



**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 provisional timetable for the August Intake. The January intake follows a mirrored structure.

Semester 1 (Aug — Dec)	Interim Break	Semester 2 (Jan — May)
<b>NLM5002</b> Fundamentals of Lifestyle Medicine	<p>Students may use the interim break 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"> <li>• Harvard University, USA</li> <li>• Université Paris Cité, France</li> <li>• Culinary Institute of America, USA / Singapore</li> <li>• Peking University, China</li> <li>• King's College London, UK</li> <li>• Johns Hopkins University, USA</li> </ul>	<b>NLM5001</b> Precision Nutrition
<b>NLM5004A</b> Capstone Project I		<b>NLM5003</b> Nutrition Across the Life Course
<b>NLM5005</b> Culinary Medicine: From the Bench to the Plate		<b>NLM5004B</b> Capstone Project II
<b>NLM5008</b> Nutrition, Lifestyle, and Intergenerational Impacts		<b>NLM5006</b> Exercise as Medicine: Bridging Research and Practice
<b>NLM5009</b> Sleep, Stress, and Mental Health		<b>NLM5007</b> Advanced Lifestyle Medicine for Healthy Ageing
* <b>FST5301A</b> Scientific Principles of Nutraceuticals		* <b>FST5303A</b> Science in Clinical Nutrition
* <b>FST5302</b> Food, Nutrition, and Health		* <b>SPH5202</b> Control of Non-Communicable Diseases
* <b>SPH5408</b> Public Health and Ageing		* <b>SPH5413</b> Women's, Children's and Adolescents' Health
* <b>SPH5417</b> Fundamentals of Population Health		* <b>SPH5418</b> Public Health Policy: A Systems Approach

 **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](mailto:medbx365@nus.edu.sg)