



Lifestyle Medicine

Graduate Certificate,
Graduate Diploma, Master



JAMES COOK
UNIVERSITY
AUSTRALIA

Ready today for tomorrow

jcu.edu.au



Why JCU?

A STUDENT EXPERIENCE LIKE NO OTHER

- Access to world-class teachers
- Achieve exceptional employment outcomes
 - Benefit from small class sizes
- Connect with professional networks

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. Using an evidence-based approach, prevent and reduce the burden of chronic disease and mental health illnesses through lifestyle interventions.

FLEXIBLE STUDY FOR BUSY PROFESSIONALS

Study from anywhere in Australia through online learning. Sharpen your skills at a university independently rated #1 in Australia for learning resources* and five stars for student support and teaching quality*.

ACCESS EXPERTISE

Build your network with connections to high profile clinicians, researchers, industry experts and innovators in the field of lifestyle medicine. JCU Medicine is rated #1 in Queensland for overall experience and median graduate salary*.

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.

*Good Universities Guide 2022, PG Medicine.



Lifestyle Medicine

✔ Lifestyle medicine focuses on managing lifestyle-related health problems to prevent and reverse common chronic physical and mental health illnesses. Critically investigate and assess lifestyle-related disease, including diverse models of care. Learn to apply theories in psychological, medical, nutritional and addiction science in a variety of health contexts.

✔ 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: | 6 months full-time: Graduate Certificate (part-time available) 2 years part-time: Graduate Diploma 3 years part-time: Master |
| Prerequisites: | AQF level 7 bachelor degree in a health discipline |

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
(48 CREDIT POINTS)

Graduate Diploma of Lifestyle Medicine
(24 CREDIT POINTS)

Graduate Certificate of Lifestyle Medicine
(12 CREDIT POINTS)



“How we live heals or harms us. Fifty per cent of Australians have a chronic disease and depression is now the leading cause of morbidity. Yet we know lifestyle interventions can prevent around 80 per cent of chronic disease.

Lifestyle Medicine is the formal evidence-based application of nutrition, fasting, movement, sleep, mind states and mindsets, reduced substance use, social connectedness, connection with the natural world and social determinants, combined with enhanced behaviour change and health coaching, new models of care and technology to prevent and treat disease and lead to whole-of-person wellbeing.”

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



“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

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**.

Contact us

JCU Townsville: 07 4781 5255

JCU Cairns: 07 4232 1000

Freecall (within Australia): 1800 246 446

Email: enquiries@jcu.edu.au

