

# Lifestyle Medicine

Graduate Certificate,  
Graduate Diploma, Master



*Ready today for tomorrow*

[jcu.edu.au](http://jcu.edu.au)



# Lifestyle Medicine

✔ Lifestyle medicine is the evidence-based practice of nutrition, fasting, movement, sleep, mind-body approaches like meditation, relaxation therapy and breathwork, substance reduction, social connection, social prescribing, connection to our natural world combined with behaviour change skills like health coaching, technology, translational research and model of care innovation.

✔ Choose from electives in research, public health, business and health professional education to align with your career goals. Complete your studies with a capstone project, where you will apply your understanding of lifestyle medicine to an industry-related issue.

✔ Students who complete a JCU Lifestyle Medicine degree will be eligible to apply for a Fellowship of the Australasian Society of Lifestyle Medicine.

## COURSE DETAILS:

<b>L ca i :</b>	Online
<b>C e ci g:</b>	February, July (Graduate Diploma and Masters. Graduate Certificate is available February only).
<b>D ari :</b>	Graduate Certificate: 6 months full-time or part-time equivalent Graduate Diploma: 1 year full-time or part-time equivalent Master: 1.5 years full-time or part-time equivalent
<b>Pre e i re :</b>	Graduate Certificate: AQF level 7 bachelor degree in a health discipline or equivalent Graduate Diploma and Master: AQF level

# Progress your studies

Pursue your passion to a higher level through nested qualifications. You can enter directly into a Masters, or use the Graduate Certificate and Graduate Diploma as stepping stones towards your Masters.

## Master of Lifestyle Medicine

36 CREDIT POINTS

Pursue your medicine career in the direction of your choice. Specialise your subject area to take advantage of flexible, research-based learning opportunities across clinical practice, research and teaching. You'll be supported by academic advisors to help you make your career opportunities.

## Graduate Diploma of Lifestyle Medicine

24 CREDIT POINTS

With lifestyle choices and behaviours affecting the health of our nation, knowledge of lifestyle medicine is essential for our health professionals. Earn your qualification through a range of learning and teaching opportunities across clinical practice, research and teaching. Earn your qualification in the field of lifestyle medicine research.

## Graduate Certificate of Lifestyle Medicine

12 CREDIT POINTS

Gain an effective introduction to the discipline of lifestyle medicine. Professional foundation for clinical practice and research in lifestyle medicine and health care. Learn how to apply the knowledge and skills to your professional practice.



*How lifestyle heals or harms – 50% of Australians have a chronic physical and mental health disease and everyone needs approaches in healthcare. Studying lifestyle medicine at JCU is an incubator for exciting careers, projects and innovation in healthcare. There is rapid growth in evidence and demand for lifestyle medicine, a hole in person care and a hole in community care from public clinicians, researchers and industry.*

**Dr Sam Manger**

LIFESTYLE MEDICINE COURSE COORDINATOR



*I is onderf l o see lifes le medicine gaining he a en ion i deser es amongs medical and allied heal h professionals I ha e orked for man ears i h Dr Manger as par of o r A s ralasian Socie of Lifes le Medicine e en s and conferences and he leads he eld i h kno ledge passion and en h siasm Ha ing he oppor ni o nder ake a co rse led b him is ndo b edl a fan as ic oppor ni and o can be ass red of q ali e idence based eaching*

**Dr Joanna McMillan**

DIETICIAN, AUTHOR AND  
REGULAR HOST OF ABC'

PROGRAM

## Career Opportunities

There is an increasingly high demand for lifestyle and public health expertise in almost all health care industries, including primary care and tertiary hospital settings, community projects, industry, not-for-profit and government sectors.

The Lifestyle Medicine courses are suited to all health professionals, including but not limited to doctors, dietitians, physiotherapists, exercise physiologists, sports and exercise scientists, nurses, psychologists, pharmacists, nurses, podiatrists and more.

Graduates of JCU's Graduate Certificate, Graduate Diploma and Master of Lifestyle Medicine will have the skills to consult and lead clinical and research programs in a variety of health care settings.

This course provides qualifications to support careers in clinical practice, public health, research, teaching, consultation for health care systems, occupational programs, industry and community programs.





# Postgraduate coursework applications

Apply directly to JCU, either by a form you download, complete and return, or by using the [Online Application Portal](#).

Your application must reach us before the deadline for your course.

## ENTRY REQUIREMENTS

Postgraduate courses will usually require completion of an appropriate undergraduate degree for entry. You'll need to include certified copies of qualifications and academic records with your application. For some programs, appropriate work experience or equivalent qualifications will be considered.

The entry requirements for each course are included on the Apply now page for the course.

## FURTHER INFORMATION

To find out more, call 1800 246 446 or contact the [Student Enquiry Centre](#).

