

OBESITY PREVENTION AND WEIGHT MANAGEMENT (GRADUATE CERTIFICATE)

The Interdisciplinary Obesity Prevention and Weight Management certificate is a 12-credit graduate certificate offered through the Institute for Collaboration on Health, Intervention, and Policy (InCHIP). The certificate recognizes the interdisciplinary nature of obesity and offers students concentrated exposure to foundational concepts and opportunities to dive deeper into broad topic areas such as the nutritional, exercise, and behavioral sciences as well as policy. The certificate program recognizes that there are multiple drivers of the obesity epidemic and challenges students to explore solutions for obesity at various levels and settings (e.g., from prevention to treatment, from childhood to adult, from individual to policy). Students who earn this graduate certificate will be better equipped to engage in interdisciplinary research and clinical care on obesity-related issues and collaborate across knowledge silos with the goal of understanding, preventing, and treating obesity. No prior experience with, or knowledge of obesity prevention or weight management is required, but prior coursework in research methods, nutrition, kinesiology, or behavioral sciences may be helpful.

Requirements

Students are required to take CHIP 5000 Obesity from an Interdisciplinary Perspective, plus three additional elective courses (three credits each), one from each of the three areas below, as approved by the Interdisciplinary Certificate in Obesity Prevention and Weight Management Committee. Students are allowed, but not required, to take one elective course in their home department. The certificate requires completing all four courses while maintaining a GPA of 3.0 or higher in each required course.

Electives Courses

(minimum of one course from each category)

Nutritional Sciences

Course	Title	Credits
NUSC 5398	Special Topics in Nutrition	1-6
NUSC 6315	Lipid Metabolism in Health and Disease	3
NUSC 6317	Nutritional Epidemiology	3
HDFS 5095	Special Topics in Human Development and Family Sciences	1-3

Physical Activity/Exercise Science

Course	Title	Credits
KINS 5507	Fundamentals of Exercise Prescription	3
KINS 5508	Exercise Prescription for Individuals with Chronic Diseases and Health Conditions	3
KINS 5595	Special Topics in Exercise Prescription	3

Behavioral Science and Policy

Course	Title	Credits
AH 6305	Program Planning and Evaluation for Health Professionals	3

AH 6324	Critical Issues in Health Promotion, Disease and Disability Prevention	3
ARE 5205	Market Planning and Survey Research in the Food Industry	3
COMM 5770	Health Communication	3
HDFS 5095	Special Topics in Human Development and Family Sciences	1-3
HDFS 5340	Prevention, Intervention, and Public Policy	3
PSYC 5120	Health Psychology	3
PSYC 6750	The Social Psychology of Stigma	3
PUBH 5477	Food, Health and Politics	3