the Scope of Practice and Standards of Professional Performance for RDNs

#### Nutritional Care of the Bariatric Surgery Patient ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

- 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 4.2.2 Reflects on own values, beliefs and biases

#### Weight Loss Maintenance Module ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.1 Demonstrates sound professional judgment and strategic thinking in practice.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 5.2 Utilizes technology according to organization needs and workplace policies and procedures.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

#### Healthcare Systems Module ~ 5 CPE Hours

##### Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

#### Pre-Test ~ 1 CPE Hour

##### Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

### **On-Site Collaborative Learning Session = 14 CPE hours**

#### Keynote Presentation ~ 1 CPE Hour

##### Essential Practice Competencies Addressed:

- 3.2 Advocates and challenges others to take action to advance the profession.
- 8.2 Recognizes and respects the physical, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

#### Counseling and Behavior Management ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

- 9.1.2 Identifies and works to minimize and overcome barriers to learning
- 9.1.3 Identifies and analyzes factors that influence behavioral change.
- 9.1.4 Evaluates factors that influence the learning process and skill building.
- 9.2.4 Collaborates with learner(s) and colleagues to formulate specific, measurable and attainable objectives and goals.
- 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.

#### Health Systems and Weight Management Leadership ~ 2 CPE Hour

##### Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

#### Obesity Interventions through Adult Life Transitions Weight Loss #1-#5 ~ 4 CPE Hours

##### Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 5.2 Utilizes technology according to organization needs and workplace policies and procedures.
- 8.1 Interprets and applies current food and nutrition science and principles in nutrition practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 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.
- 10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary supplements, functional foods and nutrients on health and disease in accordance with the Scope of Practice and Standards of Professional Performance for RDNs.

#### Navigating Challenges in Literacy, Bias, and Fads ~ 1.5 CPE Hours

##### Essential Practice Competencies Addressed:

- 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.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 1.5 Adheres to and models professional obligations defined in legislation, standards and organization policies.

#### Post-Test ~ 1.5 CPE Hour

##### Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.