**THE FLORIDA STATE UNIVERSITY**  
**College of Nursing**

Post Master's Certificate in Lifestyle Medicine for Health Professionals (non-degree seeking student)

(Fall Admission)

<table>
<thead>
<tr>
<th>Fall Semester 2023</th>
<th>Spring Semester 2024</th>
<th>Summer Semester 2024</th>
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<td>6 credit hours</td>
<td>5 credit hours</td>
<td>4 credit hours</td>
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**NGR 6591** Introduction to Lifestyle Medicine: The Six Pillars of Health (3)

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

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

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

**NGR XXXXL** Integrating Lifestyle Medicine into Clinical Practice (1) (60 CH)

**NGR 6590** The Role of Lifestyle Medicine in Improving Mental Health (3)

**Program of Study for Post Master's APRN-to-DNP in Lifestyle Medicine**

Minimum graduate school GPA of 3.

15 Credit hours and 60 clinical hours

(v9)