

## Statement of participation

# Michael Frank

has completed the free course including any mandatory tests for:

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### Obesity: Balanced diets and treatment

This 15-hour free course studied obesity, now a cause of concern among health professionals, exploring the dietary, physiological and genetic aspects.

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**Issue date:** 15 November 2018



[www.open.edu/openlearn](http://www.open.edu/openlearn)

This statement does not imply the award of credit points nor the conferment of a University Qualification. This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/science-maths-technology/biology/obesity-balanced-diets-and-treatment/content-section-0>

COURSE CODE: **SK277\_2**

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# Obesity: Balanced diets and treatment

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## Course summary

The incidence of obesity is on the increase in affluent societies, and the phenomenon commands increasing attention from health professionals, legislators and the media. This free course, Obesity: Balanced diets and treatment, looks at the science behind obesity, examining the dietary, physiological and genetic aspects of the topic.

## Learning outcomes

By completing this course, the learner should be able to:

- list the six key nutrient groups and explain their role in a healthy diet
- understand and calculate body mass index (BMI), and use such calculations to predict desirable weight ranges for individuals
- explain the importance of a balanced diet in terms of energy intake
- explain how genetic and environmental variables may interact to produce variability in human body weight and adiposity both within and across generations
- apply an understanding of gene–environment interactions to possible explanations of variability in body weight and adiposity.

## Completed study

The learner has completed the following:

### Section 1

The components of a balanced diet

### Section 2

Genes, environment and the causes of obesity

### Section 3

Conclusion