



NUS
National University
of Singapore

Yong Loo Lin
School of Medicine

STUDY PLAN

MASTER OF SCIENCE IN
NUTRITION AND LIFESTYLE
MEDICINE (MSc NLM)



PROPOSED STUDY PLAN

Students can refer to the following tentative provisional timetable for the programme:

Semester 1 (Jan — May)	Summer Break (Jun — Jul)	Semester 2 (Aug — Dec)
NLM5001 Personalised Nutrition	<p>Students may use the summer break between Capstone Project I and II to enhance their learning experience by participating in community health projects, research initiatives, internships, and/or deepening their engagement with host institution.</p> <p>Additionally, students would have the opportunity to potentially collaborate on joint projects with our partner institutions, including but not limited to:</p> <ul style="list-style-type: none"> • Harvard University, USA • Université Paris Cité, France • Culinary Institute of America, USA / Singapore • Imperial College London, UK 	NLM5003 Lifestyle Medicine for Disease Prevention
NLM5002 Fundamentals of Nutrition and Lifestyle Medicine		NLM5004B Capstone Project II
NLM5004A Capstone Project I		NLM5005 Culinary Medicine: From the Bench to the Plate
NLM5006 Exercise as Medicine: Bridging Research and Practice		NLM5008 Nutrition, Lifestyle, and Intergenerational Impacts
NLM5007 Malnutrition Across the Life Course		NLM5009 Sleep, Stress, and Mental Health
* FST5303A Science in Clinical Nutrition		* FST5301A Scientific Principles of Nutraceuticals
* SPH5202 Control of Non-Communicable Diseases		* FST5302 Food, Nutrition, and Health
* SPH5413 Women's, Children's and Adolescents' Health		* SPH5408 Public Health and Ageing
* SPH5418 Public Health Policy: A Systems Approach		* SPH5417 Fundamentals of Population Health

 **Core Courses**

 **Capstone Project**

 **Elective Courses**

* Students may cross register up to 2 Electives from FST or SPH

APPLY NOW

For more information about the programme, please visit our [webpage](#)
or contact us via email at medbx365@nus.edu.sg