



**MLM**  
MSc in Lifestyle Medicine



The **University of Thessaly** and its departments of Medicine, Physical Education & Sport Science and Nutrition & Dietetics, under the auspices of the European Lifestyle Medicine Organization, offer an innovative, comprehensive and evidence-based Masters in Lifestyle Medicine



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Operational Programme  
Human Resources Development,  
Education and Lifelong Learning  
Co-financed by Greece and the European Union



# What is Lifestyle Medicine?



**Lifestyle Medicine** is an exciting new approach for change and transformation in health, health-care, society and the environment. It is defined as the integration of modern lifestyle practices into evidence-based medicine while incorporating health promotion, non-communicable disease (NCD) prevention and chronic disease management

Lifestyle Medicine applications aim to drastically reduce the growing and unviable costs of the health system, to lower NCD risk factors or to provide support for chronic therapies. By offering a cost effective, sustainable approach this field of studies provides feasible tools, useful for every specialty of healthcare professionals including the means of motivating and educating patients in improving their quality of life and sustaining healthy behaviors.

“a healthy lifestyle is not about what you lose, it’s about what you gain”





## Why should I study for an MSc in Lifestyle Medicine at the University of Thessaly?

01

This Interdepartmental Postgraduate Program aims to provide specialized knowledge and a rigorous, comprehensive 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.

02

The MSc focuses on upskilling qualified scientists with key competencies on the prevention and management 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.

03

The MSc modules will broaden students' understanding of key areas, issues and challenges that emerge within the 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.

04

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. Moreover, by targeted capacity building, graduates will be empowered to lead in their respective professional fields towards a sustained NCDs advocacy.

## Graduates' career prospects

- 1 First step in a certified Lifestyle Medicine career
- 2 Leadership positions in medical, nutrition, exercise, health counselling or health policy sectors with a focus on health promotion.
- 3 Private Lifestyle Medicine practice, Consultation and Health Coaching
- 4 First step towards an academic / research career in medical or health sciences

MA01: Evidence Based Practice  
 MA02: Sexual Health, Gender, Self-care and Relationships  
 MA03: Exercise and Physical Activity in Health and Disease  
 MA04: Nutrition for Health and Wellbeing  
 SE01: Research Methods and Statistics

**1st**  
**Semester**  
*online*

MB01: Sleep Hygiene  
 MB02: Stress and Anxiety Management  
 MB03: Substance Use, Addictions and Related Behaviors  
 MB04: Environmental Physiology and Human Health  
 SE02: Systematic Review and Meta-Analysis

**2nd**  
**Semester**  
*online*

E01: Stress and Anxiety Counseling  
 E02: Sleep Polysomnography and Sleep Coaching  
 E03: Body Composition Assessment  
 E04: Fitness Capacity Assessment  
 MD: Dissertation – Thesis Project

**3rd**  
**Semester**  
*2 weeks intensive  
 summer school in Greece*

*\*Modules are delivered in a hybrid fashion (online delivery and block teaching), taking into account the career demands of the working health professional*

## entry requirements

To be considered for admission to the MSc in Lifestyle Medicine applicants should hold a Bachelor's degree.

Holders of titles and qualifications awarded by overseas (non-European countries) Higher Education Institutions will undergo evaluation through the Hellenic National Academic Recognition and Information Center (Hellenic NARIC) prior to master's degree awarding day. The process will be supported by the postgraduate office.

Graduates of departments of Medicine, Health Sciences, Physical Education and Sports, Psychology, Nutrition/Dietetic and other health-related scientific fields, regardless of whether they have professional rights in Greece/Europe, are welcome to apply.

## additional criteria

The MSc in Lifestyle Medicine is offered in English. The minimum English language qualification for entry is the Lower certificate or IELTS with a minimum band score of 6 or equivalent. An interview may also be used to test the candidate's ability to use and study in English in order to be successfully registered.

Holders of an undergraduate or postgraduate degree from an English-speaking University, or those who come from a country where one of the official languages of the state is English, are exempt from the obligation to provide language certification.

Finally, you may also be required to attend an interview and/or provide a portfolio of work.

**Level:**

**Awarding Body:**

**Duration:**

**ECTS:**

**Mode of Delivery:**

**Language of Delivery:**

**Mode of Assessment:**

**Intake Date:**

**Fee:**

Master's Degree (RQF Level 7)

University of Thessaly

Full time (min 1.5 year, max 3 years) / Part time (min 2 years, max 4 years)

90 units / 8 online taught modules (7 ECTS/Module) / 1 Summer camp

module (8 ECTS) / 2 Seminars ( 2 ECTS/Seminars) Research Project /

Dissertation (22 ECTS)

Online + 1 Summer camp Practical module

English

Exams, Presentations, Thesis

January 2023

6000€ (divided in two installments)