

Obj.No.	Learner ObjectivesBy the end of the session, participants should be able to:
1	Understand obesity prevalence
2	Explain the definition of obesity and how to diagnose and strengths and weaknesses of measurements of obesity
3	Understand the health risks of living with obesity
4	Explain the causes and drivers of obesity
5	Understand the importance of physical activity
6	Describe energy balance and its drivers
7	Understand energy intake and how it is regulated
8	Describe what happens after weight loss
9	Be comfortable in introducing weight management into the consultation
10	Understand the NICE guidelines
11	Be comfortable in giving diet and exercise advice
12	Understand and be comfortable with safely prescribing all pharmacotherapy options in the UK. Understanding the mechanism of action, efficacy and clinical trials, dosing, side effects and adverse events in the clinical trials and follow up. Warnings and contraindications
13	Understand how to consult and introduce the common side effects with the aim of mitigation
14	Safely manage common questions and queries arising from the follow up consultation