

Statement of participation

S Muhammad Suleman Arshad

has completed the free course including any mandatory tests for:

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.

Issue date: 25 November 2025



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**

Obesity: balanced diets and treatment

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

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