

 Learn | Diploma MSc

Lifestyle Medicine

Postgraduate Certificate



THE UNIVERSITY OF
BUCKINGHAM



Postgraduate Certificate

Delivered over 6 months, the online, part-time, Postgraduate Certificate course is specially developed for busy health professionals. Formatted in 3 modules, 6 weeks each; the course is designed to be practical and clinically focused.

Why study Lifestyle Medicine with us?

Our online, part-time Postgraduate Certificate in Lifestyle Medicine is designed to provide healthcare professionals with the knowledge and skills to prevent, treat and manage chronic diseases, also known as noncommunicable disease (NCDs).

This multidisciplinary course encourages collaborative learning and the exploration of real-world applications, fostering a global understanding of health challenges and solutions.

This programme delivers up-to-date insights into the principles of lifestyle medicine, combining evidence-based strategies with practical applications tailored to diverse healthcare settings.

Our course in Lifestyle Medicine equips healthcare professionals with the required knowledge and skills to effectively integrate lifestyle interventions into their clinical practice.

Dr Sue Kenneally, Learna | Diploma MSc Programme Leader

Lifestyle Medicine Postgraduate Certificate

Course Modules

Our online Lifestyle Medicine Postgraduate Certificate can be completed in just 6 months and is a fully online, flexible, part-time postgraduate certificate.

Module 1: Nutrition and Physical Activity

Aim of the module:

To enable students to master the foundations of lifestyle medicine and evidence-based nutrition while developing practical skills in nutrition assessment, physical activity prescription, and movement coaching. They will be able to integrate this knowledge to design and implement comprehensive, patient-centred programmes, underpinned by behavioural change principles and evidence-based practice.

Synopsis of module content:

- Principles of Lifestyle Medicine and Behavioural Change
- Foundations of Evidence-Based Nutrition
- Practical Nutrition Assessment and Coaching
- Physical Activity Science and Exercise Prescription
- Movement Programmes and Activity Coaching
- Integration and Implementation of Nutrition and Exercise Programmes

On completion of this module, students will be able to:

1. Critically synthesise the scientific principles of evidence-based nutrition and physical activity within the context of lifestyle medicine, evaluating their physiological, behavioural, and clinical implications for diverse healthcare settings.
2. Evaluate and design comprehensive, patient-centred lifestyle interventions by critically analysing current research and developing contextually appropriate nutrition and physical activity strategies applicable to practice.

Module 2: Sleep and Substance Management

Aim of the module:

To equip students with an advanced understanding of sleep physiology, circadian mechanisms, and substance use patterns, developing expertise in assessing the impact of behavioural addictions in the digital age. Students will develop evidence-based skills to create personalised health optimisation strategies that integrate sleep science, behavioural modification, and recovery principles.

Synopsis of module content:

- Sleep Physiology and Circadian Rhythms
- Sleep Assessment and Optimisation
- Substance Use Patterns and Sleep Impact
- Assessment and Management of Substance Use
- Behavioural Addictions and Digital Health and Wellbeing
- Integrated Recovery and Personalised Health Planning

On completion of this module, students will be able to:

1. Critically analyse the distinct physiological, psychological, and environmental mechanisms underlying sleep disorders and substance use patterns, evaluating their individual and potential intersectional impacts on holistic health within the context of lifestyle medicine.
2. Critically evaluate and design comprehensive, personalised health optimisation strategies by integrating insights from sleep and addiction science, behaviour modification, and evidence-based management principles.

Module 3: Stress Management and Social Connections

Aim of the module:

To enable students to deeply comprehend the physiological, psychological, and social determinants of mental wellbeing. Students will gain expertise in mind-body interventions, stress management techniques, and building therapeutic relationships to facilitate holistic, community-driven lifestyle medicine programmes, integrating social prescribing and community-based support as core components of personalised health optimisation strategies.

Synopsis of module content:

- Stress Physiology and Mental Wellbeing
- Mind–Body Interventions and Stress Management
- Social Determinants of Health
- Building Therapeutic Relationships and Communities
- Social Prescription and Community Programmes
- Integration of Social Support in Lifestyle Medicine Practice

On completion of this module, students will be able to:

1. Demonstrate a critical understanding of the relationships between stress physiology, mental health, and social determinants of health, assessing their multifaceted effects on individual and population well-being within the framework of lifestyle medicine.
2. Critically analyse and design holistic interventions that incorporate mind-body practices, social prescribing strategies, and evidence-based behavioural change techniques to address stress-related health challenges in diverse population settings.



Doing a course, all online is a lot more convenient for me around my clinical role so that's why I chose to study with Learn... I really like how flexible the course was, I liked the freedom I got with the professional project and I was well supported throughout the whole 2 years!

- Lisa Jayne Edwards, Medical Education MSc graduate



Teaching Methods

Our courses are conducted entirely online through our online learning platform. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be required to attend our Study Skills week. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is compulsory for you to attend this induction, as it'll provide you with a sturdy introduction to the course.

Lifestyle Medicine: Postgraduate Certificate

Entry Requirements

English Requirements

- IELTS with an overall score of 6.5 or above.
- GMC / NMC (Nursing Midwifery Council) / GPhC / HCPC registered – with a licence to practise.
- Proof of study at a UK, USA, Australian, New Zealand or Canadian University or membership to a medical body from one of these countries.

Educational Requirements

- Possess an undergraduate degree in a relevant subject awarded by a UK university or overseas equivalent.
- Provide evidence in the personal statement as to how they can apply learning to a practical setting and reflect on practice.
- Basic IT skills (e.g. word processing, email and internet).
- If English is not the student's first language they must hold an English language qualification.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Lifestyle Medicine courses.

Applicants without the above academic criteria but relevant/ suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).





What do our students think?

Since 2010, over 8000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor

"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattapurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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