



Leading The Way In Life Long Learning

Short Course Training Service in Health,
Nutrition and Physical Activity



UNIVERSITY
of
GLASGOW



tailormade training to meet your needs

The Division of Developmental Medicine within the Medical Faculty, University of Glasgow is one of the leading health research and teaching centres in Europe. The Division has an innovative Short Course Training Service specialising in training in health, nutrition and physical activity.

This booklet will provide you with some details about our service and examples of our training courses.



what makes our training service different to all the others?

1 LEADING THE WAY IN LIFE LONG LEARNING:

We have an outstanding track record in CPD (Continuous Professional Development) training. In the past 10 years, we have worked very hard to become one of the largest and leading suppliers of CPD training in the area of health, nutrition and physical activity to education, social care and health professionals and others. We have provided training for over 14,000 professionals during this period, many of whom are repeat customers.

2 WE DON'T PROVIDE JUST ANYONE TO DELIVER YOUR COURSE:

Each course will be developed and delivered by leading experts from the Medical Faculty, University of Glasgow and other leading experts.

We can guarantee your staff will have the most up to date information - so you can be assured of quality. Not only do our tutors know how to teach, they are also passionate about transferring their knowledge and practical advice. Most importantly they make learning FUN!

3 TAILORED:

We have provided outlines of the important areas which we feel should be covered on each course. We will however work with you to customise each course to meet your requirements.

Do you need a course on a particular area which we haven't listed? Then please get in touch and we can discuss your requirements.

We can even come to you - **YOU DECIDE** where and when you want the course to be held.

4 CERTIFICATES:

All course participants will receive a Certificate of Attendance from the University of Glasgow.

5 VALUE FOR MONEY:

We work to your budget.

6 RESOURCE MATERIALS:

Each trainee will receive a full set of clear and concise course notes to serve as useful reference materials.

People are your organisations most important assets
and their training and development is vital to ensure you get the best out of them...

childhood obesity

Introductory level

Target Audience: Those who work with children or need knowledge of this area.

Like adults, children are becoming increasingly, and sometimes dangerously, overweight. Children who establish positive healthy eating and activity habits in childhood are more likely to carry them throughout adulthood.

This course examines the causes of childhood obesity and provides some practical solutions to help children achieve a healthier lifestyle. The course normally takes a full day to complete and will be taught by a mix of presentations, practical activities, short quizzes and discussion. We can also develop some activities which would require participants to implement some techniques in their child care settings.

PART 1. ABOUT OBESITY

Causes of obesity
Prevalence
Health consequences
Energy balance
Diagnosis

PART 2. RECOMMENDATIONS

Current best practice for the prevention and treatment of childhood obesity

PART 3. A BEHAVIOURAL APPROACH TO TREATING CHILDHOOD OBESITY

How to discuss the sensitive issues associated with obesity with children?
Emotional complexity and psychology of obesity
Behavioural measures

Part 4. YOUR CHOICE

This part of the course can be structured to suit your specific staff training needs and we have listed some focus areas below:
Obesity and children with special needs
Physical activity and childhood obesity
Community/school based initiatives for childhood obesity

advanced level

Target Audience: Health professionals and others who require a clinical and more in-depth understanding of the topic area.

PART 1. ABOUT OBESITY

Causes of obesity
Prevalence
Health consequences
Energy balance

PART 2. ASSESMENT

Assessment of childhood obesity

PART 3. LIFESTYLE CHANGES

Lifestyle changes in diet, physical activity and behaviour
Approaches in helping children and families implement these lifestyle changes

PART 4. EVALUATION

Clinical evaluation, investigations and interventions

Anyone who stops learning is old,
whether at twenty or eighty
- Henry Ford



nutrition and health pre fives

Target Audience: This course has been designed for those who work with pre - five age children particularly in education and social care settings such as nursery staff, those working in children's homes, respite care workers, foster carers, caterers and others who have a professional interest in this area.

This course will cover important aspects of nutrition and health in the early years and will provide up to date information with practical ideas and advice on establishing healthy eating patterns.

PART 1. WHY EATING WELL MATTERS IN THE EARLY YEARS

The importance of good nutrition and individual nutrients Children's nutrient intakes compared to government's recommendations.

PART 2. GOOD NUTRITION FOR CHILDREN

Nutrition and health issues of importance:

- Brain development
- Growth and development
- Breast feeding and weaning
- Physical activity
- Childhood obesity
- Behavioural problems
- Prevention of disease in later life
- Feeding difficulties

PART 3. PUTTING NUTRITION IN TO PRACTICE

Practical ways to apply healthy eating principles and nutrition guidelines

Part 4. SPECIAL DIETS

nutrition and health of older people

Target Audience: The course will be invaluable to those people who work with the elderly including staff and managers working in nursing homes as well as social workers, social care staff, home helps, caterers and nurses etc.

The elderly are the fastest growing segment of the population; currently in the UK about 20% of the population is over 65 years old. The elderly are the most susceptible to many health risks from a nutrient-poor diet, thus having a good diet can help the elderly to stay in good health. This course has been designed to provide participants with knowledge and skills in this area and the latest information on guidelines.

PART 1. EFFECT OF AGEING ON THE BODY AND IMPACT OF ILL HEALTH

- Effect of ageing on the body
- Reduced appetite
- Physical activity
- Nutritional status of the elderly

PART 2. NUTRITION RELATED HEALTH PROBLEMS AMONG ELDERLY PEOPLE

- Malnutrition
- Drug nutrient interactions
- Nutrition and anaemia
- Nutrition and bone disease
- Immunity and infection
- Constipation and bowel disease
- Diet and cancer
- Nutrition and vascular diseases
- Nutrition and dementia
- Nutrition and dental health

PART 3. GOOD NUTRITION

- Nutritional needs of the elderly
- Importance of good nutrition and what is good nutrition
- Feeding difficulties
- Guidelines

PART 4. YOUR CHOICE

We can add in an optional extra to suit your staff training needs for example: Menu planning and how to improve the diet.

adult weight management



introductory level

Target Audience: This course will be of interest to anyone who needs a good understanding of obesity and weight management.

Obesity is the most widespread nutritional disorder in adults worldwide, which results in a huge burden of ill health, and increased health care costs in most developed countries. The need to tackle the problem of obesity with some urgency also relates to the undisputed evidence that obesity is a risk factor for a variety of medical consequences.

PART 1. ABOUT OBESITY

- Prevalence, trends and scale of the problem
- Health risks/health benefits
- Costs of obesity
- Causes of obesity

PART 2. NUTRITION AND HEALTH

- Basic nutrition concepts for healthy living
- Nutrition and influence on health

PART 3. SUCCESSFUL WEIGHT MANAGEMENT

- Diet and physical activity
- Other strategies
- Popular weight loss diets: facts, fats and fallacies

PART 4. A BEHAVIOURAL APPROACH TO TREATING ADULT OBESITY

- Emotional complexity and psychology of obesity
- Behavioural measures

PART 5. YOUR CHOICE

- This part of the course can be structured to suit your staff's training needs and we have listed some focus areas below:
- Obesity and adults with special needs
- Physical activity and adult obesity
- Community based initiatives and adult obesity
- A behavioural approach for treating adult obesity

advanced level

Target Audience: This course has been designed for health professionals and others who require a more in depth knowledge and to update their skills in this area.

The course will consist of a balanced mix of lectures, demonstrations, case study work, group discussion and questions sessions.

PART 1. ABOUT OBESITY

- Prevalence, trends and scale of the problem
- Health risks/health benefits
- Cost of obesity
- Causes of obesity

PART 2. MEASURING OF BODY COMPOSITION AND DIETARY INTAKE

- Fat content of the body/endocrine and other functions of adipose tissue
- Definitions - overweight and obesity
- Measurements of body composition in obesity
- Measuring food consumption in obesity and weaknesses
- Developing a minimum data set for assessment and follow up

PART 3. METABOLIC SYNDROME - RISK FACTOR MANAGEMENT IN OBESITY

- Diabetes and obesity
- Weight gain and cardiovascular risk factors
- Hypertension and obesity

PART 4. WEIGHT MANAGEMENT GUIDELINES AND SUCCESS CRITERIA

- Clinical guidelines for weight management, approaches to the treatment of obesity and what's new
- Weight loss and maintenance

PART 5. TREATMENT APPROACHES

- Diet modification, behavioural modification, exercise management in the overweight, pharmacological perspectives, surgical approach to treatment.

Live as if you were to die tomorrow.

Learn as if you were to live forever - Gandhi





Attempt the impossible
to improve your work
- Bette Davis

weight management, nutrition and sports nutrition

Target Audience: The course will be invaluable for those interested in fitness, health and sports performance.

One of the main reasons why people join health and sports clubs is to lose weight as well as getting fit. It is essential that those working in the leisure and recreation industry have the most up to date information and this course will provide you with this.

Considerable advances have been made in evidence-based diet, exercise, and behavioural approaches for the treatment of obesity. We will arm you with information on dietary advice for weight loss, fitness and performance and explore some myths and reality - What should you be eating to lose weight? What intensity of exercise is best for weight loss? Does the timing matter? How much does exercise influence resting metabolic rate? Should you lift weights to lose fat? Is going to the gym enough?

Good nutrition is also an important part of physical activity performance. Our course will provide you with essential information on nutrition and well being and current guidelines for healthy eating.

Information on sports nutrition is increasing rapidly and with so many facts and misinformation around, this course will provide you with sound, reliable and up to date information. We will focus on the principles of sports nutrition and most importantly show you how to apply these principles to enhance the performance of the individual or athlete.

PART 1. WEIGHT MANAGEMENT

A comprehensive up to date background of the causes of obesity

An understanding of modern principles for weight management

An outline of practical weight management plans which can be applied

PART 2. GOOD NUTRITION

Importance of a healthy diet for health and well being

Elements of a healthy diet

Dietary advice

PART 3. SPORTS NUTRITION

Bioenergetics - How the system works

Eating to train and compete

Sports beverages and supplements

Making changes - practical strategies

Sports nutrition myths explored

prevention of coronary heart disease

Target Audience: This course has been designed for health professionals including general practitioners, nurses, health promotion specialists, public health specialists, dietitians, health visitors and others who require a more in depth knowledge on CHD prevention.

Coronary Heart Disease is one of the biggest causes of mortality in the UK. Poor diet, smoking and lack of exercise have been recognized as serious risk factors; therefore the development of the disease can be influenced through lifestyle changes.

PART 1. INTRODUCTION TO COURSE AND CORONARY HEART DISEASE

Prevalence, trends and scale of the problem

Cost of CHD

Causes and risk factors

PART 2. PREVENTION OF THE DISEASE

The role of diet and nutrition

Increasing physical activity

Smoking cessation

Alcohol and CHD

Reducing stress

PART 3. HOW TO MONITOR PROGRESS AND MOTIVATE PEOPLE

Measurements to monitor progress

Success of interventions

Motivational strategies



health and wellness at work

Target Audience: Employees and employers from various different backgrounds and fields.

People in the UK spend about a third of their lives at work, so well being at work is extremely important. Physical and mental health will affect ability to perform well at work and also to enjoy time away from work. This course will provide useful information on ways to improve general well being by adapting working styles and the work environment.

PART 1. HEALTH AND WELLNESS AT WORK

Importance of good nutrition

Exercise as part of your working life

Weight loss management

Effects of mental/physical ill health

How to improve your work station

PART 2. WORK STRESS AND HOW TO DEAL WITH IT

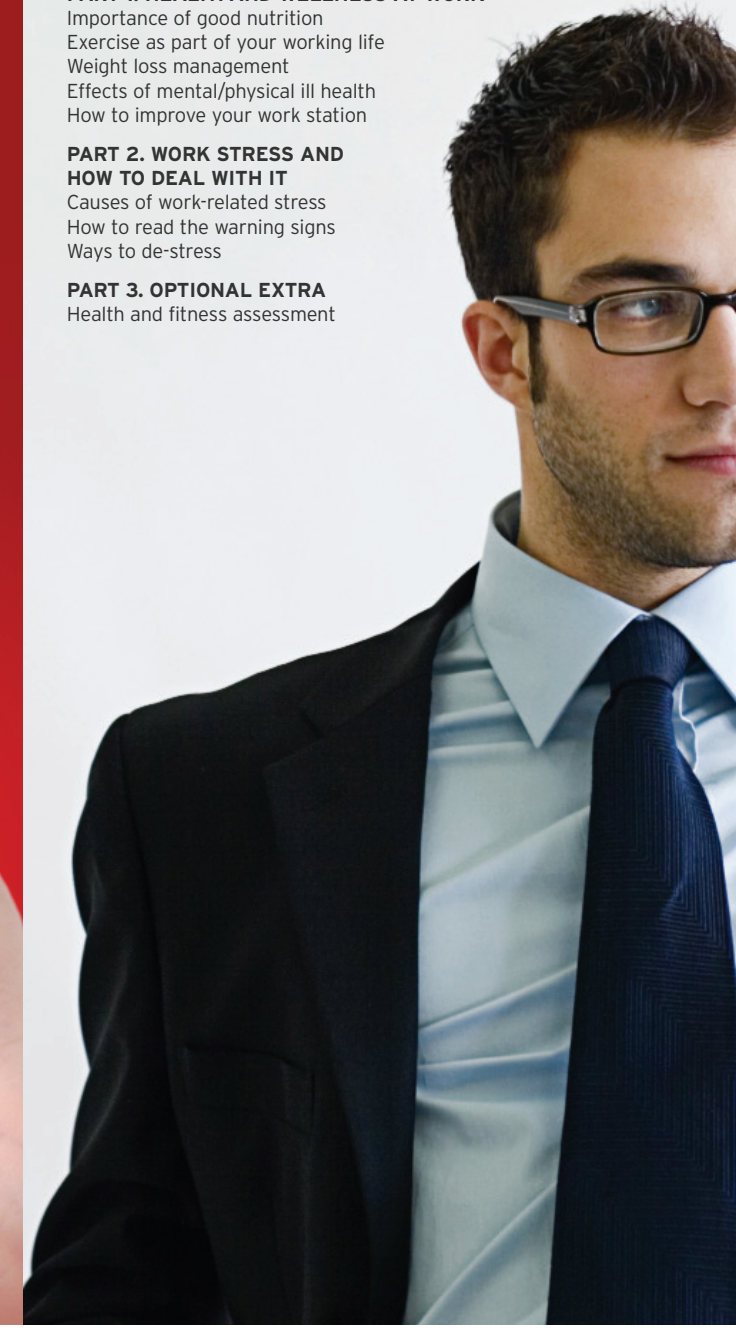
Causes of work-related stress

How to read the warning signs

Ways to de-stress

PART 3. OPTIONAL EXTRA

Health and fitness assessment





The Faculty of Medicine at the University of Glasgow promotes lifelong learning for health and related professionals, those in education, social care and many other groups including the general public. An extensive range of conferences and training courses, including tailor made courses are available to suit your organisation's needs.

For further details contact either:

Carolyn Fraser, CPD Manager
Tel: 0141 201 9264, e-mail: cf24f@clinmed.gla.ac.uk
or
Riikka Gonzalez, Event Marketing Executive
Tel: 0141 201 0674, e-mail: rhr2a@clinmed.gla.ac.uk

Address: CPD Service, Division of Developmental Medicine,
University of Glasgow, Tower Block, 1st Floor,
Queen Mother's Hospital, Glasgow, G3 8SJ

To get full details of our conference programme, you can
log onto:
<http://www.gla.ac.uk/developmental/cpd/NewCourses.html>

Make lifelong learning part
of your working life!

Comments from previous course delegates:

"Course content most valuable, thought provoking and motivational"

"For me all the sessions were useful - I could relate many of the ideas to the people I work with"

"Well organised and informative and tutors certainly knew how to teach"

"Good balance of knowledge up date and practical information"



UNIVERSITY
of
GLASGOW