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## MODULE DESCRIPTOR

### Module Title

Obesity and Diabetes Mellitus

Reference	HS3135	Version	1
Created	March 2018	SCQF Level	SCQF 9
Approved	July 2018	SCQF Points	30
Amended		ECTS Points	15

### Aims of Module

To provide students with an understanding of the metabolic demands, and nutritional, pharmacological, and surgical interventions to manage obesity and diabetes mellitus, and introduce health improvement and public health strategies.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Discuss the aetiology and prevalence of obesity and diabetes mellitus.
- 2 Discuss how epidemiology informs practice and public health strategies for obesity and diabetes mellitus.
- 3 Discuss the medical, surgical and nutritional management of obesity and diabetes mellitus.
- 4 Evaluate popular weight loss strategies.

### Indicative Module Content

Aetiology, epidemiology, prevalence, epigenetics and nutrigenetics, public health, behaviour, lifestyles and prevention of diabetes and obesity. Diagnosis and management of obesity and diabetes mellitus including education/ behaviour/ lifestyle/ nutritional and clinical management in the following groups: Pregnancy, children, adolescents, adults, senescence and ethnic groups. Complications and comorbidities of diabetes and obesity including macro- and microvascular disease; insulin resistance and associated disorders. Nutritional guidelines and dietary treatment for diabetes, including glycaemic index and glycaemic load, and obesity. Pharmacological and surgical management. Making every contact count. Self care/management. Behaviour Change. Public Health and Health Improvement. Technology.

### Module Delivery

Lectures and web based materials, supported by tutorials, group discussions, journal clubs, seminars, and workshops.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	47	N/A
Non-Contact Hours	253	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	An oral assessment.				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 (oral assessment) comprises 100% of the module grade. To pass the module, a D grade is required.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	F
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 1, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 BAGCHI, D. and SREEJAYAN, N. eds., 2018. Nutritional and therapeutic interventions for diabetes and metabolic syndrome. Academic Press.
- 2 HANKEY, C., 2018. Advanced Nutrition and Dietetics in Obesity. Oxford: Wiley-Blackwell.
- 3 MEHRZAD, R. ed., 2020. Obesity: Global Impact and Epidemiology. Elsevier.
- 4 SBRACCIA, P. and FINER, N., 2019. Obesity: pathogenesis, diagnosis, and treatment . Springer.