

You are passionate about helping people live their best lives. And now, more than ever, you understand the importance of Lifestyle Medicine in enabling others to live healthy and fulfilling lives.

# *Why study* **LIFESTYLE MEDICINE?**

As one of the fastest-growing disciplines in health care, Lifestyle Medicine focuses on managing, treating and even reversing chronic conditions through addressing their common cause—lifestyle.

The field of healthcare is changing rapidly but the value of a holistic lifestyle remains constant. Lifestyle Medicine is increasingly being integrated into healthcare practice to combat the rise in chronic diseases.

**As the benefits of lifestyle therapy become increasingly recognised, there will be a need for competent and compassionate professionals like you in the field.**

## WHY STUDY AT AVONDALE UNIVERSITY?

As the first Australian university to offer tertiary education in Lifestyle Medicine, we are proud of our 100-year history with wellbeing central to our ethos and mission.

When you choose to study Lifestyle Medicine with us, you will benefit from the expertise of Professor Darren Morton, an internationally recognised wellbeing researcher and educator, and learn from other Australian Lifestyle Medicine experts such as Dr Joanna McMillan, Dr Cam McDonald, Simon Matthews and others.

## WHO SHOULD STUDY THIS COURSE?

The Master of Lifestyle Medicine will benefit health professionals and educators who are passionate about seeing their communities adopt healthy lifestyles. Doctors, nurses, dietitians, exercise physiologists, health educators and specialist PE teachers obtain a qualification in postgraduate Lifestyle Medicine.

**As a healthcare professional, a Lifestyle Medicine degree will complement and expand your knowledge and practice so you can offer a more comprehensive service to your patients and clients.**

## WHAT WILL I BE STUDYING?

The Master of Lifestyle Medicine is a twelve-unit study program that equips graduates with an advanced understanding of various domains of Lifestyle Medicine and skills in its application. Our Master of Lifestyle Medicine has optional exit points at **Graduate Certificate** (4 units) and **Graduate Diploma** (8 units) of Lifestyle Medicine.

### Major areas of study include:

- | Food as medicine
- | Exercise as medicine
- | Lifestyle Medicine for specific populations
- | Nicotine addiction and smoking cessation
- | Physiological underpinnings of chronic disease
- | Psychosocial considerations for the promotion of health, and
- | A major research project in Lifestyle Medicine.

## LIFESTYLE MEDICINE IN PRACTICE

Our graduates incorporate the practice of Lifestyle Medicine into treatment plans and develop new initiatives to address the needs of their communities.

One such example is the Shared Medical Appointments; an initiative that's gaining momentum in Australia. During these appointments, a facilitator - often a practice nurse - works alongside a GP to facilitate group-based medical appointments that include individual consultations with the GP, as well as discussion and education for a group of patients with a common medical issue, like diabetes.

# WHAT DO OUR *students say?*

"The value I gained from completing the Lifestyle Medicine course was incredible."

***"The course has equipped me with the knowledge I need to support clients to make healthy lifestyle changes right for them. The course is a great compliment to an existing health professional or someone wanting to transition into the health and wellness industry. It's also beneficial for those wanting to learn more about their own health and wellbeing from a personal perspective. There have been many changes I've made to my own health just from the doing the course too!"***

Kelly de Martin, Grad Dip Lifestyle Medicine

## **As a student you will experience:**

- | Lecturers who are regularly available to support you
- | Flexibility and consideration of your circumstances
- | Practical knowledge from several Australian Lifestyle Medicine experts
- | Faculty who are committed to your development as a whole person.



## **MEET THE COURSE CONVENORS**

Professor Darren Morton and Dr Mel Renfrew lead the Lifestyle Medicine Courses at Avondale. Darren is an internationally recognised wellbeing researcher, educator, and Fellow of the Australasian Society of Lifestyle Medicine. He is also the Director of the Lifestyle Medicine and Health Research Centre at Avondale. Mel is also a Fellow of the Australasian Society of Lifestyle Medicine and has recently completed a PhD program. Darren and Mel are passionate about empowering students with the knowledge and practical skills to become influential positive agents of lifestyle change. They are joined by other passionate and high-profile experts who teach into the Lifestyle Medicine courses.

## IMPORTANT PROGRAM DETAILS

### Fees

Tuition fees for 2023 are A\$2,495\* per unit of study for Australian and New Zealand domestic students. Avondale subsidises international students' fees so that they pay the same tuition fee as domestic students. Eligible domestic students can apply to defer their tuition fees to a FEE-HELP loan.

\* This is the fee for a standard unit of study. Some units attract higher fees.

### Program Intakes

There are two intakes a year: March and August.

### Program Duration

The Master of Lifestyle Medicine is offered online and part-time only. Students have up to five years to complete the program.

### Entry Requirements

Prospective Australian and New Zealand students will need to:

- | Have completed a Bachelor degree in a health-related field, or
- | Have completed a Bachelor of Education degree, majoring in Health and Physical Education (case-by-case assessment).

Prospective international students will need to:

- | Hold a university qualification equivalent to that described for domestic students, and
- | Have their qualifications meet Avondale University's admission criteria, and
- | Study by distance because the course is offered entirely online and is not available to international students who require a student visa.



Prospective international students will need to meet the university's English language requirements. For more information visit the **International English Language Testing System**.

## WHAT NOW?

Your Master of Lifestyle Medicine journey starts here. Get in touch with our postgraduate student advisors and we will provide you with more information and guide you through the online application process.

**Book a 15-minute consultation** →

Email [study@avondale.edu.au](mailto:study@avondale.edu.au)  
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