



MASTER CLASS

LIFESTYLE MEDICINE

Course Overview:

According to the World Health Organization, Non-communicable diseases (NCDs) are responsible for 60% of all deaths in India. NCDs account for 53% of the disease burden in India. At the global level, by 2020, two-thirds of all diseases will be related to lifestyle factors such as poor diet, physical inactivity, obesity, use of tobacco and alcohol consumption. Despite the growing burden of lifestyle diseases, medical practitioners have not incorporated lifestyle medicine in a systematic manner into clinical practice.

This course has been developed to help increase your knowledge of lifestyle medicine and enable you with strategies that can be incorporated into your patient care while managing lifestyle diseases. The topics included in this course cover the core competencies recommended for lifestyle medicine practitioners including nutrition, physical fitness, weight management, psychological health topics (stress, sleep, tobacco, alcohol use, addictions) and wellness coaching. You will learn how to effectively coach and counsel your patients to positively change their lifestyle, including diet, exercise and stress management.

Duration:

Level 1: Certificate in Lifestyle Medicine:

3 months, 20 Hours of Learning Content

Level 2 – Advanced Certificate in Lifestyle Medicine:

3 months, 20 Hours of Learning Content

Course Objectives:

- Learn the core competencies of lifestyle medicine
- Incorporate lifestyle interventions into your patient care
- Enable patients to initiate and sustain health-promoting behaviours
- Apply lifestyle medicine knowledge to prevent and treat NCDs

Course Outline:

Level 1 – Certificate in Lifestyle Medicine:

- Health, Wellness and Disease concepts
- Physical fitness
- Nutrition
- Weight management

Level 2 – Advanced Certificate in Lifestyle Medicine:

- Disease management
- Psychological health management
- Addiction and Abuse management
- Integrative medicine

Course Highlights:

- 6 months duration with 40 hours of e-Learning Content
- Designed by the renowned experts in the field of Lifestyle Medicine
- Certified and Accredited at every level by Apollo Life
- Fundamentally designed for aspiring doctors/medical/allied professionals:
 - To enhance their patient care with diet, exercise and stress management
 - To develop competencies in areas of Lifestyle medicine

Training & Learning Methodology:

Online Learning:

The online learning focuses on developing coaches with a knowledge to handle people with better listening skills, training skills, interpersonal skills and communication skills where improved communication and clarity may lead to improved results and outcomes.

This online program will be for a duration of 6 months and will be delivered in 2 grades - Level I and Level II. A login username and password will be provided to access the content. The module-wise assessments are also available online and a 50 % pass mark is required to clear the module assessments. The online content shall be in the form of e-books, PowerPoint presentations and case discussions.

Assessments:

Level 1: Online Assessments

Level 2: Online Assessments

Online Assessments: The course has different chapters with each having an assessment at the end. All these assessments are online and objective. The final online assessment is available on successful completion of all above chapter assessments.

Certification:

On completion of every Level the student is respectively certified as below by Apollo Life and Medvarsity.

Level - 1 Certificate in Lifestyle Medicine

Level - 2 Advanced Certificate in Lifestyle Medicine

Eligibility:

Certificate in Lifestyle Medicine

- Doctors: MBBS doctors, doctors from alternate medical streams such as Ayurveda, Homeopathy, Unani, Siddha, Naturopathy (Recognized alternate medical streams). Final year students and interns in the above streams.
- Focus of this course is on general practitioners, medical specialists, and allied health practitioners.
- Final year students from these streams can enrol in Level -1

Other medical/allied professionals

- Dentists: BDS and above, Final Year BDS students and dental interns.
- Physiotherapists: Bachelor of Physiotherapy (BPT), Master of Physiotherapy (MPT)
- Nurses: BSc and MSc Nurses.
- Dieticians: With BSc, MSc or PG Diploma in nutrition/dietetics

Advanced Certificate in Lifestyle Medicine

- Same requirements as above, and
- Completion of Level 1 - "Certificate in Lifestyle Medicine"

Accreditation Partner:





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