LIFESTYLE MEDICINE - GRADUATE CERTIFICATE

Lifestyle Medicine is a branch of evidence-based medicine in which comprehensive lifestyle changes are used to prevent, treat and reverse the progression of chronic diseases by addressing their underlying causes. Interdisciplinary faculty provide students with the knowledge and skills to design, implement and modify comprehensive lifestyle medicine programs for individuals with and without chronic disease. Emphasis is placed on interpersonal communication, working collaboratively with others, and evaluating and reading research related to lifestyle medicine. Additionally, students in the program will value the social justice issues related to lifestyle medicine and care for the whole of the individual person.

Program Objectives
1. Design, implement and modify lifestyle medicine programs that create health for individuals with and without chronic disease.
2. Demonstrate effective interpersonal verbal, non-verbal and written communication skills.
3. Discern social justice issues related to health and health care in the context of lifestyle medicine.
4. Recommend and evaluate appropriate literature related to lifestyle medicine.

Admission Requirements
Requirements for admission to the graduate programs in Health and Wellness include:
1. Completed application form with $50 application fee
2. Current resume
3. Statement of purpose (2-3 pages, double-spaced) outlining the reasons for applying for admission, the intended goals, and personal philosophy on health and wellness coaching
4. Official transcripts from all educational institutions attended
5. Three recommendations by persons familiar with the applicant’s academic background, achievements and personal qualities
6. Proof of regular access to the technology needed to take online courses
7. Proof of completion of a health related degree, credentialing, or health related coursework

*All international applicants from countries in which English is not the primary language must demonstrate proficiency in the English language by submitting a minimum TOEFL score of 90 iBT.

*Creighton University reserves the right to request GRE scores or a personal interview.

Certificate requirements (15 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRD 601</td>
<td>Writing for Graduate Students</td>
<td>1</td>
</tr>
<tr>
<td>HWC 591</td>
<td>Advanced Lifestyle Medicine</td>
<td>2</td>
</tr>
<tr>
<td>HWC 650</td>
<td>Health Behavior Modification</td>
<td>3</td>
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<tr>
<td>HWC 651</td>
<td>Nutrition for Chronic Disease</td>
<td>3</td>
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<tr>
<td>HWC 652</td>
<td>Exercise for Chronic Disease</td>
<td>3</td>
</tr>
</tbody>
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Total Credits 15