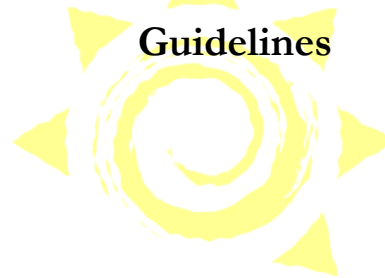


The American College of Wellness, LLC
Certified Obesity Management Specialist, COMS



The Certified Obesity Management Specialist, COMS program is a high-efficiency, self-study and self-testing program. It contains PowerPoint® presentations (coming soon) that accompany the educational material. The content of the program covers the essentials of obesity management, which incorporates an understanding of nutrition, physical activity and behavioral health.

The Certified Obesity Management Specialist program is designed for maximum flexibility. Study, review, and test yourself over the most up-to-date information at your convenience. COMS contains detailed explanations, and interpretive data such as images, tables, and diagrams. The detailed content enclosed has been developed by practicing clinicians and leading educators.

COMS will assist and direct you to provide guidance to clients seeking advice on lifestyle changes, weight management and overall improved health. The program provides you the fundamental skills of client assessments and general counseling strategies. You will also learn how to assist your clients to design and reach their goals while considering their risk factors.

COMS Program Goals:

- Provide education to assist you with improving the health of your clients through weight management.
- Incorporate behavioral modifications, physical activity, and nutritional factors critical to understanding barriers and developing strategies to reduce and prevent obesity.
- Integrate the expertise of practitioners with knowledge of the physiological differences in the obese client.
- Nurture the careers of obesity practitioners through continuing education and training.

Minimum Prerequisites:

- **Bachelors Degree or appropriate training, certification, or 4 years work experience in related field.**
- Background knowledge or education in the basics of health and wellness.
- Desire to assist individuals in reaching health & wellness goals.

Health Component:

- General Health and Wellness
- Physical Activity Guidelines
- Aerobic, Resistance, Flexibility/Balance Training
- American Dietary Guidelines and Recommendations
- Basic Nutrition and Weight Loss/Management
- Vitamins and Minerals
- Weight Maintenance after Loss
- Metabolic Rate and Energy Metabolism
- Risk Factors of the Obese Patient
- Introduction to the Human Physiology
- Body Composition Measurements
- Calculating Weight Goals and Ideal Body Weight

Consulting Component:

- Effective Counseling Relationship
- Goal Setting
- Stress Reduction
- Design a Plan of Action
- Energy Determinations, Physical Assessment
- Weight Counseling
- Strategies to Promote Change
- Making Behavior Change Last
- Emotional Triggers and Eating
- Role of A Health Counselor in Physical Activity Counseling
- Worksheets & Questionnaires to Document & Assess Counseling Sessions

Certified Obesity Management Specialist Home-Study Program Includes:

- No travel is necessary.
- You do not need to purchase any additional materials. (Suggested reading material only enhances your professionalism and knowledge.)
- Certification exam is based on all material you receive.
- Upon successful completion and passage, your certificate will read "Certified Obesity Management Specialist, COMS".
- All materials, including the log-in information for the examination, are sent to you at the same time or are available online.
- There are no extra or added fees for course materials and examination.
- E-mail ACW any time you have a question while completing your certification exam.

Upon Ordering Your COMS Program You Will Receive:

- Certification Study Guide
- Forms and Worksheets
 - PowerPoint® presentations for straightforward learning
 - Counseling & Lifestyle Management Forms
 - Worksheets and Questionnaires to document and assess counseling sessions
- One year Free membership to the American College of Wellness, LLC
- Certified Obesity Management Specialist online exam

Approximate Completion Time:

- Your order is processed within 48 hours. Please allow 7-14 day days for Standard Delivery.
- You will have up to 3 months to complete the certification course. This is self-paced, self-study.
Submit your exam once you have completed the course.
- Please allow up to 4 weeks for exam evaluation and receipt of your certificate.
- 80% is required to pass your exam.
- You will receive your results via **email** within 48 hours, followed by your mailed certificate and membership information within 1-2 weeks of completion of your exam.

Ordering:

You may place your order with the ACW secure online system 24 hours a day. You will receive confirmation via email once your order has been received. You may also mail a money order or place your order directly with MC, VISA, or AMEX.

Requirements for Obesity Management Specialist Program Completion:

- Complete the online order information, mail in an application or phone in your order.
- Receive and review all your materials.
- Complete the certification written exam (identification, short answer, multiple choice).
- Detailed instructions are included with your certification program.
- Obtain an 80% passing grade.

Upon successful completion of the certification program you will receive:

- Professional *Certified Obesity Management Specialist* certificate for framing.
- Ongoing e-mail support for your training & client questions.
- Updates on new and exciting programs to advance your career.
- Free email newsletter with updates, event postings and job listings.
- Continuing Education opportunities with courses and ACW Conferences.

Certified Obesity Management Specialist Fee: \$245.00

Certified Obesity Management Specialist Fee Shared: \$395.00

Save by participating in the Shared Program Plan. You will receive one set of materials, two packets with instructions and login information for examinations, sent to one location. Each applicant is required to complete his/her own written exam for grading.

Re-testing:

- You must receive a passing grade of **90%** or better to receive your certification.
- If you do not meet this minimum requirement you will be mailed your exam with the questions you missed indicated.
- You will be given the opportunity to correct your answers within **45** days, at no additional fee.
- You will not be issued your certificate until you have fully met this requirement.

Return Policy:

There are **no refunds or exchanges** of educational programs once it has been sent. All sales are final.

You may transfer a purchased educational program to another person. ACW must approve transfers.