



**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)
NLM5002 Fundamentals of Lifestyle Medicine	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.	NLM5001 Precision Nutrition
NLM5004A Capstone Project I		NLM5003 Nutrition Across the Life Course
NLM5005 Culinary Medicine: From the Bench to the Plate	Additionally, students would have the opportunity to potentially collaborate on joint projects with our partner institutions, including but not limited to: <ul style="list-style-type: none"> Harvard University, USA Université Paris Cité, France Culinary Institute of America, USA / Singapore Peking University, China King's College London, UK Johns Hopkins University, USA 	NLM5004B Capstone Project II
NLM5008 Nutrition, Lifestyle, and Intergenerational Impacts		NLM5006 Exercise as Medicine: Bridging Research and Practice
NLM5009 Sleep, Stress, and Mental Health		NLM5007 Advanced Lifestyle Medicine for Healthy Ageing
* FST5301A Scientific Principles of Nutraceuticals		* FST5303A Science in Clinical Nutrition
* FST5302 Food, Nutrition, and Health		* SPH5202 Control of Non-Communicable Diseases
* SPH5408 Public Health and Ageing		* SPH5413 Women's, Children's and Adolescents' Health
* SPH5417 Fundamentals of Population Health		* SPH5418 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