

**Post Master's Certificate Program: Lifestyle Medicine - 2026 Spring Admission**

<b>Spring 1 (Jan. – May) - Semester 1</b>	<b>Credit Hours</b>	<b>Clinical Hours</b>
NGR 6591 Introduction to Lifestyle Medicine: The Six Pillars of Health	3	
NGR 6167 Food as Medicine: The Nutrition Health Connection	3	
<b>Total Semester Hours</b>	<b>6</b>	
<b>Summer 1 (May – Aug.) - Semester 2</b>		
NGR 6592 The Exercise Prescription: Improving Physical and Mental Health through Movement	2	
NGR 6950: The Role of Lifestyle Medicine in Improving Mental Health	3	
<b>Total Semester Hours</b>	<b>5</b>	
<b>Fall 1 (Aug. – Dec.) - Semester 3</b>		
NGR 6246 Empowering Behavioral Change: The Provider as Expert and Coach	3	
NGR 6593L Lifestyle Medicine Practicum	1	<b>60</b>
<b>Total Semester Hours</b>	<b>4</b>	
<b>Total Program Credit Hours</b>		<b>15</b>
<b>Total Program Clinical Hours</b>		<b>60</b>

**Lifestyle Medicine Courses:**

**NGR 6591: Introduction to Lifestyle Medicine: The Six Pillars of Health (3 credit hours)**

This course examines evidence-based lifestyle medicine strategies to improve chronic health disorders, and includes non-pharmacologic approaches such as exercise, vitamins, nutrients and botanicals as well as mind-body approaches. This course also appraises seminal research and builds on more current evidence regarding the importance of lifestyle choices and physical and mental health.

**NGR 6246: Empowering Behavioral Change: The Provider as Expert and Coach (3 credit hours)**

This course explores the fundamentals of health behavior change, including the concepts of motivational interviewing, cognitive behavioral techniques, and positive psychology techniques. Healthcare providers will explore and develop the collaborative coaching style used in healthcare, which encourages patients and clients to take a more active role in decisions regarding their own care.

**NGR 6167 Food as Medicine: The Nutrition Health Connection (3 credit hours)**

This course will examine evidence-based dietary patterns shown to prevent, treat, and reverse diseases such as heart disease, diabetes, and certain cancers, and will prepare students to implement food, as medicine, in various healthcare settings. The course will also include nutritional considerations for various lifecycle stages and special populations.

**NGR 6592 The Exercise Prescription: Improving Physical and Mental Health through Movement (2 credit hours)**

This course will explore the significant health benefits of physical activity to the body and the brain and will examine evidence-based guidelines for physical activity levels to promote optimal health across the lifespan.

**NGR 6593L (Lifestyle Medicine Practicum: Applying Lifestyle Medicine in Clinical Practice (1-3 credit hours)**

These practicum courses will synthesize the Lifestyle Medicine advanced practice knowledge, skills, abilities, and application into the health care practice setting. Students are expected to complete their clinical hours with a master's prepared (or above) healthcare professional who practices in a lifestyle/health promotion setting. The student in collaboration with faculty will select a practice setting that reflects the core competencies of the American College of Lifestyle Medicine. As part of the ACLM Full-Academic Pathway, the student will also complete the ACLM Certification Preparation Course during their Practicum.

**NGR 6950: The Role of Lifestyle Medicine in Improving Mental Health (3 credit hours)**

This course will examine the evidence-based lifestyle medicine strategies to improve mental health disorders, including non-pharmacologic approaches such as exercise, vitamins, nutrients and botanicals as well as mind-body approaches. This course will also explore some of the latest research that is shedding light on the vital link between the health of our gut and the health of our central nervous system as it relates to stress related psychiatric disorders.