

MODULE DESCRIPTOR

Module Title

Obesity and Diabetes Mellitus

Reference	HS3135	Version	3
Created	April 2023	SCQF Level	SCQF 9
Approved	July 2018	SCQF Points	30
Amended	June 2023	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

Blended delivery comprising on campus and online learning and engagement. This will include Workshops, Tutorials, Seminars, Keynote Lectures and Digital Learning Resources.

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.

Component 2

Type: Coursework Weighting: 0% Outcomes Assessed: 4
 Description: This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 (oral assessment) comprises 100% of the module grade. To pass the module, a D grade along with a pass in C2 is required

Module Grade	Minimum Requirements to achieve Module Grade:
A	A in C1 and pass in C2
B	B in C1 and pass in C2
C	C in C1 and pass in C2
D	D in C1 and pass in C2
E	E in C1 and/or fail in C2
F	F in C1 irrespective of pass or fail C2
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of the preceding stage.
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.