**Interdisciplinary Graduate Certificate in Obesity and Weight Management**

**University of Georgia, Athens, GA 30602**

<http://www.fcs.uga.edu/fdn/graduate-certificate-in-obesity-and-weight-management>

**Contact**: Dr. Janani Rajbhandari-Thapa, Certificate Director, [jrthapa@uga.edu](mailto:jrthapa@uga.edu)

Courses and Certificate prepare you to address obesity in clinical, community, schools, workplace, and research settings

## Quick Facts

* Pursue courses, internships, and research as part of your graduate degree
* Requires 16 credits in nutrition, physical activity, policy and related areas (6 courses)
* For master’s or doctoral students interested in community, clinical, and research settings
* **Can be completed along with your graduate degree**
* More than 20 faculty teach more than 20 courses and supervise 5 clinics

## Tailored to Your Interests

* Nutrition, physical activity, environment, behavioral management, counseling and policy
* Enhance communication about obesity and weight management with diverse audiences
* Develop skills in advocacy in school, workplace, community, and clinical settings

## Procedures and Requirements

**Be admitted as a degree seeking student at University of Georgia, any department,** <http://www.grad.uga.edu/apply.html>

**Popular courses, offered regularly, and/or with pre-requisites waived for certificate students are marked with \***

**Required core courses, 10 credits**

* **Nutrition, 3 credits**
  + \*FDNS 6240E, Nutrition and Obesity Across the Lifespan (3 cr), Fall online
  + FDNS 6590, Metabolism and Physiology of Energy Balance and Obesity (3 cr), Spring (odd years)
* **Physical activity, 3 credits** 
  + \*KINS 6500, Physical Activity, Exercise and Obesity Across the Lifespan (3 cr)
  + KINS 8300, Exercise, Obesity, and Cardiometabolic Diseases (3 cr), Spring (odd years)
* **Policy, 3 credits** 
  + \*HPAM 7050e, Health Policy and Obesity (3 cr)
* **Survey, 1 credit** 
  + \*FDNS/KINS/HPAM/HPRB/ECHD 8595, Survey of Obesity and Weight Management (1 cr)

**Electives, 6 credits**

Courses contribute to learning in a variety of disciplines, as well as the application of foundational knowledge in applied, clinical, and/or research settings. Be sure to check the perquisites, because many of the FDN and KINS require several physiology and/or biochemically based pre-requisites.

**Popular courses, offered regularly, and/or with pre-requisites waived for certificate students are marked with \***

* Any of the courses listed under the required core that are not already taken
* \*KINS/HPRB/FDNS 7600, Public Health Physical Activity and Nutrition Interventions (4 cr),
* \*ECHD 6020, Interpersonal Relationships (motivational interviewing) (3 cr),
* \*KINS/FDNS 6700, Weight Management Coaching (3 cr),
* ECHD 9110, Approaches in Cognitive-Behavioral Therapies (3 cr)l,
* ECHD 8125, Introduction to Health Psychology (3 cr), Spring
* FDNS/HDFS 6260, Childhood Obesity (3 cr), not currently scheduled
* FDNS/KINS 6220, Nutrition in Physical Activity, Exercise, and Sport (3 cr), Spring
* FDNS 6800, Nutrition and Pharmacotherapy for Disease Management (3 cr), Spring
* FDNS/KINS 7940, Nutrition, Physical Activity, Exercise, and Sport Internship (3 cr), most semesters
* FDNS/KINS 8230, Advanced Nutrition in Physical Activity, Exercise, and Sport (3 cr), every other Fall (odd years)
* FDST 7070E, Functional Foods (3 cr), requires food science background, contact Ronald Pegg or Mark Harrison
* KINS 6300, Exercise Epidemiology (3 cr,, Fall and Spring
* KINS 6310, Exercise Prescriptions for Special Populations (3 cr)
* KINS 6600, Measurement and Surveillance of Physical Activity (3 cr)
* KINS 6640-6640L, Scientific Principles of Conditioning and Fitness (4 cr)
* KINS 7310-7310L, Clinical Exercise Physiology (4 cr),
* 7000, 7300, 9000, 9300, or other course numbers that involve internships, practicums, and/or service learning may be approved as electives. These courses should be obesity-related as certified in writing by the supervising faculty member (with at least 50% of the course is related to obesity)
* With prior approval by the Steering Committee, other courses can be considered for approval when at least 50% of the course is related to obesity (as verified in writing by the instructor of the course)
* Other obesity-related courses will be added as they become available

**UGA Clinics where internships can be fulfilled. Please check with your academic advisor for advice about internships in your home department.**

* Aspire Clinic, College of Family and Consumer Sciences, Megan R. Ford, MS, Coordinator
* Center for Counseling and Evaluation, College of Education, Linda F. Campbell, PhD, Director
* Center for Physical Activity and Health, College of Education, Ellen M. Evans, PhD, Director
* Workplace Health Group, College of Public Health, Mark Wilson, Director

For more information, please contact Dr. Janani Rajbhandari-Thapa, [jrthapa@uga.edu](mailto:jrthapa@uga.edu)