



Postgraduate qualifications in Obesity Prevention and Management

New Qualifications



Postgraduate qualifications for health professionals working in the area of obesity prevention and management, whether it be clinically, professionally or academically. These will contribute to an interprofessional, collective approach to obesity prevention and management.

Would suit professionals working in areas such as primary health care, nutrition, exercise, health promotion, health policy, or central government who wish to add to their skill-set and enhance their scope of professional practice. The qualifications have the potential to influence career paths and/or support leading an interprofessional obesity prevention and management team.

Compulsory papers

GENA737 Obesity Prevention and Management: Exploring the determinants of obesity and evidence-based, non-stigmatising strategies for prevention and management.

NUTN404 Nutrition and Chronic Disease: A critical and in-depth analysis of current and topical issues in the role of nutrition in chronic disease, specifically obesity, heart disease, diabetes, and cancer.

SPME711 Exercise prescription: A pragmatic paper where students learn how to prescribe exercise as part of patients' health regimes, whilst taking into consideration any related medical problems.

Optional papers

OBPM401 Medical and Surgical Management of Obesity: Addresses the medical and surgical issues considered in treatment and management of obesity including genetics, sleep, fertility, continence, appetite, pharmacology and bariatric surgery.

OBPM402 Psychosocial Factors in Obesity Prevention and Management: A broad look at the obesogenic environment from a governmental and sociological perspective and their impact on an individual's psychological risk factors. There will be particular reference to Māori and Pacifica.

OBPM403 Childhood and Youth Obesity Prevention and Management: Comprehensive coverage of obesity prevention and management in the child and adolescent population.



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