

**Level 2 Certificate of Training in Adult Weight Management Program**  
**Competencies and Performance Indicators**  
**20 CPE Hours**  
**Activity Type: 120 (Certificate Program)**

***Obesity as a Disease—Implications for Dietetics Practice – 1.0 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 or 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 to maintaining and enhancing knowledge.**
  - 8.3.6 Keeps abreast of 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 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 or nutrition intervention.

***Pharmacotherapy, Appetite Regulation—Implications for Dietetics Practice – 1.0 CPE Hour***

- 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.
- 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.**
  - 10.2.11 Monitors, identifies and adjusts the intervention based on patient progress in meeting established goals.
- 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.
  - 10.4.3 Evaluates, educates and counsels on the interrelationship and impact of pharmacotherapy on nutrient absorption.
  - 10.4.4 Makes recommendations for the appropriate use of vitamin and mineral supplementation in the management of health and disease.

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***Pathophysiology Case Studies – 1.0 CPE Hour***

- 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.**
  - 10.1.2 Conducts the nutrition screening to identify patient risks and level of critically and to direct services.
  
- 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 or nutrition intervention.
  
  - 10.2.5 Develops nutrition prescription to communicate required food and nutrient needs.

***Bariatric Surgery Implications and Complications and Bariatrics Studies – 2.0 CPE Hours***

- 2.3 Employs strategies and facilitates team-building skills.**
  - 2.3.1 Applies the principles of collaboration and negotiation in teamwork.
  
- 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.
  
- 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.
  
- 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.**
  - 10.1.2 Conducts the nutrition screening to identify patient risks and level of criticality and to direct services.
  
  - 10.1.3 Works collaboratively with the interdisciplinary team (including NDTRs) to identify and implement valid and reliable nutrition screening to support access to care.

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- 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.**  
10.2.5 Develops nutrition prescription to communicate required food and nutrient 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.

***Nutrition Technology: Practicing on the Cutting Edge – 1.5 CPE Hours***

- 5.2 Utilizes technology according to organization needs and workplace policies and procedures.**  
5.2.5 Instructs or advises others on the use of clinical information systems, nutritional informatics tools and other technology topics.  
5.2.7 Suggests, develops and/or implements innovative enhancements and new software platforms, applications and technologies to meet the needs of the target group and the environment.
- 6.3 Participates 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.

***Counseling Strategies to Encourage Behavior Change in Weight Loss and Breakout Groups – 3.5 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 objective 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.

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- 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.

***Policy Impacting Practice: Weight Management Now and in the Future – 1.5 CPE Hours***

**3.1 Demonstrates and applies leadership skills.**

- 3.1.7 Participates in the development of the organization's strategic plan, mission and vision.

**5.1 Acquires knowledge of technology systems consistent with role and responsibilities.**

- 5.1.1 Demonstrates proficient use of technical operating systems and software to communicate and disseminate information; to collect, track and retrieve.

**5.4 Demonstrate the ability to store and retrieve data using the International Dietetics and Nutrition Terminology (IDNT) and other standardized languages.**

- 5.4.2 Uses standardized terminology to describe nutrition assessment data, nutrition diagnoses, nutrition interventions, and nutrition monitoring and evaluation.

**12.3 Develops a community and population health program or intervention to meet the needs of the community and/or population.**

- 12.3.1 Designs programs and/or interventions based on assessment and evidence-based literature.
- 12.3.6 Takes into consideration public health policies and standards, related to food and nutrition.

***Weight Maintenance – 1.5 CPE Hours***

**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.
- 2.1.7 Delivers information and opinions in a respectful and professional manner.

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***Appetite and Energy Balance – 1.5 CPE Hours***

- 8.1** Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.3** Demonstrates a commitment to maintaining and enhancing knowledge.
  - 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.
  - 8.3.7 Integrates new knowledge and skills into practice.

***Practical Application: Physical Activity; Bias; Reimbursement – 2.0 CPE Hours***

- 8.2** Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
  - 8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.
- 4.2** Reflects, integrates, and evaluates using critical thinking when faced with problems, issues and challenges.
  - 4.2.2 Reflects on own values, beliefs, and biases.
- 3.3** Advocates for the customer and facilitates acquisition of services and resources.
  - 3.3.1 Educates the customer on the availability of nutrition services.
  - 3.3.2 Increases public awareness of the importance of nutrition and public welfare.
  - 3.3.3 Collaborates with customers and others to support access to services.

**Post-Test – 3.5 CPE Hours**

- 8.3** Demonstrates a commitment to maintaining and enhancing knowledge.
  - 8.3.7 Integrates new knowledge and skills into practice