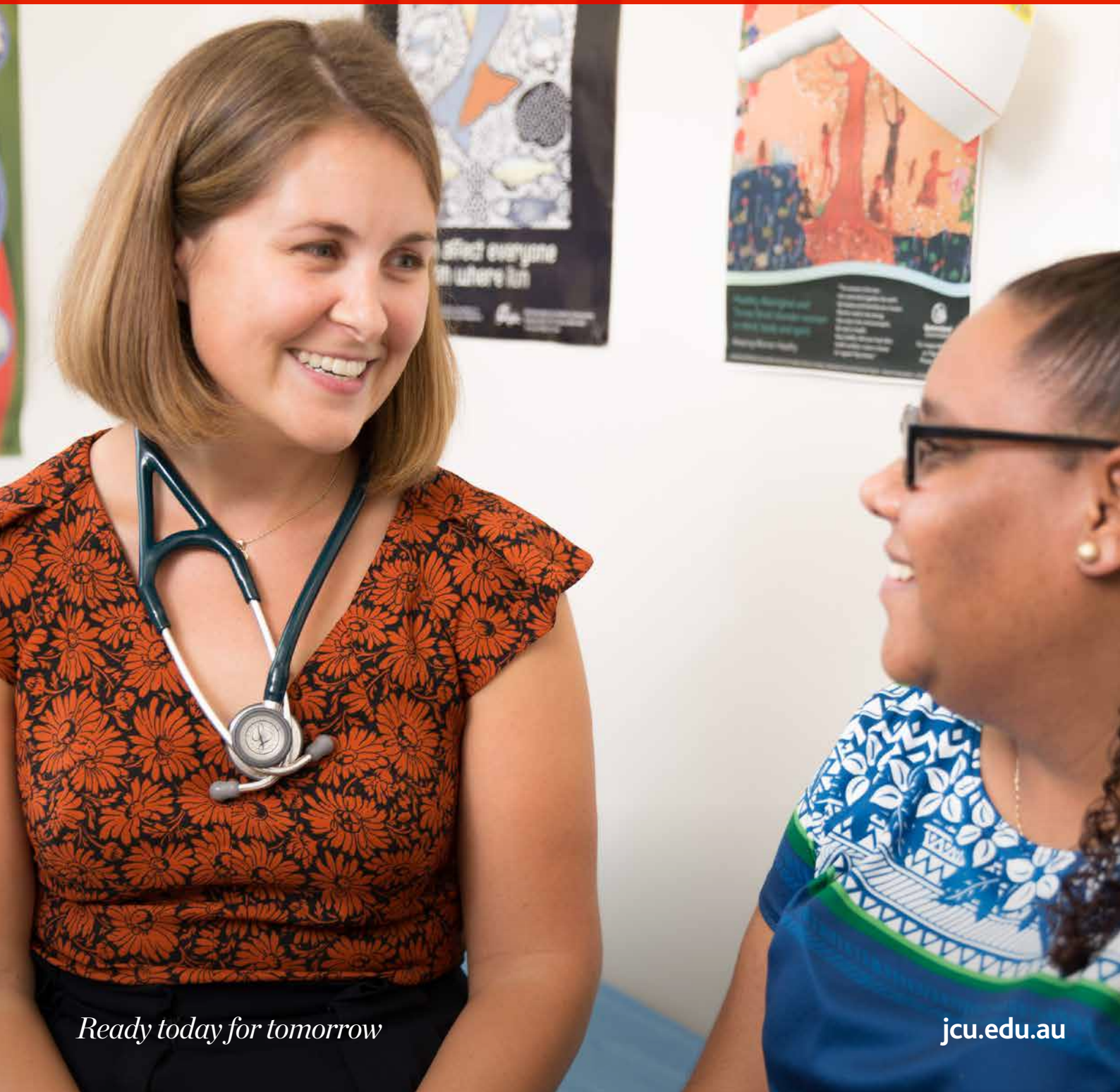


Lifestyle Medicine

Graduate Certificate,
Graduate Diploma, Master



Ready today for tomorrow

jcu.edu.au



Why JCU?

A STUDENT EXPERIENCE LIKE NO OTHER

- Access to world-class teachers
- Enhance your career and employment opportunities
 - Benefit from multi-disciplinary professionals
 - Connect with professional networks
- Commonwealth Supported Placements available
 - Recognition of prior learning opportunities

INNOVATIVE HEALTH EDUCATION

Advance and enhance existing health care with JCU's Graduate Certificate, Graduate Diploma or Master of Lifestyle Medicine degree — the only such courses in Australia offered under a school of medicine. Experience high-quality teaching and programs, with opportunities to engage with innovation and entrepreneurship in the health, community and industry spaces.

MAKE A DIFFERENCE

Become a sought-after leader with the skills to improve healthcare holistically through training in advanced clinical lifestyle medicine, health coaching, behaviour change, model of care implementation, public health and research methodologies. Using these evidence-based approaches we can learn to prevent and treat chronic physical and mental illness through lifestyle and social interventions and innovative approaches to service delivery.

FLEXIBLE STUDY FOR BUSY PROFESSIONALS

Study from anywhere in Australia through online learning. Recognition of Prior Learning to streamline your studies is available for a broad range of post-graduate training in General Practice, allied health and lifestyle medicine. Part time and Full time options. Enquire to find out more.

PROGRESS YOUR STUDIES

Pursue your passion to a higher level through nested qualifications. You can enter directly into a Master of Lifestyle Medicine, or use the Graduate Diploma of Lifestyle Medicine or Graduate Certificate of Lifestyle Medicine as a stepping stone towards your Masters. In addition to your Lifestyle Medicine degree, students may be able to obtain credentials as a Fellow of the Australasian Society of Lifestyle Medicine (FASLM), as an Accredited Health Coach, a Graduate Certificate in Research Methodologies, and become eligible for PhD programs.

SUITABLE FOR ALL HEALTH PROFESSIONALS

Medical, nursing, psychology, allied health and health-related researchers.



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:

Locations:	Online
Commencing:	February, July (Graduate Diploma and Masters. Graduate Certificate is available February only).
Duration:	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
Prerequisites:	Graduate Certificate: AQF level 7 bachelor degree in a health discipline or equivalent Graduate Diploma and Master: AQF level 7 bachelor degree in a health discipline and current registration as a health professional

Recognition of Prior Learning (RPL) opportunities may exist for students who have a fellowship in a medical college and/or completion of other lifestyle medicine certification and/or completion of a relevant area of study.

Please visit the handbook for the [Graduate Certificate](#), [Graduate Diploma](#) or [Master of Lifestyle Medicine](#), for a detailed outline of the course structure.

Note: Information is for domestic students only.

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)

Propel your medicine career in the direction of your choice. Specialise your subjects and take advantage of flexible, project-based opportunities across clinical practice, research and teaching. You'll be supported by academics and industry experts to enhance your career opportunities.

Graduate Diploma of Lifestyle Medicine

(24 CREDIT POINTS)

With lifestyle choices and behaviours affecting the health of every patient, knowledge of lifestyle medicine is essential for every health professional. Expand your skillset through engaging with advanced concepts within clinical lifestyle medicine. Emerge with experience in innovative models of care and research.

Graduate Certificate of Lifestyle Medicine

(12 CREDIT POINTS)

Gain an effective introduction to the diverse field of lifestyle medicine. Professionals from a variety of disciplines can explore what lifestyle medicine can offer them through a range of flexible electives.



“How we live heals or harms us. Fifty per cent of Australians have a chronic physical and mental health disease and we urgently need approaches in healthcare. Studying lifestyle medicine at JCU is an incubator for exciting careers, projects and innovation in health care. There is rapidly growing evidence and demand for lifestyle medicine, whole of person care and whole of community care from the public, clinicians, researchers and industry.”

Dr Sam Manger

LIFESTYLE MEDICINE COURSE COORDINATOR



“It is wonderful to see lifestyle medicine gaining the attention it deserves amongst medical and allied health professionals. I have worked for many years with Dr Manger as part of our Australasian Society of Lifestyle Medicine events and conferences, and he leads the field with knowledge, passion and enthusiasm. Having the opportunity to undertake a course led by him is undoubtedly a fantastic opportunity and you can be assured of quality, evidence-based teaching.”

Dr Joanna McMillan

DIETICIAN, AUTHOR AND
REGULAR HOST OF ABC'S CATALYST 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.



“My practice has been profoundly changed by the learnings of this course. I’ve told any colleague who would stand still long enough that they should check it out.”

Taya Coates

MASTER OF LIFESTYLE MEDICINE
STUDENT



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**.

Contact us

JCU Townsville: 07 4781 5255

JCU Cairns: 07 4232 1000

Freecall (within Australia): 1800 246 446

Email: enquiries@jcu.edu.au



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