

International MSc in Lifestyle Medicine

Evidence for healthier lives.
Skills for your professional practice.

University of Thessaly, Greece

2027–2028 intake



Lifestyle medicine, grounded in science

**Everyday behaviours belong
in the health conversation.**

The MSc explores how lifestyle interventions contribute to prevention and chronic disease care.

Evaluate the evidence. Apply it within your professional role.

One university. Three complementary disciplines

Medicine

Clinical context for prevention
and chronic disease care

Physical Education & Sport Science

Exercise physiology and
functional assessment

Nutrition & Dietetics

Nutrition science and dietary behaviour



Your MSc at a glance

90

ECTS credits

3

semesters

English

teaching language

20

places for this intake

Live online teaching, practical Summer School and an original thesis

Eight pillars. An integrated view of health

01 **Nutrition**

02 **Physical activity**

03 **Sleep hygiene**

04 **Stress management**

05 **Substance use**

06 **Sexual health & fertility**

07 **Social connection**

08 **Environmental exposure**

A curriculum with breadth and depth

Semester A

Evidence-based practice

Sexual health, gender, self-care
and relationships

Exercise and physical activity
in health and disease

Nutrition for health and wellbeing

Semester B

Sleep hygiene

Stress and anxiety management

Substance use, addictions
and related behaviours

Environmental physiology
and human health

Research seminars support methods, statistics and evidence synthesis.

Online learning with a clear rhythm

One module at a time

Friday to Sunday

Monthly blocks of live teaching

Recorded sessions

A resource for revision

Live participation matters: minimum 70% attendance per module.

Practical learning in Greece

Summer School in Trikala

Stress and anxiety counselling

Sleep assessment and coaching

Body composition assessment

Fitness capacity assessment

Intensive in-person workshops



Your research question. Your master's thesis

22 ECTS

for an original research project

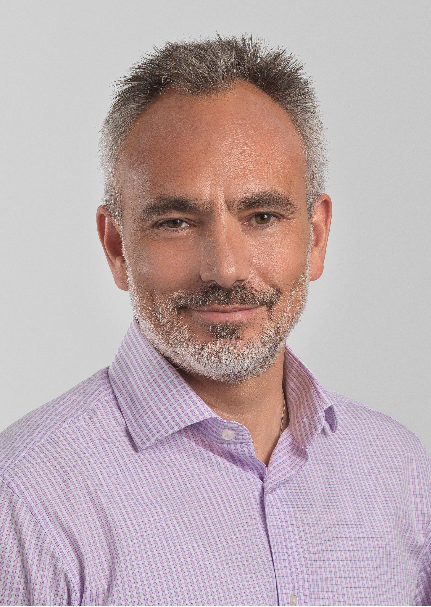
A question that matters

Explore a relevant topic in lifestyle medicine through your dissertation.

A university qualification

Complete the programme and defend your thesis to earn the MSc.

Academic expertise with a European perspective



Prof. Giorgos K. Sakkas

Academic Director

Professor of Clinical
Exercise Physiology



Prof. Christina Karatzaferi

Professor of Exercise
Physiology and Myology



In partnership with the European
Lifestyle Medicine Organization

The people behind the experience



Tawasul Magzoub

Family doctor



Victoria Pena Acuna

Clinical nutritionist
and health coach



Evangelia Sanida

Physiotherapist

[Watch their stories at mlm.edu.gr](https://mlm.edu.gr)

Who can apply?

A relevant bachelor's degree

Medicine, health sciences, sport science, psychology, nutrition, nursing, physiotherapy, public health or a related field.

English-language readiness

IELTS 6.0 or an accepted equivalent.
Exemptions may apply.

Your background deserves an individual review.

The academic office can help you check your eligibility.

[Check entry requirements](#)

A clear route to your application

€6,000

Total programme tuition

Pay by bank transfer, following the instalment schedule in your offer letter.

01 Check eligibility

Complete the university's Intent to Apply form.

02 Submit your application

Send the documents requested by the academic office.

03 Accept and register

Follow your offer's deadlines and payment instructions.

Your next step in lifestyle medicine

2027–2028 intake

Applications: 1 October–31 December 2026

20 places available

[Check your eligibility at \[mlm.edu.gr/apply-now\]\(https://mlm.edu.gr/apply-now\)](https://mlm.edu.gr/apply-now)

MSc-LM@uth.gr

[+30 24310 47020](tel:+302431047020)