MPH in Lifestyle Medicine

Awarded By James Lind Institute

EduQua Certified Institution



Masters in Lifestyle Medicine

100% online | Duration: 1.5 - 2 Yrs | Credits: 138 ECTS

Program *Overview*

Lifestyle Medicine is a dynamic public health discipline that incorporates evidence-based lifestyle preventive and therapeutic interventions for the general wellbeing of an individual, family, and society at large. The vast spectrum of lifestyle interventions is influenced by socio-cultural and demographic patterns and may include the management of nutrition, physical activity, stress, substance abuse, sleep hygiene, and relationships.

Learn At Your Own Pace. Anytime. Anywhere

★★★★½

"My overall experience with the James Lind Institute (JLI) has been rewarding. I would like to rate JLI 4 out of 5. The course content was well-structured, informative, and relevant to my field, which made learning meaningful and beneficial..."

Khadiija Mohamud Mohamed
MPH- Maternal and Child Health

★★★★½

"I would certainly recommend this program to anyone, especially those in their mid-career and desiring an additional qualification..."

Guya Noel
MPH - Infectious Diseases

★★★★½

"Overall, my experience with James Lind Institute has been positive. I value the kindness and guidance of the lecturers"

Jannie Zibiri
MPH - Health Economics & Policy



Program *Overview*

CREDITS **138 ECTS**

What You Will Study

The program is comprised of 138 ECTS credits and can be completed in about 18 months. For a detailed list of courses taught in this program, please refer to the curriculum.
After completion of 42 credits, an interim qualification of Advanced Diploma in Public Health Management is awarded. This part of your studies only includes coursework. This is followed by the completion of additional 72 credits via coursework and 24 credits via dissertation under the guidance of a mentor.

How You Will Study

This program is conducted fully online.
Once you are enrolled you will be provided a username and password to login to our e-Campus. All the courses that you are supposed to study will be available in your account. You can log in and complete your courses at any time of your convenience. Study materials are provided in the form of lectures, reading materials, additional videos, research papers, and so on. The faculty can be contacted for any assistance when required. All tests and assignment submissions also take place via the e-Campus. For more information please refer to the online learning section of the website.

Program *Information*

Eligibility Requirements | Career Outlook | Fees & Funding* | How to Apply

Eligibility

Applicants must hold a bachelor's degree or equivalent (higher national diploma or higher qualification), preferably in a life science–related field.

If you are uncertain about your eligibility, please contact our admissions team for guidance.

Required Documents

To complete your application, please submit:

- Passport-size photo (head and shoulders)
- Proof of identity (passport or government-issued ID)
- Bachelor's degree certificate or equivalent qualification
- Academic transcripts / mark sheets from your bachelor's degree

For Dual Degree Pathway applicants:

- High School Diploma / Secondary School Certificate
- Curriculum Vitae (CV)

Language Proficiency

This program is conducted in English. Applicants should be comfortable with reading, writing, and speaking in English.

An English proficiency test result (taken within the last two years) is preferred but may be waived if:

- You are a native English speaker, OR
- You completed your previous education in English, OR
- You have 2+ years of work experience in an organization where English is the primary language.

Entry Requirements | Career Outlook | Fees & Funding* | How to Apply

Graduates of MPH in Public Health Genomics can pursue a variety of careers in public health agencies, research institutions, healthcare organizations, and advocacy groups. Potential roles include genetic counsellor, public health researcher, policy analyst, epidemiologist, and health educator, among others.

Program *Information*

Entry Requirements | Career Outlook | Fees & Funding | How to Apply

The fees vary in currency values based upon the country you are based in. However, there is no need to worry, we have made it simple for you to calculate your expense.

Calculate your course fees here

Just Select Your Nationality And Click On Calculate.

Entry Requirements | Career Outlook | Fees & Funding* | How to Apply

To Apply

Click here



Request Information

Apply Now

Accelerate

your career

Get in Touch with James Lind Institute

Learn More

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