




degree programme

# Lifestyle Medicine

## Course details

 Lifestyle Medicine

 1.5 years

 Master of  
Public Health (MPH)


 90 ECTS credits


 9,930 EUR per year

 Taught in English

**The degree programme Lifestyle Medicine** aims at training mediators who bring together the best in traditional community-focused public health with the best in person-oriented health care. These specialists will be able to help people implement the needed lifestyle changes in diet, exercise, smoking and stress management; evaluate the risk of harmful habits and addictions; identify and assess the environmental, lifestyle, psychological and biological health risk factors and ground priority of health strategy and policies.

### AFTER GRADUATION YOU CAN:

 Prevent and manage different risk factors, improve individual behaviours related to noncommunicable diseases, and achieve this by working in primary health care settings, medical teams, public health bureaus or private practice;

 Continue your education by entering PhD programmes.

# Structure of programme

what you will learn each year

YEAR 1

## MODULES

Public Health, Nutrition, Physical Activity and Health, Mental Health and Lifestyle, Research Work in Lifestyle Medicine, Preparation of Master's Thesis



YEAR 2

## MODULES

Elective Courses, Practice, Preparation of Master's Thesis

**FULL COURSE PROGRAMME** 

## WHY TO STUDY LIFESTYLE MEDICINE AT THE LITHUANIAN UNIVERSITY OF HEALTH SCIENCES ?

- Blended learning approach, merging onsite and online learning, providing optimal convenience, especially for non-residents and those who need to combine studies with current employment;
- Contribution of highly skilled professionals to the teaching process;
- Cooperation with USA Universities through a distance learning format;
- Multicultural environment and student community: international students from 48 different countries make up nearly 10% of the total student population at LSMU;
- Tuition fees at a good quality-to-cost ratio and reasonable living costs in the country;
- Diploma recognized in European Union and other countries.

## Enquiries

Admission Office

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**APPLY ONLINE**

<https://apply.lsmuni.lt/>

