

Level 2 Adult Weight Management Self Study Suggested Competencies
30 CPE Hours
Activity Type: 740 (Self-Study Web-Based)

Part 1 - Assess and Learn Module – 6.0 CPE Hours

Suggested Competencies:

8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

8.3.3 Takes action to address deficiencies to enhance practice.

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

Part 2 – New 2013 AHA/ACC/TOS Guideline and Weight Management Standards of Practice and Standards of Professional Performance – 1.0 CPE Hour

Suggested Competencies:

8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

8.3.3 Takes action to address deficiencies to enhance practice.

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

Domain 1

Client-Centered Counseling – 6.0 CPE Hours

Suggested Competencies:

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.

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

9.1.1 Demonstrates and applies age-appropriate education principles.

9.1.2 Identifies and works to minimize and overcome barriers to learning.

9.1.3 Identifies and analyzes factors that influence behavioral change.

9.2 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.

Domain 2

Pathophysiology – 4.0 CPE Hours

Suggested Competencies:

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.
- 6.2.5 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 principles in dietetics practice.

- 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.
- 8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.
- 8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.
- 8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

Domain 3

Research Methods – 2.0 CPE Hours

Suggested Competencies:

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

Domain 4

Physiological Effects of Weight Loss Interventions – 4 CPE Hours

Suggested Competencies:

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.
- 8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.
- 8.1.5 Applies medical nutrition therapy in disease prevention and management.

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.

Domain 5

Weight Maintenance – 2.0 CPE Hours

Suggested Competencies:

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

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.

Domain 6

Coding and Coverage – 1 CPE Hour

Suggested Competencies:

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.
- 3.3.5 Advocates for public health and wellness within the context of the organization and community.

Domain 7

Leadership and Advocacy – 1.0 CPE Hour

Suggested Competencies:

3.3 Advocates for the customer and facilitates acquisition of services and resources.

3.3.5 Advocates for public health and wellness within the context of the organization and community.

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.

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

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.