

PROGRAMME CURRICULUM

MASTER OF SCIENCE IN NUTRITION AND LIFESTYLE MEDICINE

Core Courses

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Precision Nutrition	NLM5001	4
2	Fundamentals of Lifestyle Medicine	NLM5002	4
3	Nutrition Across the Life Course	NLM5003	4

Capstone Project

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Capstone Project I	NLM5004A	4
2	Capstone Project II	NLM5004B	4

NLM Elective Courses

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Culinary Medicine: From the Bench to the Plate	NLM5005	4
2	Exercise as Medicine: Bridging Research and Practice	NLM5006	4
3	Advanced Lifestyle Medicine for Healthy Ageing	NLM5007	4
4	Nutrition, Lifestyle, and Intergenerational Impacts	NLM5008	4
5	Sleep, Stress, and Mental Health	NLM5009	4

Cross-Registered Elective Courses

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Scientific Principles of Nutraceuticals	FST5301A	4
2	Food, Nutrition, and Health	FST5302	4
3	Science in Clinical Nutrition	FST5303A	4
4	Control of Non-Communicable Diseases	SPH5202	4
5	Public Health and Ageing	SPH5408	4
6	Women's, Children's and Adolescents' Health	SPH5413	4
7	Fundamentals of Population Health	SPH5417	4
8	Public Health Policy: A Systems Approach	SPH5418	4

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