Online Graduate Certificate: Lifestyle Medicine

About the Graduate Certificate in Lifestyle Medicine

Lifestyle medicine is a branch of evidence-based medicine in which comprehensive lifestyle changes are used to prevent, treat and reverse the progression of chronic diseases by addressing their underlying causes. With Creighton’s online Graduate Certificate in Lifestyle Medicine, you will gain the knowledge and skills to design, implement and modify comprehensive lifestyle medicine programs for individuals with and without chronic disease and across the lifespan.

Special emphasis is placed on personal communication and relationship building, working collaboratively with others, and evaluating and reading research related to lifestyle medicine. Additionally, students will value the social justice issues related to lifestyle medicine and care for the whole of the individual person.

The certificate program includes five courses completed in an eight-week online format. There are several program starts per year. Courses in this certificate will also fulfill 15-credit hours toward Creighton’s new online Master of Science in Health and Wellness Coaching.

Why Creighton?

Outstanding reputation and value.
Creighton University is nationally respected for the quality and value of its education. For more than a decade, Creighton has ranked No. 1 overall among regional master’s granting institutions in U.S. News & World Report’s “Best Colleges” and is ranked as a “best value,” giving students an excellent return on their tuition investment.

Community.
Even though classes are online, you will still experience the benefits of Creighton’s exceptional sense of community. Online discussions and activities ensure that you regularly interact with colleagues and faculty.

Jesuit, Catholic tradition.
Creighton provides a values-centered education that prepares students to act with purpose and make meaningful impacts in their workplaces and communities. Grounded in its commitment to service, justice and caring for each student as a whole person, Creighton respects all faith traditions.

gradschool.creighton.edu
Graduate Certificate in Lifestyle Medicine: 15 credits (online)

- **HWC 591: Advanced Lifestyle Medicine**
  Lifestyle medicine is the use of healthy lifestyle behaviors to prevent and treat chronic diseases. In this course, students will consider comprehensively applying lifestyle medicine strategies to healthy individuals, to those with chronic diseases, and as part of a self-care program. Students will also consider lifestyle medicine as its own medical explanatory framework for disease, illness and health. In conjunction with this course, students will also take GRD 601, Writing for Graduate Students.

- **HWC 650: Health Behavior Modification**
  This course provides students with a broad perspective on the many factors that determine health, with emphasis on healthy lifestyle behaviors. Students will construct, implement and modify healthy lifestyle programs for case patients/clients with and without chronic disease and across the lifespan. Special emphasis will be placed on understanding the pathophysiology and current treatment strategies of common chronic diseases. Students also learn how to evaluate and read research papers that are based on lifestyle medicine practices and procedures.

- **HWC 651: Nutrition for Chronic Disease**
  This course reviews the basic principles of human nutrition with emphasis on the relationship between diet and health, and diet and disease. Students will learn and practice how to construct, implement, and modify personalized nutrition programs for patients/clients with and without chronic disease and across the lifespan. Students also learn how to evaluate and read research papers that are based on nutrition practices and procedures.

- **HWC 652: Exercise for Chronic Disease**
  This course reviews the basic principles of aerobic and anaerobic fitness and their relationship with health and disease. Students will learn and practice how to construct, implement, and modify personalized exercise programs for patients/clients with and without chronic disease and across the lifespan. Students also learn how to evaluate and read research papers that are based on exercise practices and procedures.

- **HWC 653: Stress and Sleep Management**
  This course studies stress and sleep and their respective impacts on health and chronic disease across the lifespan. Several stress management techniques are debated and practiced with emphasis on mind-body medicine and the relaxation response. Students also learn how to evaluate and read research papers that are based on stress and sleep management practices and procedures.