

FLORIDA STATE UNIVERSITY
College of Nursing
Post Master's APRN-to-DNP in Lifestyle Medicine:
(Fall 2024 Admission)

Fall Semester 2024 9 credit hours	Spring Semester 2025 8 credit hours	Summer Semester 2025 6 credit hours
<p>NGR 6591 Introduction to Lifestyle Medicine: The Six Pillars of Health (3)</p> <p>NGR 7769 DNP Roles & Leadership within Complex HC Environments (3)</p> <p>NGR 6246 Empowering Behavioral Change: The Provider as Expert and Coach (3)</p>	<p>NGR 5846 Biostatistics (3)</p> <p>NGR 6811 Methods of Program Evaluation & Quality Improvement (2)</p> <p>NGR 6167 Food as Medicine: The Nutrition Health Connection (3)</p>	<p>NGR 6811 Theoretical Constructs and Methods for Evidence-Based Practice (3)</p> <p>NGR 6593L Lifestyle Medicine Practicum (1) (60 CH)</p> <p>NGR 6592 The Exercise Prescription: Improving Physical and Mental Health through Movement (2)</p> <p><i>*Optional Elective-NGR 6590: The Role of Lifestyle Medicine in Improving Mental Health (3)</i></p>
Fall Semester 2025 11 credit hours	Spring Semester 2026 8 credit hours	Summer Semester 2026 5 credit hours
<p>NGR 6853 Appraisal & Translation of Evidence for Practice (3)</p> <p>NGR 6662 Health Equity & Social Determinants of Health (2)</p> <p>NGR 6674 Population Health and Applied Epidemiology (3)</p> <p>NGR 6593L Lifestyle Medicine Practicum (3) (150 CH)</p>	<p>NGR 6893 Healthcare Finance, Economics, and Entrepreneurship (3)</p> <p>NGR 5887 Policy & Legal and Ethical Complexities in Healthcare (3)</p> <p>NGR 6931C DNP Project Planning & Application for LM APN (2) (75 indirect clinical hours)</p>	<p>NGR 6935C DNP Project Implementation, Evaluation & Dissemination for LM APN (2) (75 indirect clinical hours)</p> <p>NGR 6593L Lifestyle Medicine Practicum (3) (150 CH)</p> <p><i>*Optional Elective- NGR 6590: The Role of Lifestyle Medicine in Improving Mental Health (3)</i></p>
Program of Study for Post Master's APRN-to-DNP in Lifestyle Medicine		
<p>Applicants must hold an MSN in a Nurse Practitioner track and be a nationally certified APRN and have 3 discrete courses in Advanced Patho, Advanced Health Assessment & Pharmacology across the lifespan prior to starting the program. Minimum graduate school GPA of 3.0. Up to 47 Credit hours and up to 510 clinical hours (required credit hours and clinical hours will be based on formal gap analysis from the Master's Program)</p>		

Overview of Lifestyle Medicine Courses

Lifestyle Medicine Courses:

NGR 6591: Introduction to Lifestyle Medicine: The Six Pillars of Health

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

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

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

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

The 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. Depending on the number of clinical hours completed in the Master's Program prior to entering the FSU DNP program, student will complete this course up to 3 semesters, depending on the clinical hours required to meet the DNP Degree.

NGR 6950: The Role of Lifestyle Medicine in Improving Mental Health

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.