



ReVitalife

SCHOOL OF HOLISTIC NUTRITION

Diploma in Weight Management Consultancy

Course Prospectus

KEY AIMS OF THE COURSE

The Revitalife School of Holistic Nutrition Weight Management Consultancy course will provide you with a detailed, systematic and scientifically-based training, fuller than any other we know of in the field. It will enable you to practise as a well-informed Weight Management Consultant and most importantly, you will be able to help and support individuals in their quest to lose weight whilst maintaining health and well-being.

You will:

- **Gain an understanding of the basic elements of nutrition with a focus on the key nutrients in order to avoid deficiencies when working with weight loss clients.**
- **Develop the confidence to be able to make informed choices from a wide span of weight loss options and avoid the use of rigidly fixed methods, thereby delivering programmes best suited to individual needs.**
- **Learn the skills to be able to counsel on a one-to-one basis. We believe that this favours the resolution of individual circumstances and problems.**
- **Receive the training to see your clients through every stage of the process, thereby maximizing their chances of success.**

OUR TEACHING PHILOSOPHY

- To provide quality training in the study of nutrition and health that is truly holistic in nature.
- To equip our students with the depth of knowledge and range of skills needed for competency and success.
- To foster personal growth by presenting ideas and tasks relating to the integration of science and naturopathic thinking.
- To instil a spirit of professionalism in all that we teach and all that we do.

OUR TEACHING METHODS

- The course is presented via an online study platform with the option to purchase a hard copy of the course folders.
- You are assigned a course Tutor to provide email and/or telephone support via Skype for the duration of your study period.
- We use a series of self-assessments to gauge your own learning progress, combined with a total of 4 tutor marked assignments. The final of these assignments is based on a Case Study of your own client wishing to lose weight. This is an opportunity to fully demonstrate all that you have learnt throughout the course.

SYLLABUS

SECTION 1: BASIC SCIENCE SUPPORT

Whilst our main concern will be with weight loss, we need to understand some of the basic aspects of nutrition. These deal with the key nutrients that we have to control to reduce weight. They will also help us to understand how to lose weight without developing deficiencies.

In Section 1, we begin the study of nutrients and foods by looking at the main bulk nutrients that our diets contain: protein, carbohydrate and fat. Before one can consider individual vitamins and minerals, one has to know about the nutrients that make up most of our diets, namely the bulk nutrients. These are the suppliers of food energy and ultimately help to decide an individual's size. You will need to understand these so as to manipulate them with skill.

AREAS COVERED

- What are the bulk nutrients?
- The chemical elements contained in the bulk nutrients
- Proteins
- Carbohydrates
- Fibre
- Fats
- The energy reserve role of fat
- The lipoproteins of the blood

SECTION 2:

I) UNDERSTANDING THE FIELD

II) THE NATURE OF THE PROBLEM

This section introduces the basic ideas of the training. The purpose of this course of training is to enable the student to help others who are overweight or obese to lose weight, and to do so in a professional manner. At the same time, it aims to motivate you and empower you to set up a practice as a 'Weight Management Consultant' that will lead to your gaining a good reputation in this field, developing a panel of satisfied clients and bringing you both status and income.

Since losing weight is not easy, one has to be aware of all the different methods and ramifications that are a part of this intriguing subject. The professionalism comes from knowing a number of different "ways in" to help the clients and also from being able to develop awareness of the individuality of each client.

This will put you in a position to find the best and most successful route to weight loss for each person who consults you. This will mean giving individual advice, not just the same advice to everyone. By recognizing individuality we earn the client's trust and appreciation and we also increase the chances of achieving the fullest possible success by being in a position to find individual solutions to each client's problem.

SECTION 2:
I) UNDERSTANDING THE FIELD
II) THE NATURE OF THE PROBLEM

AREAS COVERED

- The aims of the work
- The clients' motives
- The clients themselves
- The client's knowledge of nutrition
- The place of psychology
- The arithmetical equation of body weight
- Ways of working
- Gaining weight is all too easy - we review how it happens
- Definition and classification: criteria for weight normality

SECTION 3: THE THEORY OF THE CAUSES OF OVERWEIGHT & OBESITY

In this section we explore 'The Theory of what Causes Overweight and Obesity'. We look at the the underlying reasons for this current epidemic scale of the problem in developed societies throughout the world. Understanding this will give you an insight into what needs to be done.

The Weight Management Consultant clearly needs to understand as fully as possible the causes of obesity in order to be able to formulate good advice. It is necessary to understand that, although the ultimate cause is always eating more than the body requires, that factor is modified by many subsidiary factors. One, that always interests clients, is whether or not one may be predisposed by one's inheritance to put on and retain weight, so we deal with this question.

AREAS COVERED

- Relative effect of genetics and environment
- Hormonal disturbance in obesity
- Slower than normal rates of energy expenditure
- The role of fat cells
- Role of the enzyme lipoprotein lipase

SECTION 4: THE HEALTH CONSEQUENCES OF EXCESS WEIGHT

It is well known that being overweight or obese increases the chances of contracting chronic illnesses. This section examines the types of illnesses involved and the way that their incidence is affected by body weight. From the standpoint of a Weight Management Consultant, the use of this information is to present clearly the vital benefits that your work can bring to your clients in terms of freedom from illness. This knowledge can augment your job satisfaction, especially when you can see the client's health condition improving as weight comes down. That can be expected to happen sometimes, but of course not always. So, potentially this information can serve to inform your clients about the degree to which slimming down from an overweight or obese condition can help them to avoid very negative health consequences. By passing on parts of this data to some carefully selected clients, you may perhaps either improve their flagging motivation, or increase their satisfaction level with their early results or with the efforts they are making.

AREAS COVERED

- The connection between overweight and ill health and the shortening of life
- The risk of early death
- Illness and death from cardiovascular disease
- Illness and death from diabetes mellitus
- Illness and death from hypertension
- Illness and death from respiratory problems
- Illness and death from gallbladder disease
- Illness and immobility from arthritis
- Illness from gout
- Illness and death from cancer of the breast and endometrium

SECTION 5: FIRST PRINCIPLES OF CORRECTING EXCESS WEIGHT

In this section we approach the practical side of the Weight Management Consultant's job. The greatest skill required of the Consultant is that of formulating the advice in a way that combines efficacy with client acceptability. The mistake most often made in the approach to weight reduction is to employ only one method yet in pursuing reduction in a person's weight, it is best to come at the problem from multiple angles simultaneously. The person's diet may well have to be the first and foremost approach however, the main alternative approaches involve several different ways of preventing excess food materials from being stored, leading to overweight. If control of the diet is the only method one employs, then so much depends upon strict dietary control that the will and the motivation of the client may be too severely tested. However, an approach in which dietary control takes pride of place, but is supported by a number of other approaches, is more likely to find client acceptability and is therefore more likely, ultimately, to be successful. In this section we list these "prevention of storage" approaches before dealing more fully with the diet.

AREAS COVERED

- Strategy of weight control
- Reduction of food intake
- The use of balanced hypocaloric diets
- Strategies for reducing food intake in practice
- Using foods intended to increase metabolic rate
- Mixtures of the various strategies

SECTION 6: REDUCING WEIGHT THROUGH DIET AND DIETARY COMPOSITION

The principal purpose of this section is to understand the scope that we have to reduce food calories in the diet without necessarily reducing the total weight of food consumed. It looks closely at understanding and measuring food energy. Working in this way with diet is kindest to the clients and makes fewer demands upon their efforts and their will to succeed.

AREAS COVERED

- Understanding food energy
- The make-up of daily diets
- What does the body have to do with this energy?
- Water content of foods
- The differing energy contents of food dry matter
- Substituting low-calorie for high-calorie foods
- The first stage of calorie reduction
- Combining diet with exercise
- A further stage of calorie reduction

SECTION 7: SELECTING INDIVIDUAL FOODS

The previous section talks mainly about the first principles of reducing calorie intake while keeping the weight of daily food dry matter level. This is done mainly by varying the extent to which each food class contributes to the overall diet; we simply reduce the proportions of those food classes with the higher calorie content. This section now looks within food classes to pick out those foods that, individually, have lower calorie content than the average for foods within the class concerned and make the best contribution to an individual client's diet. This is a further step to calorie reduction without loss of food bulk.

AREAS COVERED

- Different foods within any given class have different calorific values
- Choosing foods within food classes for calorie reduction
- Specific recommendations for individual foods within each class
- Care needed in using the information
- Calorie contents of the “more suitable foods”
- Dietary results from substituting individual foods
- The necessary provision of dietaryfat
- The quality of dietary protein
- The quantity of dietary protein
- Choosing foods for overall dietary suitability

SECTION 8: BUILDING YOUR KNOWLEDGE OF FOODS INTO INDIVIDUAL DIETS

In the Sections that have gone before, we have noted several key strategies aimed at reducing the client's intake of calories. This section gets down to the key job of building and structuring a diet to help each particular client -the aim now is to address the actual prescribing of diets to enable you to build upon the principles already learned and to give the client a workable diet that can achieve his or her aims.

AREAS COVERED

- The adjusting and re-balancing of the food classes
- Calculating the food replacements
- Targeting individual foods

SECTION 9: FIRST LOOK AT CONDUCTING THE CONSULTATIONS

This section takes you through managing the consultation, helping you to structure the activity to provide a satisfactory experience for your clients. This is the basis for a good approach to weight reduction. The section culminates in the provision of example diet sheets with guidelines according to food classes and guidelines according to mealtimes and considers the benefits of both.

AREAS COVERED

- The consultant's surroundings and manner
- Direction of the early conversation
- Collection of the dietary data
- Weight-loss ideas come to you during the data collection
- Identifying the largest food contributions to overweight
- Balancing the food classes
- Writing down the guidelines
- Substitution of individual foods
- Reduction in the food bulk eaten
- Integrating the entire diet
- Example diet sheets

SECTION 10: CALCULATING THE CALORIES. THE BENEFITS OF EXERCISE. THE KETOGENIC DIET

In section 10 we cover the method of calculating the calories in everyday life. We look at the benefits of exercise for suitable clients and discuss more specific diets such as the ketogenic diet.

AREAS COVERED

- Calculating the calories
- The benefits of exercise
- The ketogenic diet

SECTION 11: WEIGHT LOSS PROGRAMMES TO PROMOTE GOOD HEALTH. UNDERSTANDING DRUG TREATMENTS FOR OVERWEIGHT. FOLLOW-UP GUIDELINES

This brings us to the section where we set about designing weight loss programmes that are not only effective at weight reduction, but also promote good health. To give you an insight into the potential problems, we also look at the prescription drug treatments given for overweight by doctors. We also take you through the guidelines for follow-ups after the first consultation.

AREAS COVERED

- Weight loss programmes to promote good health
- Understanding drug treatments for overweight
- Follow-up guidelines

SECTION 12: USE OF SUPPLEMENTS TO PROMOTE LOSS OF WEIGHT

This section deals with non-food substances, or supplements that with help with weight loss. It looks at how they actually achieve this and discuss their effectiveness and safety implications for the individual. These include some micronutrients, herbs, enzyme inhibitors and sequestering agents.

AREAS COVERED

- Inhibition of fat absorption
- Changing body composition
- Substances encouraging increased thermogenesis
- Appetite suppressants
- Enzyme inhibition
- Prevention of fat synthesis
- Nutrients that may accelerate metabolism
- Appendix 1 –some abstracts of key articles
- Appendix 2 –summary of modes of action

SECTION 13: MANAGING THE CONSULTATIONS. RUNNING YOUR PRACTICE AS A BUSINESS

This rather substantial last section deals with a fuller and final part on “Managing the Consultations”. This further develops your consultation skills and objective setting in weight management practice. It also addresses the tricky question of compliance and weight regain and how to avoid it. Finally, it looks at “Running your Practice as a Business” to ensure that you have a grasp of the business principles that you will need.

AREAS COVERED

- Managing the consultations –basic methodology
- Note on progressive reduction in energy needs
- Construction of the overall prescription – different components
- Running your practice as a business
- Appendix (more about why the weight loss process slows down)

FURTHER OPTIONAL READING

The course is complemented by a book written by Patrick Plaskett, “The Body Intelligent Diet”.

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