



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	The capstone runs continuously across both semesters, including the five-week semester break in December. During the break, students may continue with their capstone projects, including taking part in community health projects, research, internships, or activities with their host institution. Opportunities to collaborate with our partner institutions may also arise, 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	NLM5006 Exercise as Medicine: Bridging Research and Practice
NLM5003 Nutrition Across the Life Course		NLM5009 Sleep, Stress, and Mental Health
NLM5004 Capstone Project [†]		NLM5004 Capstone Project [†]
NLM5005 Culinary Medicine: From the Bench to the Plate		NLM5001 Precision Nutrition
NLM5008 Nutrition, Lifestyle, and Intergenerational Impacts		NLM5007 Advanced Lifestyle Medicine for Healthy Ageing
FST5301A* Scientific Principles of Nutraceuticals		NLM5010 Diet and Nutrition for Healthy Longevity
FST5302* Food, Nutrition, and Health		FST5303A* Science in Clinical Nutrition
SPH5408* Public Health and Ageing		SPH5202* Control of Non-Communicable Diseases
SPH5417* Fundamentals of Population Health		SPH5418* Public Health Policy: A Systems Approach

Core Courses

Capstone Project

Elective Courses

Cross-Registered 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