

## Contact Us

Middlesbrough CLC  
Acklam Grange School  
Middlesbrough  
TS5 8PB

01642 811400

<https://www.theskillsnetwork.com/education-sector/courses/courses-principles-of-weight-management-level-2>

## Online CPD Distance Learning Course



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 4 hours.**

Full customer service support will be provided throughout the course.

**This course covers information not found in other weight management courses. The following topics are discussed in depth:**

### **Section 1: The risks associated with ineffective weight management**

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

### **Section 2: How body image may influence weight management**

Within this section, your learners will understand the meaning of the term 'body image' and cover media portrayal of body image and its effect on weight management.

### **Section 3: Effective methods of weight management**

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

### **Section 4: Planning a short weight management programme**

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

**BE  
PART  
OF IT.**

**Middlesbrough  
Community Learning**

**BE  
PART  
OF IT.**

**Middlesbrough  
Community Learning**