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# Course Specification

## Postgraduate Certificate in Obesity

Course Code: PCOBE

2024/25

[leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

# ***Postgraduate Certificate in Obesity (PCOBE)***

## **Applicant Facing Course Specification for 2024/25 Postgraduate Entrants**

Confirmed at DEC/2023

### **General Information**

<b>Award</b>	Postgraduate Certificate in Obesity
<b>Contained Awards</b>	None
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 60 credit points at Level 7 of the Higher Education Credit Framework for England.
<b>Course Lengths and Standard Timescales</b>	<p>Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is confirmed below:</p> <ul style="list-style-type: none"><li>• 1 year (part-time, campus based)</li><li>• 2 years (part-time, campus based)</li></ul>
<b>Part Time Study</b>	<p>PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that defined within this information set but the modules offered within each level are consistent.</p>
<b>Location(s) of Delivery</b>	<p>The teaching on your course will take place at Headingley Campus and City Campus.</p> <p>(This course may be studied at either or both campuses, depending on students' choice of modules.)</p>
<b>Entry Requirements</b>	<p>Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/">https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</a></p> <p>Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a>.</p>

## Course Fees

Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to [Fees@leedsbeckett.ac.uk](mailto:Fees@leedsbeckett.ac.uk).

## Timetable Information

Timetables for Semester 1 will be made available to students during induction week via:

- i) The Student Portal (MyBeckett)
- ii) The Leeds Beckett app

Any difficulties relating to timetabled sessions may be discussed with your Course Administrator.

## Policies, Standards and Regulations (<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>)

Exemption to Academic Regulation 2.3 'Standard Minimum Entry Requirements'; course entry requirements include IELTS 6.5 with no skills below 6.0, or an equivalent qualification.

## Key Contacts

**Your Course Director**

Dr Lauren Duckworth

**Your Academic Advisor**

Dr Hannah Greatwood

**Your Course Administrator**

[SchoolOfSportPGAdmin@leedsbeckett.ac.uk](mailto:SchoolOfSportPGAdmin@leedsbeckett.ac.uk)

## Course Overview

### Aims

This is a post-graduate programme for students who are developing their undergraduate and/or professional expertise and experience and who have a desire to study obesity at a higher level.

The course is designed to:

1	Provide a critical awareness of the requirements to deliver compassionate, person-centred obesity education, research and practice.
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<b>2</b>	Ensure a comprehensive understanding of how obesity research, policy and practice can be best tailored to address the real-world needs and priorities of those living with obesity, which is underpinned by the voice of lived experience.
<b>3</b>	Develop a comprehensive understanding of the complexity and transdisciplinary nature of obesity prevention and treatment and its application to research, policy and practice, demonstrating a critical awareness of current problems and new insights
<b>4</b>	Provide a platform to pursue a career in obesity prevention and/or treatment by demonstrating the ability to think and work differently to achieve more effective, equitable, compassionate person-centred obesity care. Demonstrating originality in the application of knowledge, together with an applied understanding.

### Course Learning Outcomes

At the end of the course, students will be able to:

<b>1</b>	Demonstrate an understanding of the importance of the perspectives of those living with obesity.
<b>2</b>	Demonstrate elements of the required knowledge, understanding and to pursue a career in obesity research, policy or practice.
<b>3</b>	Critically understand that paradigms, methodologies, and methods generate different kinds of information, within different modules, and be able to apply this knowledge to academic study and applied professional practice in obesity prevention and treatment.
<b>4</b>	Deal with the complexity and transdisciplinary nature of obesity prevention and treatment both systematically and creatively, across selected modules, making sound judgements from a range of data and evidence, communicating conclusions clearly to specialist and non-specialist audiences.
<b>5</b>	Address the needs and requirements of different stakeholders, including those with the lived experience, to inform effective, equitable, compassionate person-centred obesity prevention and treatment strategies.
<b>6</b>	Adopt a scientific, evidence-informed process to critically explore and problem solve issues relevant to obesity prevention and treatment, reflecting upon both traditional and contemporary approaches to research, policy, and practice.
<b>7</b>	Demonstrate self-direction and originality in tackling and solving complex problems showing a reflective and compassionate approach to applied practice.

## Teaching and Learning Activities

### Summary

The learning and teaching on the PG Certificate in Obesity places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment from the outset. The course has been co-produced with policy and practice partners, and people living with obesity, to ensure that students develop the required skills, knowledge and experiences to improve the lives of those living with obesity (through research, policy and / or practice). The blend of teaching and learning methods will differ between modules and includes a combination of face-to-face facilitated learning (i.e., key lectures on substantive areas, complemented by staff- and student-led seminars and practicals), online learning (on and offsite), and self-study through directed reading and independent study tasks. The teaching and learning approaches adopted within modules are designed to sensitise students to contemporary issues in obesity research, policy and practice, and challenge their own assumptions and practices in those contexts. The learning approaches will develop students' independent learning capability and critical thinking skills as well as prepare them for employment. Challenging and authentic tasks will be used to stretch the students' capabilities in real-world learning and assessment, resulting in a deeper approach to learning.

Learning and teaching approaches will be continually reviewed and if required, refined using feedback from mid- and end-of-module evaluations, peer review, focus groups, enhancement and development meetings, and module development days. Furthermore, the continued professional development of staff who will facilitate the learning experience, will ensure that the student experience is continually enhanced.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which will differ by module and across levels. Modules (20-credits) are delivered over a 12-week semester, with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

### Available Modules

This information is correct for students progressing through the programme within standard timescales. Option modules listed are indicative of a typical year. There may be some variance in the availability of option modules. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable.

<b>Level 7 Full Time</b>			
<b>60 credits in electives</b> (students choose a total of 3 x20 credit modules)			
<b>Semester 1</b>	<b>Core (Y/N)</b>	<b>Semester 2</b>	<b>Core (Y/N)</b>
Determinants of Obesity (20)	Y*	Obesity Management in Context (20)	Y*

<b>Level 7 Full Time</b>			
<b>60 credits in electives</b> (students choose a total of 3 x20 credit modules)			
Health Psychology in Action (20)	N	Systems Approaches to Obesity (20)	N
Foundations of Public Health – Health Promotion (20)	N	Food and Nutrition for Public Health (20)	N
Obesity Epidemiology and Data Modelling (20)			N
Professional Practice (20)			N

\*students will be required to select one of the two core elective modules

Part-time delivery for this course does not align with a defined structure: Part-time students will be supported by the course team to determine an appropriate selection of modules from the level for each year of study.

### Assessment Balance and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from option module choices undertaken by students on the course. They have been reviewed and confirmed as representative by the Course Director but applicants should note that the specific option choices students make may influence both assessment and workload balance.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Modules may have more than 1 component of assessment.

#### Assessment

On this course students will be assessed predominantly by coursework with some examinations and practical assessments.

#### Workload

<b>Overall Workload</b>	
Teaching, Learning and Assessment	108 hours [108]
Independent Study	492 hours [372]
Placement	0 hours [120]

[if a student elected the professional practice module]

## **Learning Support**

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators work closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

## **Student Services**

If you have any questions about life at University, call into our Student Services Centre at either campus or contact Student Advice directly. This team, consisting of trained officers and advisers, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. They also work on a wide range of projects throughout the year, all designed to enhance your student experience and ensure you make the most of your time with us. Student Advice are located in the Student Services Centre in the Leslie Silver Building at City Campus and on the ground floor of the Priestley Building at Headingley Campus. The team can also be contacted via email at [studentadvice@leedsbeckett.ac.uk](mailto:studentadvice@leedsbeckett.ac.uk), telephone on 0113 812 3000, or by accessing our online chat link, available on the student homepage.

## **Support and opportunities**

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The Support tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The Opportunities tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.