



CERTIFICATE IN

OBESITY MANAGEMENT

About Us

Medvarsity Online is Asia's largest healthcare Ed-Tech company, with over 2 lakh medical professionals trained and certified. Our partnerships with leading universities globally enable us to present the best courses and faculty to our students and help them meet their learning goals. Medvarsity is on a mission to bridge the gap of skilled medical professionals with over 150 courses in clinical & management areas for doctors, nurses, and general management personnel, covering specialties like Diabetes, Emergency Medicine, Cardiology, Nutrition, Wellness, Healthcare Informatics, Mental Health & more, with all the content being up-to-date.

Medvarsity has presence across 10 locations in India and students across India, Middle East, Africa, and South-East Asia. Our blended training solutions combine the best of traditional e-learning, live virtual classes, clinical bedside learning, mobile learning models to deliver impactful courses to our students.

Course Description

The Certificate in Obesity Management course has been designed to provide students detailed scientific understanding of causes, associated health risks, and holistic management approaches for obesity.

The course will equip students with the knowledge and skills required to design and deliver personalized evidence-based weight loss programs. The focus of this course is on lifestyle interventions (diet and physical activity) and behavioral changes. Apart from learning materials, obesity management experts will share their experience and insights with students. Students will learn about how to overcome behavioral factors that come in the way of successful weight loss in patients. There is a brief coverage of pharmacological drugs and surgical approaches to weight loss. By the end of this course, you should be able to apply this knowledge to design effective weight loss programs. This course is certified by Medvarsity.

Course Objectives

By the end of the course, the objective is to make sure the students pick up the following concepts and skills:

- Describe the relationship between energy balance and body weight
- Identify risk factors and diseases associated with overweight/obesity
- Apply counseling skills important to successful client weight management
- Explain physical activity recommendations for weight loss
- Describe various diet plans for weight loss and evidence for their use
- Discuss the pharmacological and surgical approaches available for weight loss and their indications

Course Outline

- Energy balance and body weight
- Obesity and its health effects
- Creating a weight loss program
- Physical activity for weight management
- Behavior modification for weight management
- Pharmacotherapy and surgical management for obesity





Eligibility

Graduates and postgraduates in Nutrition and Dietetics, physicians interested in nutrition (MBBS, AYUSH doctors), and other healthcare professionals (nurses, physiotherapists, psychologists, and counsellors).

Duration:

3 months duration (regular duration) + 3 months (extension period)

Training and Learning Methodology:

The online learning program will be for a duration of 3 months. The online content shall be in the form of e-books. A login username and password will be provided to access the content of the learning management system. You can access the course content on a computer or mobile phone at your convenience.

Assessment & Certification

- The course is divided into study modules each having an assessment. All these assessments are online and objective.
- The final examination will be conducted online at the end of 3 months following the completion of all the module tests.
- A minimum of 50% is required in the module tests and the Final Test to be eligible for certification be awarded certificate by Medvarsity.





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