



Interdepartmental Postgraduate Program - MSc in Lifestyle Medicine

The University of Thessaly and its Departments of Physical Education & Sport Science, Medicine, and Nutrition & Dietetics, under the auspices of the European Lifestyle Medicine Organization (ELMO), offer an innovative, comprehensive, evidence-based and online English-taught Master's in Lifestyle Medicine.

This Interdepartmental Postgraduate Program aims to provide specialized knowledge and a rigorous and balanced training in the developing interdisciplinary field of Lifestyle Medicine. Students will gain an advanced understanding and awareness of this field of medicine that addresses research, prevention, treatment, and amelioration of pathology caused by various emerging issues and lifestyle factors.

The MSc focuses on upskilling qualified scientists with key competencies on the prevention and management of Noncommunicable diseases (NCDs) through the main pillars of Lifestyle Medicine. These comprise physical activity, appropriate nutritional strategies, stress management, behavioral change, sexual health, restorative sleep and psycho-emotional resilience, as well as addressing risky or self-destructive behaviors, including the consumption of tobacco products, alcohol or drug abuse.

The MSc modules will broaden students' understanding of key areas, issues and challenges that emerge within health and care sector. At the end of the course, students will be able to critically appraise aspects related to lifestyle changes and be capable of identifying, assessing referring to appropriate health care providers and proposing treatment interventions for environmental, lifestyle, psychological and biological health risk factors.

Additionally, the program will equip its graduates with enhanced critical and evaluative awareness and strong leadership and communication skills. These will enable them to deliver effective counseling in promoting a healthy lifestyle and helping individuals to change and improve their health and the quality of their everyday life.

For more information concerning the MSc in Lifestyle Medicine, modules, entry requirements and applications please follow this link www.mlm.edu.gr.