Module Descriptor

Title	Obesity, Weight Management and Lifestyle New		
Session	2025/26	**Status**	Published
Code	HLTH09010	**SCQF Level**	9
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Jane Munro		

Summary of Module

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. The issue has grown to epidemic proportions, with over 4 million people dying each year in 2017 as a result. Rates of overweight and obesity continue to grow in adults and children (WHO 2021). To address this there is a need for a comprehensive and multisector health and social care approach to obesity prevention including addressing the commercial, environmental and social policy drivers and its management. Through real patient case studies, behavioural and physical approaches to weight management will be explored alongside an indepth analysis of the pharmacological and surgical interventions including patient acceptability and the impact on quality of life.

Through the application of case studies, this module will explore the complex factors contributing to obesity and how it impacts the lives of people, their carers and wider family network. As such qualified health and social care practitioners will develop knowledge and skills to better understand and manage this condition.

SUITABILITY - As this module explores current clinical practice in managing obesity and the associated management of its often complex chronic co-morbidities, this module is only suitable for qualified healthcare professionals working in acute and primary care, health improvement and health promotion personnel who have a relevant therapeutic role. Both written assessments assume students will be able to reflect in-depth on managing a patient with obesity. Therefore interested students who are unsure of its suitability to their practice should contact the module coordinator before applying.

GRADUATE ATTRIBUTES - The skills acquisition contributes to the development of the UWS Graduate Attributes: Universal - critical thinking, analytical, inquiring, culturally aware, emotionally intelligent, ethically-minded, collaborative, research-minded and socially responsible; Work-Ready - knowledgeable, digitally literate, problem solver, effective communicator, influential; and Successful - autonomous, creative and transformational.

Module Delivery Method	On-Campus[1] ☐	Hybrid[2] ☐	Online[3] ☒	Work -Based Learning[4] ☐
Campuses for Module Delivery	☐ Ayr ☐ Dumfries	☐ Lanarkshire ☐ London ☐ Paisley	☒ Online / Distance Learning ☐ Other (specify)	

Terms for Module Delivery	Term 1	☐	Term 2	☐	Term 3	☒
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Explore the factors that contribute to obesity and its consequences on patient care and quality of life.
L2	Critically review various weight management strategies.
L3	Critically discuss the effectiveness of common pharmacological and surgical weight management (bariatric) on patient assessment, care planning and evaluation.
L4	Critically review local and national health service initiatives to facilitate weight management.
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 9** Exploring the factors contributing to obesity; Knowing how obesity affects care delivery and planning for this; Evaluating the effect of obesity and its co-morbidities on care planning and quality of life.
Practice: Applied Knowledge and Understanding	**SCQF 9** Working collaboratively with patients/clients, carers and families to understand causes of obesity;

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

	Assisting patients/clients to understand weight management strategies and support them with this;
	Knowing how to manage obesity related co-morbidities and obesity treatment as part of a multi-disciplinary team.
Generic Cognitive skills	**SCQF 9** Using problem-solving skills in the assessment and formulation of care planning; Evaluating the research evidence for obesity causes, management and prevention.
Communication, ICT and Numeracy Skills	**SCQF 9** Appropriately interpreting the results of Body Mass index (BMI) results and Quality of Life indicators; Communicating verbally and in writing, at an appropriate level, with the patient/client, professionals at junior and senior levels in own team and within other agencies.
Autonomy, Accountability and Working with Others	**SCQF 9** Independently implementing and evaluating weight loss management interventions; Working with professionals at varying levels, the patient/client, their families and other agencies as appropriate.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.
This module is delivered fully online. In a fully online delivery model students will be exposed to a series of online learning units that contain the core learning content for the module. These will require students to take part in a range of asynchronous personal and group learning activities. These will be supplemented with synchronous online learning events.

Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	20
Tutorial / Synchronous Support Activity	10
Asynchronous Class Activity	6
Independent Study	158
Personal Development Plan	6
n/a	

TOTAL	200

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

There is no core text for this module all are considered recommended reading. In addition to these texts students will be directed to a wide range of international, national and local information to support the module content and learning outcomes.

Cameron IM, Crawford JR, Lawton K, Reid IC. Psychometric comparison of PHQ-9 and HADS for measuring depression severity in primary care. Br J Gen Pract 2008 Jan;58(546):32-6.

Durrer Schutz D, Busetto L, Dicker D, Farpour-Lambert N, Pryke R, Toplak H, Widmer D, Yumuk V, Schutz Y: European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. Obes Facts 2019;12:40-66. doi: 10.1159/000496183

National Institute for Health and Care Excellence (March 2015) Obesity prevention. Clinical guideline [CG43]. https://www.nice.org.uk/guidance/cg43

National Institute for Health and Care Excellence (Nov 2014) Obesity: identification, assessment and management. Clinical guideline [CG189 https://www.nice.org.uk/guidance/cg189

National Institute for Health and Care Excellence (May 2014) Weight management: lifestyle services for overweight or obese adults.https://www.nice.org.uk/guidance/ph53 Public health guideline [PH53] Published date: May 2014

Standards for the delivery of tier 2 and tier 3 weight management services for adults in Scotland. http://www.healthscotland.scot/media/2611/standards-for-the-delivery-of-tier-2-andtier- 3-weight-management-services-for-adults-in-scotland-english-oct2019.pdf

* A healthier future: Scotland's diet and healthy weight delivery plan (2018) https://www.gov.scot/publications/healthier-future-scotlands-diet-healthy-weight-deliveryplan/ pages/6/

Students will be directed to relevant educational materials throughout the module.

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

 Engaging weekly with online learning material, activities and assessments.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code.

In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and

adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical and/or laboratory based learning or assessment required to meet accrediting body requirements the University will make reasonable adjustment such as adjustable height benches or assistance of a 'buddy' or helper.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Biological Sciences Health
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☐ **Yes** ☒ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Health
Moderator	Elaine Stevens
External Examiner	K Myrissa
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Summative Assessment - Component 1 Students will take part in online forum discussions. This component will account for 40% of the module mark.
Assessment 2
Summative Assessment - Component 2 Written assignment of 3000 words which accounts for 60% of the module mark.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Clinical/ Fieldwork/ Practical skills assessment/ Debate/ Interview/ Viva voce/ Oral	☒	☒	☐	☐	☐	40	0

Component 2

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Essay	☐	☐	☒	☒	☐	60	0

Component 3

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0 hours

Change Control

What	When	Who