

CSOWM Examination Content Outline

1	Assessment	53
A	Screening and Assessment	
1	Pathophysiology of Obesity and Overweight	
2	Anthropometrics	
3	Physical Assessment	
4	Diagnostic and Laboratory Testing	
5	Behavioral Health and Substance Use	
6	Functional and Cognitive Status (e.g., age, development)	
7	Readiness for Change	
B	Health History	
1	Diet and Weight	
2	Exercise and Physical Activity	
3	Behavioral Health	
4	Medical and Weight Treatment	
5	Medication and Supplementation	
C	Psychosocial Factors	
1	Living and Working Environment	
2	Cultural Factors	
3	Social Support Systems	
4	Access to Food and Healthcare/Resources	
2	Interventions	47
A	Nutrition-Related Interventions	
1	Diet Modification Modalities	
2	Macronutrient Needs	
3	Micronutrient Needs	
4	Dietary Supplements	
B	Exercise and Physical Activity Interventions	
1	Contraindications to Exercise and Medical Clearance	
2	Exercise Prescription/Recommendations	
3	Lifestyle and Recreation Activities	
4	Exercise and Physical Activity Monitoring	
C	Behavioral Health Interventions	
1	Behavioral Health Comorbidities	
2	Body Image and Weight Stigma	
3	Psychotherapy Modalities, Behavior Modification, and Goal Setting	
D	Medical, Surgical, and Pharmacotherapeutic Interventions	
1	Medical Comorbidities	
2	Pharmaceutical Intervention and Optimization	
3	Metabolic and Bariatric Surgery	

3	Continuation of Care	25
A	Interdisciplinary Coordination of Care	
1	Treatment Plan Development	
2	Professional Referrals and Resources	
3	Community and Government Resources	
4	Advocacy and Education	
B	Follow-Up and Evaluation	
1	Progress and Outcomes	
2	Treatment Plan Engagement and Resistance	
3	Treatment Plan Modification	
4	Treatment Program Development and Evaluation	

Secondary Classifications - Tasks

1. Assess and monitor weight status/anthropometrics.
2. Gather medical, psychiatric, family, and social history.
3. Assess substance use history.
4. Gather dietary recall and eating routine.
5. Apply a patient-centered approach to care.
6. Use person-first and patient sensitive language.
7. Identify how weight stigma and weight bias can affect health and care.
8. Deliver care to actively minimize the effects of weight stigma and weight bias.
9. Advocate for patients with overweight and obesity.
10. Assess and determine the patient's readiness for change and cognitive function.
11. Assess and determine how socioeconomic, environmental, and cultural factors impact care.
12. Provide individualized education and counseling to the patient, caregiver, and family.
13. Refer patient to appropriate specialties, including behavioral health.
14. Coordinate with interdisciplinary healthcare team across the continuum of care.
15. Apply knowledge of pathophysiology of adiposity-based chronic diseases for treatment plan implementation and modification.
16. Modify care across the lifespan (e.g., pediatric, pregnancy).
17. Assess diagnostic testing results including biochemical/lab markers.
18. Recognize how pharmacotherapy interventions affect weight management.
19. Evaluate macronutrient/micronutrient status as it relates to care.
20. Recognize how dietary supplements may affect health status and/or care.
21. Apply evidence-based behavioral strategies for weight management.
22. Assess, prepare, and educate patients on metabolic/bariatric surgery and pre- and post-operative care.
23. Develop individualized exercise and physical activity recommendations/goals based on evidence-based guidelines.
24. Provide recommendations for weight maintenance and weight loss maintenance.
25. Educate patient on self-monitoring and supporting health behavior change.
26. Monitor patient's progress in relation to patient-specific goals.