



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)
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
NLM5004 Capstone Project†		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: • 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	NLM5004 Capstone Project†
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

† The Capstone Project is undertaken across Semester 1 and Semester 2 (8 units in total).

* Students may cross-register for up to 1 elective from FST or SPH. Subject to change. Places are limited and subject to availability.

APPLY NOW

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