

LIFESTYLE MEDICINE GRADUATE CERTIFICATE

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 Sciences 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.

Lifestyle Medicine Graduate Certificate Requirements: (15 Credits)

Code	Title	Credits
Required courses:		
GRD 601	Writing for Graduate Students	1
IHW 591	Advanced Lifestyle Medicine	2
IHW 650	Health Behavior Modification	3

IHW 651	Nutrition for Chronic Disease	3
IHW 652	Exercise for Chronic Disease	3
IHW 653	Stress and Sleep Management	3
Total Credits		15

GRD 601. Writing for Graduate Students. 1 credit.

This course prepares students for graduate writing by building on and improving existing writing skills. Students learn how to enter a scholarly conversation first by exploring the written works of others and then by responding to those works by conducting library research and developing their own arguments.

IHW 591. Advanced Lifestyle Medicine. 2 credits.

Lifestyle medicine is the use of healthy lifestyle behaviors to prevent and treat chronic diseases. In this course, students will consider comprehensively applying lifestyle medicine strategies to healthy individuals, to those with chronic diseases, and as part of a self-care program. Students will also consider lifestyle medicine as its own medical explanatory framework for disease, illness and health.

IHW 650. Health Behavior Modification. 3 credits.

This course provides students with a broad perspective on the many factors that determine health, with emphasis on healthy lifestyle behaviors. Students will construct, implement and modify healthy lifestyle programs for case patients/clients with and without chronic disease and across the lifespan. Special emphasis will be placed on understanding the pathophysiology and current treatment strategies of common chronic diseases. Students also learn how to evaluate and read research papers that are based on lifestyle medicine practices and procedures.

IHW 651. Nutrition for Chronic Disease. 3 credits.

This course reviews the basic principles of human nutrition with emphasis on the relationship between diet and health, and diet and disease. Students will learn and practice how to construct, implement, and modify personalized nutrition programs for patients/clients with and without chronic disease and across the lifespan. Students also learn how to evaluate and read research papers that are based on nutrition practices and procedures.

IHW 652. Exercise for Chronic Disease. 3 credits.

This course reviews the basic principles of aerobic and anaerobic fitness and their relationship with health and disease. Students will learn and practice how to construct, implement, and modify personalized exercise programs for patients/clients with and without chronic disease and across the lifespan. Students also learn how to evaluate and read research papers that are based on exercise practices and procedures.

IHW 653. Stress and Sleep Management. 3 credits.

This course studies stress and sleep and their respective impacts on health and chronic disease across the lifespan. Several stress management techniques are debated and practiced with emphasis on mind-body medicine and the relaxation response. Students also learn how to evaluate and read research papers that are based on stress and sleep management practices and procedures.