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Principles of Weight Management

## Contact Us

Middlesbrough CLC  
Acklam Grange School  
Middlesbrough  
TS5 8PB

01642 811400

[http://www.theskillsnetwork.com/  
home-learning/courses/principles-  
of-weight-management](http://www.theskillsnetwork.com/home-learning/courses/principles-of-weight-management)

## Online CPD Distance Learning Course

*Only £25*



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More than half of the people in England are overweight or obese. This includes 61.9% of adults and 28% of children. This statistic could decrease significantly with an engaged understanding of the importance of healthy eating.

This short, auto-marked programme will give you the knowledge you need to understand those health issues and how to control and manage a healthy diet.

A great addition to your CV to show your commitment to health and fitness, this programme is also beneficial for general knowledge.

Completed online with auto-marked assessments, this programme can be completed in your own time.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 2 hours.**

Full customer service support will be provided throughout the course.

There are four parts to the course:

### **The risks associated with ineffective weight management**

In this section, learners will understand terms relating to ineffective weight management, recognise health risks associated with obesity and emaciation and will also learn about the signs of malnourishment.

### **How body image may influence weight management**

Learners will understand the meaning of the term 'body image' and will cover media portrayal of body image and its effect on weight management.

### **Effective methods of weight management**

This section helps the learner understand the role of a balanced diet and the meaning of the term 'energy balance'. The learner will also cover weight management programmes, lifestyle choices and the common myths about weight loss.

### **Planning a short weight management programme**

In this section, learners will understand how to plan their own programmes, identify goals and collect information..

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