

# PROSPECTUS 2015/16

Subject to  
formal approval by

**London  
South Bank  
University**



Welcome to the College of Contemporary Health (CCH) – accredited online courses for the study of major health issues in the UK today

The College of Contemporary Health (CCH) is dedicated to training the healthcare professionals that are needed to attend to health problems related to 21st Century lifestyles, such as **obesity**.

All CCH courses are offered **exclusively online** using a specialised learning environment so, no matter how busy you are with family or work commitments or where you are based, you can **study anytime, anywhere**.



## OUR MISSION: TO MAKE THE UK'S HEALTHCARE PROFESSION THE MOST OBESITY LITERATE IN THE WORLD

**Obesity tops the list** of major health issues related to 21st century lifestyles. People assume that diet and exercise will sort it out, but they won't. Obese individuals don't need just to shed pounds, there is massive emotional baggage weighing them down too. To address the deeper psychological issues and come to grips with obesity's serious medical consequences, is why we've developed a flexible, relevant and professionally-recognised learning programme in Obesity Care and Management.

**We're a private institution**, committed to giving healthcare professionals cutting-edge training. Because obesity isn't a one-size-fits-all condition, our approach is a flexible one, compassionate and focused on the whole individual. This takes account of all the various interventions needed to treat the disease.

**Every course is delivered online**, so you can study when and where you want. This also allows CCH to update materials instantly and adapt to industry changes as fast as they happen.

I do hope you'll take advantage of this learning opportunity and participate fully in our courses. The benefits, I promise, will be rewarding.

A handwritten signature in black ink, which appears to read 'V. Bullen'.

**Val Bullen**  
Director of Education

# OBESITY

The UK's frontline healthcare profession is increasingly under-qualified and ill-equipped to deal with the flood of patients presenting the worrying condition of obesity. It's become a **global epidemic** and nothing, so far, seems able to curb it.

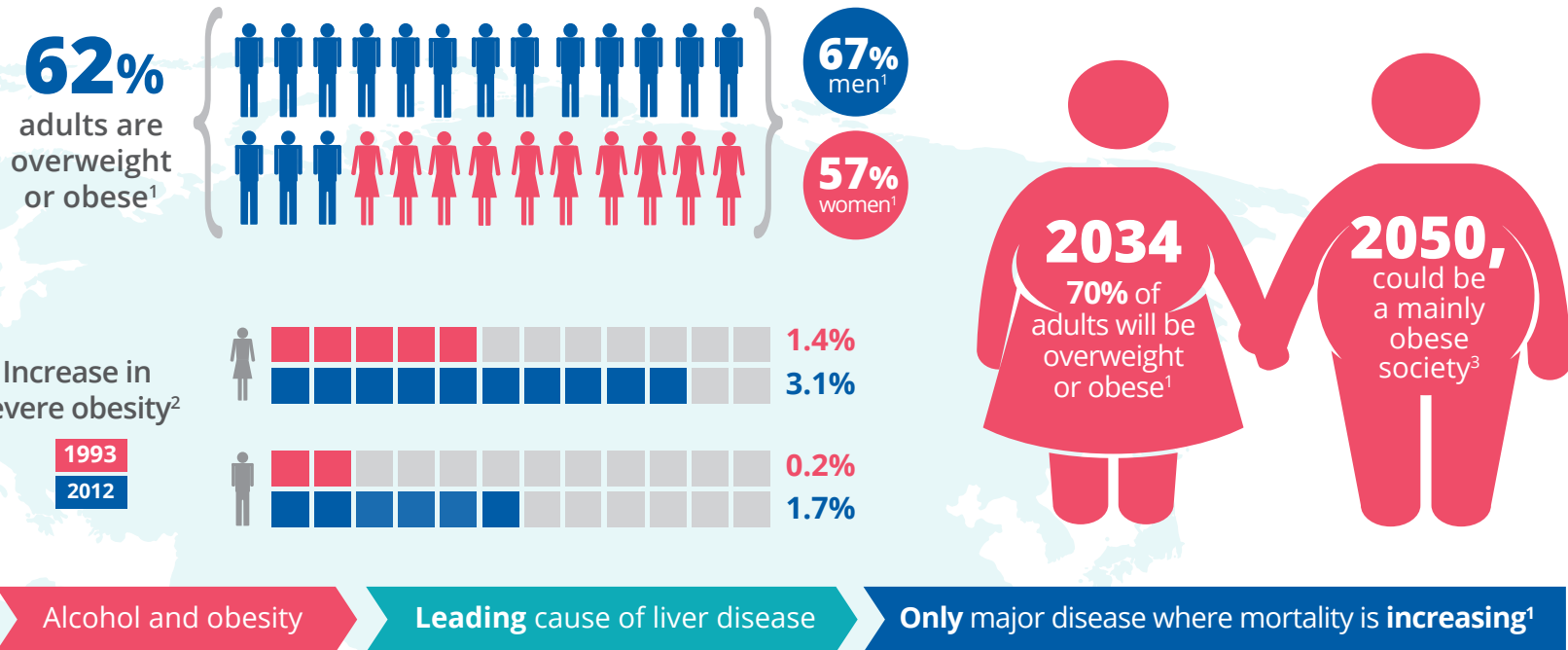
Training, training and more training to learn to manage obesity is what the country is crying out for. Hence we've made it our mission to do all we can to make the UK's healthcare profession **"the most obesity literate in the world."**

We provide access to high-quality learning you can apply in day-to-day interaction with patients. You'll be amazed how quickly you will discover how to manage obesity better.

**You'll feel comfortable talking to obese patients at length and find that treating them with empathy and compassion comes to you almost naturally.**

You'll also learn the excellent benefits of interactive and inter-disciplinary practices and how to put them to work for you.

## UK



## GLOBALLY



1. Public Health England. Adult Weight data factsheet, August 2014 2. Ells L, Hancock C, Copley V, Dinsdale H et al. Prevalence of severe childhood obesity in England: 2006–2013. Archives of Disease in Childhood. 2015;0:1–6. 3. McPherson, K., Marsh, T. and Brown, M. 2007. Modelling Future Trends in Obesity and the Impact on Health. Foresight Tackling Obesity: Future Choices (<http://www.foresight.gov.uk>). 4. Global status report on noncommunicable diseases. WHO 2014. 5. World Health Organization. Obesity and overweight. Factsheet No 311. Updated August 2014. 6. Global status report on noncommunicable diseases. WHO 2010.





*"Eat less, do more  
if only obesity was  
that easy to manage"*

### Study while working

Our platform is accessible **anytime, anywhere**, using a laptop, tablet or PC. One hour study = one hour learning, allowing you to slip the course seamlessly into your lifestyle. It means when studying at CCH you don't have to waste time travelling to and from lectures.

### Access to the latest research

All material is **evidence-based** and referenced using the latest research material. We take current practice guidelines from professional bodies like the **Royal College of Physicians, Royal College of Nursing, British Psychological Society**, the **Academy of Royal Medical Colleges**, the National Institute for Health and Care Excellence (**NICE**), and Public Health England (**PHE**). Comparisons are also made with guidelines in other countries to ensure students are acquainted with best practice from around the globe.

### Access to Resource Central

CCH has its own **scientific literature database**, Resource Central, which you can search by key words or authors. Resource Central now contains over 1,000 articles. It's constantly being updated to provide **access to the very latest insights** and information, all in one place.

### A global community

All our courses are **delivered online to reach a global audience**. Our students are therefore multinational, facilitating multidisciplinary teamwork and professional development in cities around the world. You'll be contributing to international online forums, presentations and discussions with fellow students, to develop an interdisciplinary and interprofessional approach to obesity.

### Tutor support

Even though you'll be studying online you'll have the **full and dedicated support of a tutor**. They're available to answer any questions or to provide an extra push to reach your full potential if you need it.

*"We should be under no illusions. Obesity represents one of the most serious threats to the health of the UK population and has the potential of breaking the NHS."*

Professor David Haslam  
Chair of the **National Obesity Forum**



# Postgraduate Certificate in Obesity Care and Management

## Graduate Certificate in Obesity Care and Management

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**London South Bank University**

### Course structure:

Three modules

- Obesity: Causes and Consequences
- Obesity: Behavioural Aspects
- Obesity: The Solutions?

**Course credits:** 20 credits per module

**Course level:** Level 6/7

**Course duration:** 12 weeks per module



The modules can be taken at graduate or postgraduate level depending on qualifications and/or experience (please see Admission Requirements).

In order to give flexibility for healthcare professionals who wish to study for their personal or professional development, and focus on a particular area, all modules are offered as CPD modules and can be studied separately (please see Short Courses).



## 1

### Causes and Consequences

#### The module aims to:

- Critically assess the multitude of factors contributing to obesity, and also the health, financial and social consequences of this modern epidemic
- Provide means to classify patients according to the causes of their obesity so as to generate more effective solutions
- Demonstrate that successful solutions to the problem will only be found through increasing compassion for people living with obesity and increasing interdisciplinary care

#### Causes, including:

- The obesogenic environment and environmental pollutants
- The role of genetics
- Changes in food production and consumption
- Endocrine disruption and the influence of the microbiome
- Stress and behaviour

#### Consequences, including:

- Inflammation and visceral adiposity
- Cardiovascular health, sleep apnoea, metabolic syndrome, insulin resistance and Type 2 diabetes
- Reproductive health and obesity in children
- Financial and social costs

## 2

### Behavioural Aspects

#### The module aims to:

- Provide a critical understanding of the concepts and controversies in regard to the impact of psychological and emotional issues on eating behaviours in obese people
- Debate issues surrounding the need for consideration of psychological aspects in dealing with the obesity problem
- Appraise the need for compassionate communication and Motivational Interviewing in eliciting behaviour change

#### Behavioural Aspects, includes:

- Psychological risk factors of being obese
- Eating disorders in obesity and the role of stress
- Parental influence on childhood obesity
- Attitudes towards obesity and stigma
- Neurobiology and addiction in obesity
- Narrative based medicine and clinical reasoning in generating readiness to change
- The efficacy of Motivational Interviewing for obese individuals
- Treatment options including behavioural change therapies and mindfulness

## 3

### The Solutions ?

#### The module aims to:

- Provide an understanding of the challenges we face at all levels in tackling the obesity crisis
- Review the roles of government, business, society and the individual in generating solutions
- Equip health professionals with the knowledge and skills to develop a personalised, multi-disciplinary approach to Obesity Care and Management

#### Solutions, including:

- Energy balance and regulation of food intake
- Weight loss diets and other strategies for reducing energy intake
- Barriers to sustainable weight loss
- Behavioural treatment for obesity
- Medical treatment for obesity
- Prevention of obesity in adults and children
- Physical activity and strategies for increasing energy expenditure



**Course objectives**

- To equip students with the knowledge and skills to engage positively in a wide spectrum of activities in the prevention and management of obesity and related clinical consequences
- To provide a curriculum that will produce critical, effective and reflective healthcare professionals
- To build confidence to communicate effectively and confidently with a variety of individuals demonstrating sensitivity to diversity of people and situations
- To enable students to follow a particular area of interest in obesity care and management e.g. childhood obesity, fertility and obesity
- To encourage students to be proactive in effecting changes that will benefit those affected by obesity and associated comorbidities
- To develop the use of online facilities to share best practice in obesity care and management
- To provide opportunities for debating social, political, organisational, cultural and environmental issues in relation to obesity
- To ensure a compassionate and empathetic approach to dealing with those requiring obesity care and management
- To provide practical learning in the global fight against modern disease, and to train the health profession so that they are suitably qualified and equipped to manage obesity and deliver the best quality of care

**1**  
HOUR  
of study = **1**  
HOUR  
of learning



CCH



REGULAR UNI

**Study online, anytime, anywhere**

No need to take time away from **work**, **family**, **activities** etc.  
and no travel back and forth

*CCH give frontline  
clinical staff the tools to  
manage the situations  
they encounter with  
patients every day*

*Inter-disciplinary learning and  
peer interaction mean students  
benefit from this unique approach  
as well as the economic and  
lifestyle advantages of supported  
online learning*





## THE NITTY GRITTY

### Admission requirements

#### **Postgraduate Certificate in Obesity Care and Management**

This course is open to candidates with a degree in a health science, or equivalent professional qualifications, with at least one year work experience.

#### **Graduate Certificate in Obesity Care and Management**

This course is open to candidates with an HE Diploma or equivalent professional qualifications, and at least two years' work experience.

Prospective students for both courses must be able to demonstrate competence in both written and spoken English.

### Study Periods

It is recommended that you take just one module per Study Period, though it is possible to take more than one module if you wish from January 2016. If you are planning to study the Postgraduate Certificate in Obesity Care and Management, or the Graduate Certificate in Obesity Care in Management, you must start with the module Obesity: Causes & Consequences.

It is however possible to take any of the modules as stand-alone subjects for personal and/or professional development for CPD in any Study Period.

#### **Study Periods for 2015/16 are:**

**Monday 21 September 2015 – Sunday 13 December 2015**

**Monday 11 January 2016 – Sunday 3 April 2016**

**Monday 25 April 2016 – Sunday 17 July 2016**

### Application process

The entire application process is online. Prospective students are required to complete an application form which will be reviewed by the Director of Education and admissions team.



**To make an application, go to: [www.contemporaryhealth.co.uk/apply](http://www.contemporaryhealth.co.uk/apply)**

Upon successful application, and deposit payment, a Welcome Pack will be sent with further information about the course and learning platform.

Successful students will also be sent login details and given access to our specially developed **Introduction to Academic Online Learning** module, designed to assist students so that they get the most out of their studies with CCH.



*“Making the UK’s healthcare  
profession the most obesity  
literate in the world”*

*“The CCH courses make a significant contribution to the clinical  
education of practitioners. The modules are evidence-based,  
relevant and of high quality and should be recommended to all  
practitioners involved in obesity prevention and management”.*

Professor Pinki Sahota  
Chair of the **Association for the Study of Obesity**

## Course Fees & Payment

**1 module: £995**

**3 Modules – Full course: £2950**

\* A one-off administration fee applies on initial registration with CCH

Low and no-interest financing options are available, please contact our admissions team to discuss these options in further detail and to find an option that suits you best.

## Funding

Many prospective students are able to secure full-funding or part-funding for CCH courses from their employers, or alternatively, through seeking grants from healthcare providers or pharmaceutical companies.

CCH have developed a Managers Pack with information about CCH, the course as well as the benefits of taking the course to prospective students in their professional practice, to assist them in successful applications for funding.

If you would like to receive a copy of this pack, please contact the admissions team on **0203 773 4895** or **[info@contemporaryhealth.co.uk](mailto:info@contemporaryhealth.co.uk)**





# Further education



Students who wish to pursue their studies further can take additional modules and obtain a Postgraduate Diploma.

The following Diploma modules are in production and due for release in 2015/16:

2015

## Paediatric Obesity

Obesity in the 2 through 18-year-old age range has immediate and long-term health and wellbeing consequences. In this module, nutritional, genetic and environmental risk factors are reviewed. Trends and patterns - locally and globally, will be considered along with preventative and treatment approaches, plus initiatives in different settings. Analysis of the ongoing repercussions of obesity in young people, both physiologically and, particularly, psychologically, are key issues, along with the roles of parents, teachers, and government in addressing this problem.

## Obesity and Reproductive Health

As the obesity crisis affects more individuals we are seeing the impact, not only on their ability to conceive, but also on their children. This module reviews the short and long term effects of obesity on the reproductive health of individuals, both male and female, and the health of their offspring through epigenetic trans-generational effects. Reproductive health will be examined in the pre-conception, pre-natal, perinatal, and post-natal phases. The in-utero origins of obesity, and the impact of adiposity in babies and childhood will be critically reviewed so as to develop effective intervention strategies both for mother and child.

2016

## The Obese Person

A key feature of this module is that it puts the individual at the centre of the treatment plan, walking them through any challenges that obesity presents through compassionate communication. This module will consider the impact of obesity on the health and welfare of the individual, whether child or adult, together with the consequences for society, and what can be offered by way of support and therapy in the health and social services.

The physiological control of body weight, as well as the pathophysiology of obesity, will be critically reviewed in order to evaluate the effectiveness of proposed treatment regimens. Theories of behaviour, change and resistance to change, will be examined in order to design effective behaviour change strategies.

## Nutritional Approaches to Obesity

As the examination and manipulation of the diet is a key factor in obesity care, this module will review and critique the various nutritional approaches for their impact and effectiveness in both prevention and treatment. This will include strategies such as commercial programmes, slimming clubs and calorie counting, plus intermittent fasting, to more traditional approaches such as the Mediterranean, low GI/GL and paleolithic diets. Functional foods and weight loss supplements are also reviewed and their effectiveness assessed. The need for social, cultural and ethnic sensitivity in determining dietary plans is reviewed, together with the need for culinary skills. The role of food intolerances and allergies will also be considered so that effective dietary plans can be executed.

## Comparative Approaches to Obesity Care and Management

In this module we compare and contrast approaches taken to deal with the obesity crisis, particularly in the US, Canada, Australasia, and selected developing countries, with the UK. Items of good practice from other countries will be reviewed, depending on the availability of literature. The historical, environmental, social, cultural and financial differences, and the limitations they impose on direct comparisons, will be a key feature of this module.

## Specialist Obesity Care Services

This module will review best practice in developing and running obesity services for children and adults, in both the private and public sectors, at all stages of the obesity care pathway. These will include obesity clinics that adopt a holistic approach to the provision of services, and residential weight-loss camps. Because a lack of specialist services appears to be the norm in developed countries, despite rising obesity rates, this module explores the reasons for the gap between services recommended and the actual provision and delivery of these services. The evidence base to ensure safe and effective practices in such approaches will be reviewed. Means of procuring and maintaining funding for such initiatives, together with means of assessing the effectiveness of regimes, will be evaluated to ensure best practice is disseminated.



# Living and Working with Obesity

## Short Course for Nurses

Using the most up-to-date research, this short course allows nurses to enhance their skills which can be transferred to clinical practice.

By understanding the obesity crisis, nurses benefit by gaining the confidence and the competence needed to help inspire patients toward successful weight-loss.

The course's bilateral approach to the problem benefits not only patients but the nurses studying the course as well.

Research has identified key knowledge gaps among nurses regarding obesity management, leading to the course objectives.

### Course Objectives

- Understand how diet, stress and environment contribute to obesity
- Recognise the complex nature of obesity
- Learn to communicate effectively & compassionately with obese patients
- Develop a more effective interaction between the obese patient and the health professional
- Assess the cultural influences on obesity
- Generate solutions to this complex problem personally and professionally



**Course duration:** 8 – 10 hours

**Course level:** Level 4

**Method of learning:** Online

**Course cost:** £99

**Course accreditation:**

Royal College of Nursing  
and CPD UK

[www.contemporaryhealth.co.uk/psc](http://www.contemporaryhealth.co.uk/psc)



A series of *Living and Working with Obesity* short courses are in production including:

- Childhood Obesity
- Obesity and Fertility
- Obesity and Pregnancy

**76%**  
of nurses  
**DO NOT**  
pursue the topic  
of obesity with  
their patients<sup>1</sup>.

The government  
has estimated that  
around 300,000  
NHS staff are obese,  
with a further  
400,000 being  
overweight.<sup>2</sup>

“Our healthcare  
system’s greatest  
asset is the  
people who  
deliver it”<sup>3</sup>

1. Miller S, Alpert P, Cross C (2008) Overweight and obesity in nurses, advanced practice nurses and nurse educators. J Am Acad Nurse Pract 20: 259-265 2. Sloan D, Jones S, Evans E et al. Implementing NICE public health guidance for the workplace: a national organisational audit of NHS trusts in England, round 2. London: RCP, 2014 3. Boorman S. NHS health and wellbeing review: interim report. London: Department of Health, 2009.

# Making the Move: Working with Obese Clients

Experts are calling for doctors to include fitness professionals for patient referral. The **“Making the Move: Working with Obese Clients”** short course is written by qualified health professionals and personal trainers, and combines the most up-to-date research, practical methods and the knowledge and experience of leading industry specialists.

**Meeting complex challenges.** The course prepares fitness professionals for the challenges of working with obese clients.

There are many co-morbidities of obesity that affect mobility such as joint problems cardiovascular limitations and risks. The obese person's centre of gravity may also be disturbed, which in turn can affect their balance. In addition, due to the stigma attached to obesity, building confidence and trust is harder for you to achieve compared with training a person less inwardly sensitive about their weight.



## Course Objectives

1. Assess how conditions associated with obesity may affect the client
2. Explain the role of movement in energy expenditure and health
3. Communicate sensitively and empathetically with an obese client in order to change behaviour and motivate them to achieve their goals
4. Design, agree and deliver a safe, effective and progressive physical activity and dietary program for obese clients personalised to their needs and lifestyle

***Fitness professionals are in a unique position to make a positive impact on an obese client's future, by helping them lose weight and improve metabolic health, invariably enhancing their confidence and mood.***

The course helps fitness professionals understand the underlying aspects of obesity that might be obstructing the progress of their clients. You'll review how diet, physical activity, stress, lifestyle, and the environment contribute to obesity.

You'll consider the impact of cultural influences on obesity and exercise, apply your knowledge of the causes and consequences of obesity to assess the history of the client and the reasons behind their weight gain. You'll also be able to provide appropriate dietary advice to support your client in their weight-loss programme.

The course is written in an **easy-to-read** style, and uses a broad range of **evidence-based data** to help build your understanding. You can be certain of receiving the most **advanced** and up-to-date material so you can **quickly put this knowledge into practice.**

**Course duration:** 10 hours  
**Method of learning:** Online  
**Course cost:** £299  
**Course accreditation:** REPs, CPD UK, ACE, REPs South Africa  
[www.contemporaryhealth.co.uk/reps](http://www.contemporaryhealth.co.uk/reps)



***By specialising in obesity fitness professionals can increase their client base by at least 50%***





# Obesity Care and Management

## On Demand

Get the confidence and skills to tackle struggling patients on our new, exciting, accessible anytime Obesity Care and Management course: **ON DEMAND**

There is a woeful lack of understanding of obesity and everything it involves, and there is a similarly woeful lack of training available to address the problem. But training takes time doesn't it, time you don't have.

### Or do you...?

With On-Demand you learn when you can fit it in. You can upskill in the area of your choice – study what you need, when you want it. You'll soon better understand obesity, the whole multi-faceted approach, and gain the knowledge, skills and compassion to make obesity an area of expertise, all in your own time.

You'll be able to treat your obese patients RIGHT NOW, confident you have the best training possible, knowing you can genuinely help them manage their condition and sustain the weight loss they need.



**Course duration:** 25 hours

**Method of learning:** Online

**Course cost:**

£399 per module or £1,000 for all 3

**Course accreditation:**

Each segment is accredited by CPD and worth 25 CPD hours.



[www.contemporaryhealth.co.uk/ond](http://www.contemporaryhealth.co.uk/ond)

### The benefits are significant:

- You study only what you need, when you need it
- You gain flexibility, competence and enormous confidence in an area where expertise is sorely lacking throughout the UK
- You can gain an advantage on other health professionals and swell your client base

On-Demand gives you a complete overview of obesity in three stand-alone segments:

1. **Obesity: Causes and Consequences**
2. **Obesity: Behavioural Aspects**
3. **Obesity: The Solutions?**

### On-Demand is affordable too

**Each module costs £399; all three can be taken for just £1000.** This makes the course attractive not only to professionals like you, but to employers who understand the medical and social need for proper obesity management and see the potential commercial benefit of tapping this needful market.

## 1

### Obesity Causes and Consequences

#### The module aims to:

- Critically assess the multitude of factors contributing to obesity, and also the health, financial and social consequences of this modern epidemic
- Provide means to classify patients according to the causes of their obesity so as to generate more effective solutions
- Demonstrate that successful solutions to the problem will only be found through increasing compassion for people living with obesity and increasing interdisciplinary care

## 2

### Obesity Behavioural Aspects

#### The module aims to:

- Provide a critical understanding of the concepts and controversies in regard to the impact of psychological and emotional issues on eating behaviours in obese people
- Debate issues surrounding the need for consideration of psychological aspects in dealing with the obesity problem
- Appraise the need for compassionate communication and Motivational Interviewing in eliciting behaviour change

## 3

### Obesity The Solutions ?

#### The module aims to:

- Provide an understanding of the challenges we face at all levels in tackling the obesity crisis
- Review the roles of government, business, society and the individual in generating solutions
- Equip health professionals with the knowledge and skills to develop a personalised, multi-disciplinary approach to Obesity Care and Management

# THE CCH DIFFERENCE

## Module Leaders

The module leaders all have extensive experience in the field of **Obesity Care and Management**.



**VIRGINIA BLAKE**  
• **Module leader for Obesity: Causes and Consequences**, has developed projects in the community for children with obesity



**RHIAN JONES**  
• **Module leader for Obesity: Behavioural Aspects**, works with people with eating disorders and has done projects with MIND and GPs in London



**NIGEL HINCHLIFFE**  
• **Module leader for Obesity: The Solutions?** Specialises in physical activity for weight management and healthy ageing

## Choosing CCH can make all the difference

CCH works with leading UK obesity experts designing innovative programmes at both graduate and postgraduate levels for today's health professionals. **Our courses will be invaluable for the future of your career.**

We prepare you to think outside the box, to address obesity with innovative, practical and compassionate solutions. All material is produced under the guidance of a distinguished Academic Advisory Board that includes influential members of the **National Obesity Forum**, the **Association for the Study of Obesity**, and members of the editorial board of the **British Journal of Obesity**. You couldn't wish for better.

We believe our approach is uniquely able to ensure that, upon course completion, you'll be qualified to manage your obese patients or clientele eagerly, successfully and compassionately.

 **You benefit, they benefit – and the UK benefits too. Now that's making a difference.**

## Academic Advisory Board Biographies



**DR. MATT CAPEHORN**

- **Clinical Manager**, The Rotherham Institute for Obesity (RIO)
- **Senior Lecturer**, University of Sheffield
- **Clinical Director**, National Obesity Forum
- **Clinical Editor**, British Journal of Obesity



**MS DEBBIE COOK**

- **Nurse Practitioner**, NHS
- **Vice-Chair**, National Obesity Forum



**PROFESSOR (EMERITUS) KEVIN SYKES**

- **Emeritus Professor**, Occupational Health and Workplace Fitness
- **Pioneer of Weight Management courses**, University of Chester



**PROFESSOR PAUL GATELY**

- **Professor Exercise and Obesity**, Leeds Beckett University
- **Technical Director** More Life (UK) Ltd, providing weight loss programmes for children, families and adults



**PROFESSOR DAVID HASLAM**

- **Chair of the National Obesity Forum**
- **GP and Physician specialising** Obesity Medicine at the Centre for Obesity Research at Luton & Dunstable Hospital
- **Visiting Professor**, University of Chester and Robert Gordon University
- **Editor-in-Chief**, British Journal of Obesity



**PROFESSOR ANDREW HILL**

- **Professor of Medical Psychology**, University of Leeds
- **Head of the Academic Unit in Psychiatry and Behavioural Sciences** within the Leeds School of Medicine
- **Board member of:** International Journal of Obesity, Body Image, and International Journal of Paediatric Obesity



**PROFESSOR PINKI SAHOTA**

- **Professor of Nutrition and Childhood Obesity**, School of Health and Wellbeing, Leeds Beckett University
- **Chair**, Association for the Study of Obesity



**PROFESSOR PAUL EDWARDS**

- **Visiting Professor**, University of Chester
- **Consultant General and Vascular Surgeon**, St Helens and Knowsley Teaching Hospitals and Spire Liverpool Hospital



# WHAT OUR STUDENTS SAY

*"I have already recommended the CCH course to many of my colleagues!"*

Doctor

*"Very well presented. I liked the fact that it was delivered weekly as it kept my momentum up and I did not feel overwhelmed. It has been extremely informative and I am thoroughly enjoying learning"*

Nurse

*"The tutor was great, very encouraging and helpful... the content is well structured, very interesting and highly relevant"*

Psychologist

*"From the course so far I have developed my professional practice by gaining a better understanding of the causes and consequences of obesity and looking at behavioural aspects around obesity, I am now able to relate more to my clients and provide them with more information to support an individual who is going through a weight loss-journey"*

Weight loss practitioner

*"I am really enjoying the course. Essentially I started the course because I see so many patients who are obese and have lots of co-morbidities. Prior to the course I felt unable to properly advise them on losing weight, diet and activity."*

*The course so far has been extremely interesting. A lot of work has clearly been put into make it informative, challenging and thought provoking. The online format works well for me as I can fit my study in around my other commitments. The use of the discussion boards and cross-class-conversation has allowed me to have interactions with other students and get their opinions and feedback."*

*It is very valuable that all the students come from different sectors so we get a complete view of obesity care. It also means that even though you are studying alone, you feel you are part of a class"*

General Practitioner

*"Even after the first week I have felt much more comfortable and able to talk to my patients about their weight problems and physical activity levels but, by doing this course, I am hoping that not only will I be able to help individual patients but that I will be able to help shape services locally in the future"*

Doctor

*"It has been fascinating to learn about the behavioural aspects of obesity. I have really enjoyed the learning experience and gaining new knowledge and opinions"*


Physiotherapist



#CCHcommunity



Contact Details

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