



4TH EUROPEAN LIFESTYLE MEDICINE CONGRESS

OCTOBER 7-9, 2022
ATHENS, GREECE

Roundtable VI: The Future of European Lifestyle Medicine



Master of Science in Lifestyle Medicine **An international Master under the** **auspices of ELMO**



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MLM
MSc in Lifestyle Medicine

Disclaimer

- **No conflict of interest**
- Professor in Clinical Exercise, University of Thessaly, Greece
- Professor of Lifestyle Medicine, Cardiff Metropolitan University, UK
- Secretary of the “Exercise is Medicine-Greece”
- I am an exercise addict!
- The development of the Master course has received funding from the HRDELL national operational programme



Operational Programme
Human Resources Development,
Education and Lifelong Learning

Co-financed by Greece and the European Union



1st Official Presentation

Official Launching at
ELMO conference

Formal Government
Approval 14th Sept 2022,
Government Gazette FEK)
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Brochure 2023



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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EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION



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 to graduates with enhanced critical and evaluative awareness and strong leadership and communication skills. These will enable them to deliver effective counseling to individuals to change and improve their health and lifestyle and helping individuals to change and improve their health and lifestyle and helping individuals to change and improve their health and lifestyle.

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

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, 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"

MODULES

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

1st
Semester
online

MB01: Sleep Hygiene
MB02: Stress and Anxiety Management
MB03: Substance Use, Addictions and Related Behaviors
MB04: Environmental Physiology and Human Health

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 | additional criteria

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/Dietetics and other health-related scientific fields, regardless of whether they have professional rights in Greece/Europe, are welcome to apply.

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:
Website:

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)
30 units (8 online taught modules (8 ECTS/Module) / 1 Summer camp module (10 ECTS) / Research Project / Dissertation (16 ECTS)
Online + 1 Summer camp Practical module
English
Exams, Presentations, Thesis
January 2023
6000€ (divided in two installments)
www.nlm.edu.gr

1st Official Presentation

- ∞ Recruitment starts on Oct 17th 2022
- ∞ 1st Day of Class: 3rd of February 2023



MLM
MSc in Lifestyle Medicine



What is Lifestyle Medicine?

Lifestyle Medicine is a branch of evidence-based medicine and consists of six interconnected pillars:

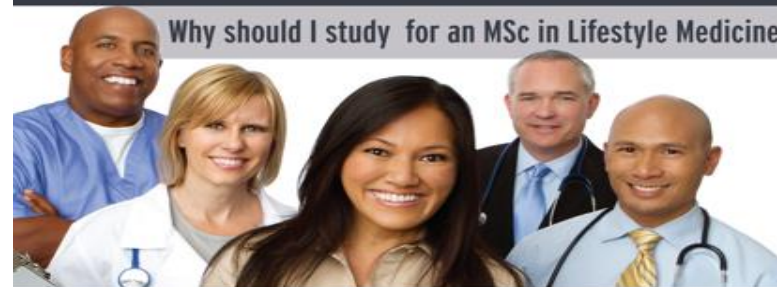
Nutrition, Physical Activity, Sleep, Stress Management, Addictions and Social support, all under the influence of the evolving socioeconomic and environmental conditions.

The goal of LM is to prevent, treat and reverse the progression of non-communicable chronic diseases by addressing their underlying causes and perpetuating factors.

Lifestyle Medicine interventions include health risk assessment screening, health behaviour change counselling and clinical application of lifestyle modifications.

Lifestyle Medicine is often prescribed in conjunction with pharmacotherapy and other forms of interventions

Why should I study for an MSc in Lifestyle Medicine



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MLM

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Exercise



Nutrition



Sleep



Stress



Addictions



Social-Sex-
Environment

Inter-Departmental Postgraduate Program

A Master of Science postgraduate course between 2 different Schools and 3 different Departments within the University of Thessaly

School of Health Sciences

- Department of Medicine – Medicine School

School of Physical Education, Sport Science and Dietetics

- Department of PE and Sport Science
- Department of Nutrition and Dietetics

Under the auspices of the European Lifestyle Medicine Organization

These departments has a history of collaboration and research output that is at the core of the new field of Lifestyle Medicine



5 Cities, 1 University

Why University of Thessaly?

Research & Development

Academic and
Research Excellence

5 Cities

1 University

📍 Map



90+ Postgraduate

Programs

Offer a high level of expertise

8 Schools

35 Undergraduate
Programs



Volos

14 Departments

📍 Map



Larisa

10 Departments

📍 Map



Trikala

2 Departments

📍 Map



Karditsa

4 Departments

📍 Map



Lamia

5 Departments

📍 Map

44,000 Undergraduate Students, 4100 Master Students , 1800 PhD Students



Why University of Thessaly?

- ∞ The University of Thessaly has a 15+ yr history in interdisciplinary research in the field of lifestyle medicine
- ∞ Strong research and teaching ties exist between research teams in Medicine, Sports Science and Nutrition/Dietetics
- ∞ There is a critical mass of academics and appropriate infrastructure to support the new program

And,

- ∞ Thessaly / Greece is a popular destination with mild climate and low crime levels which is investing in the development of international degrees

Course Characteristics

Level:	Master's Degree (RQF Level 7)
Awarding Body:	University of Thessaly
Duration:	Full time (min 1.5 year, max 3 years) / Part time (min 2 years, max 4 years)
ECTS:	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)
Mode of Delivery:	Online + 1 Summer camp Practical module
Language of Delivery:	English
Mode of Assessment:	Exams, Presentations, Thesis
Intake Date:	January 2023
Fee:	6000€ (divided in two installments)

Course Aims & Objectives

- ✎ At the end of the course, students will be able to critically appraise aspects related to lifestyle changes in six pillars including:
 - Diet,
 - Physical activity,
 - Risky behaviors and psycho-emotional resilience,
 - Sleep hygiene
 - Sexual Health
 - Environmentfor the prevention, reversion and treatment of non-communicable diseases.
- ✎ In addition, students will be able to identify, assess and propose treatment interventions for environmental, lifestyle, psychological and biological health risk factors.
- ✎ The whole study curriculum is based on **Evidence-Based Medicine Practice approaches** taught by high-caliber academic scientists and Lifestyle Medicine practitioners.

Modules 1st Semester

February 2023 – June 2023 – Online modules

- ✎ **MA01:** Evidence Based Practice
- ✎ **MA02:** Sexual Health, Gender, Self-care and Relationships
- ✎ **MA03:** Exercise and Physical Activity for Health and Diseases
- ✎ **MA04:** Nutrition for Health and Wellbeing
- ✎ Seminars and Guest Speakers

Modules 2nd Semester

Oct 2023 – Jan 2024 – Online modules

- ✎ MB01: Sleep Hygiene
- ✎ MB02: Stress and Anxiety Management
- ✎ MB03: Substance Use, Addictions and Related Behaviors
- ✎ MB04: Environmental Physiology and Human Health
- ✎ Seminars and Guest Speakers

Modules 3rd Semester

Jan 2024 – Jun 2024 – 2 weeks intensive Summer School in Greece

4 Practical Modules using the Erasmus Mobility Scheme

- ✎ E01: Stress and Anxiety Counseling
- ✎ E02: Sleep Polysomnography and Sleep Coaching
- ✎ E03: Body Composition Assessment
- ✎ E04: Fitness Capacity Assessment
- ✎ Seminars and guest speakers



Research Project — Thesis / Extended Semester

- ✎ Original Research (took place at student's preferred place)
- ✎ Case Studies
- ✎ Systematic Review, Meta-analysis and related approached



Collaboration with ELMO

Benefits for the MSc course

- ✧ International recognition and exposure
- ✧ Dissemination activities via ELMO network
- ✧ Utilize ELMO teaching activities, seminars and conferences

Benefits for ELMO

- ✧ Strong partnership with a University
- ✧ Strong collaboration in teaching and research activities
- ✧ All MSc students will become ELMO members (fees paid by the MSc course)
- ✧ All MSc students will be enrolled automatically at the ELMO certificate (fees will be paid by the MSc course)
- ✧ Research promoting ELMO's aims and scopes
- ✧ Opportunities for PhD studies in LM
- ✧ Hosting and collaborating scientific activities such as conferences and seminars



Awarded Qualifications

- Master of Science (MSc) in Lifestyle Medicine – University of Thessaly



- European Certificate in Lifestyle Medicine: Health and Fitness Lifestyle Advisor – ELMO

ELMO Certificate



www.mlm.edu.gr



Thank you for your attention!



Operational Programme
Human Resources Development,
Education and Lifelong Learning

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