



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



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University of Thessaly, Greece





MLM
MSc in Lifestyle Medicine



What is Lifestyle Medicine?

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

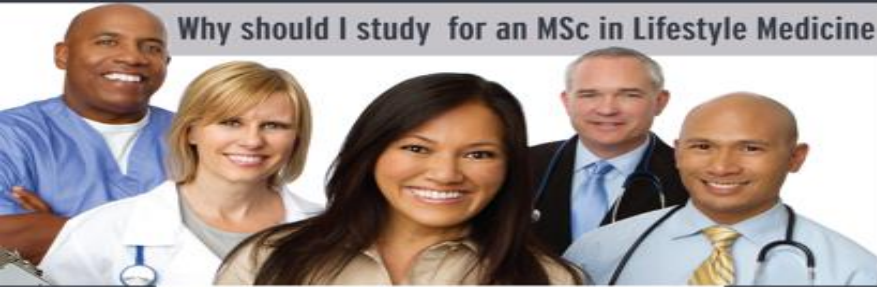
Nutrition, Physical Activity, Sleep, Stress Management, Addictions and Social support, all under the influence of the evolving socioeconomic and environmental conditions.

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



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



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

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www.nlm.edu.gr



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

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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.

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.

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.

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 counselling 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.

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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
	EO1: Stress and Anxiety Counseling EO2: Sleep Polysomnography and Sleep Coaching EO3: Body Composition Assessment EO4: 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 professionals

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: Languages 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, Presentations, Thesis January 2023 6000€ (divided in two installments) www.nlm.edu.gr	2014-2020 enac-qa-2018-2020
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The 8 Pillars of Lifestyle Medicine



Exercise /
Physical
Activity

Nutrition

Sleep

Stress

Substance-use

Sexual health

Environment

Social
connection

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



Why University of Thessaly?

Research & Development

Academic and Research Excellence

5 Cities

1 University

📍 Map



90+ Postgraduate Programs

Offer a high level of expertise

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



Course Characteristics

Level	Master's Degree (EQF Level 7, RQF Level 7)
Awarding Body	University of Thessaly
Duration	FT: 1,5 (max 3) yrs PT: 2 (min) – 4 yrs
ECTS	90
Mode of delivery	Online and Summer Camp
Language of Delivery	English
Mode of Assessment	Exams, Presentations, Thesis
Start	February each years
Fees	6000 Euros (paid in two instalments)

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:
 - Nutrition & Diet,
 - Physical activity,
 - Sleep hygiene
 - Stress
 - Risky behaviors and psycho-emotional resilience,
 - Sexual Health
 - Environment
 - Social Connectionfor the prevention, reversion and treatment of non-communicable diseases (NCDs).
- ∞ 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

January – June – Online modules (7 ECTS each)

- ☞ **MA01:** Evidence Based Practice
 - ☞ **MA02:** Sexual Health, Gender, Self-care and Relationships
 - ☞ **MA03:** Exercise and Physical Activity for Health and Disease
 - ☞ **MA04:** Nutrition for Health and Wellbeing
- ☞ Seminars and guest speakers (2 ECTS)

Modules 2nd Semester

Oct – Jan – Online modules (7 ECTS each)

- ∞ 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 (2 ECTS)

Modules 3rd Semester

Jan (next year)– Jun (next year) – 1 week intensive Summer School in Greece (8 ECTS)

4 Practical/Lab Modules

- ∞ 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

Research Project – Thesis (22 ECTS)

- Original Research
- Case Studies
- Systematic Review,
- Meta-analysis review

The thesis project is supported and guided by a 3-member supervisory team (main supervisor and two co-supervisors).

MSc Viva voce

Thesis defence event

- The actual thesis book is submitted to the University Library and the searchable National archive
- The team will support the preparation and submission of research articles to peer-reviewed journals.

Under the auspices of ELMO

Program Benefits

- ✎ International recognition and exposure of the degree
- ✎ Dissemination activities via ELMO network
- ✎ Access to ELMO teaching activities, seminars and conferences
- ✎ Exploration/facilitation of strategic partnerships (joint degree, other Lifestyle Medicine Organizations, i.e. American, Australian)

Student Benefits

- ✎ All MSc students become ELMO members (one-time fees covered by the MSc course)
- ✎ All MSc students enrolled automatically for the ELMO certificate (one-time fees covered by the MSc course)
- ✎ Opportunities for internships or PhD studies in LM
- ✎ Access to scientific activities such as conferences and seminars

Awarded Qualifications

∞ MSc in Lifestyle Medicine – University of Thessaly



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

ELMO Certificate



www.mlm.edu.gr



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



Thank you for your attention!

Who are we?

Dr Christina Karatzaferi

- ✎ Professor in Exercise Physiology and Myology at the University of Thessaly, Greece.
- ✎ CK's academic career has spanned over two decades and two continents, via prestigious UK, USA and EU academic institutions. Her teaching focuses on exercise physiology, myology and disease prevention and has authored or co-authored relevant textbooks.
- ✎ Her basic [research interests](#) lie at the cross-roads of muscle physiology, biophysics and metabolism. Her applied research interests relate to the rescue of muscle function in the face of disuse or disease and the testing of Lifestyle Medicine approaches for maintaining independence and quality of life in ageing and NCD management.
- ✎ A myology and exercise physiology expert with an international reach, CK's Google Scholar profile is top 5 in *muscle fatigue*, top 10 in *muscle mechanics*, top 10 in *exercise interventions*, and top 20 in human physiology [[Google Scholar](#), h-index: 30]
- ✎ CK' research work as been funded by the AHA, EU, and national bodies
- ✎ Contact: ck@uth.gr

Dr Giorgos K Sakkas

- ✎ Professor of Lifestyle Medicine at the Cardiff Metropolitan University in Wales, United Kingdom and an Associate Professor in Clinical Exercise at the University of Thessaly.
- ✎ GKS's teaching focuses on clinical exercise physiology, lifestyle medicine and alternative medicine and has authored or co-authored relevant textbooks.
- ✎ GKS is a CNHC certified Clinical Hypnotherapist and supporting students and patients. His research focuses on the effects of non-pharmacological approaches on aspects related to quality of life in patients with chronic diseases including those with sleep disorders. He uses a multidisciplinary approach to tackle his research questions including both physiological and psychological approaches.
- ✎ A clinical exercise physiologist with an international reach, GKS's Google Scholar profile is top 5 for hyperbaric medicine, top 5 for clinical hypnosis, top 10 for clinical exercise physiology, top 10 for lifestyle medicine, top 10 for muscle mechanics [[Google Scholar](#), h-index: 37]
- ✎ GKS' research work as been funded by the NIH, EU, and national bodies
- ✎ Contact: gsakkas@uth.gr

Teaching Team

∞ The teaching team (<https://www.mlm.edu.gr/team>) consists of UTH's Faculty and ELMO board members, with selected 'specialist' guest speakers

∞ Some of the Top LM experts from our UTH Faculty:

- Prof Ioannis Stefanidis, Dean of the School of Health Sciences and Chief of the Nephrology Clinic at the University Hospital of Larissa.
- Prof Efthimios Dardiotis, Associate Professor of Neurology, Director of the Neurology Clinic at the University Hospital of Larissa.
- Prof Andreas D. Flouris PhD, Associate Professor at the DPESS, Professor in Environmental Medicine at the University of Ottawa, Canada. An expert scientist for the World Health Organization and the International Labour Organization.
- Prof Georgios Metsios PhD Professor in Clinical Exercise Physiology at UTH and at the University of Wolverhampton (UK).
- Prof Odysseas Androutsos PhD, Associate Professor in Dietetics and Clinical Nutrition. He has been awarded with the «John M. Kinney Award» for research in Pediatric Nutrition.

∞ Some of the Top LM experts from ELMO and the international Lifestyle Medicine community

- Dr. Ioannis Arkadianos MD, Physician - President of ELMO Certified Physician in General Medicine – President of ELMO
- Prof Carlos Van Mieghem, MD, PhD, FESC. Professor in Cardiology, Professor at the Faculty of Medicine of the Catholic University of Leuven, Belgium
- Prof Lampros Sidosis, PhD, FTOS, FAHA, FNAK, Distinguished Professor of Lifestyle Sciences at Rutgers University, New Jersey, USA, President of the Mediterranean Lifestyle Medicine Institute, in Leros island, Greece.
- Prof Kenneth Wilund PhD, Professor of Kinesiology, University of Illinois at Urbana-Champaign, USA, co-chair of the Global Renal Exercise (GREX) working group and Director of the Kidney Wellness Institute of Illinois (KIWI).
- Dr Ioan Hanes MD, Physician - Nutritionist and Clinical Sexologist, Certified Nutritionist and Clinical Sexologist- Scientific Director of the European Lifestyle Medicine Certificate
- Prof Aleksandra Pikula,, Associate Professor of Medicine (Neurology) at the University of Toronto, Canada, Founder of the EMBRACE Lifestyle Program for Optimal Brain Care & Stroke Prevention.
- Prof Alexia Papageorgiou BA, MSc, PhD, Professor in Medical Education and Clinical Communication, Chair of the Centre of Medical Education, University of Nicosia Medical School, Cyprus

Why UTH

- ∞ 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