

Lifestyle Medicine Specialist Certificate
University of Memphis – College of Health Sciences

Program Overview

The **Lifestyle Medicine Specialist Certificate** is a professional development program designed to equip healthcare professionals and students with evidence-based knowledge and practical skills to prevent, manage, and in some cases reverse chronic disease through lifestyle interventions. The curriculum integrates motivational interviewing (MI) with the pillars of lifestyle medicine: Nutrition, Physical Activity, Restorative Sleep, Stress Management, Avoidance of Risky Substances.

The program emphasizes patient-centered health coaching to address barriers, strengthen motivation, and tailor care to diverse populations with chronic diseases.

Audience

This program is designed for:

- Individuals with a High School Diploma (18 years or older)
- Students currently enrolled in a Health Sciences degree program or similar area
- Graduates or professionals in Health Sciences or related fields seeking to earn a certificate as a Lifestyle Medicine Specialist

Curriculum Content Modules:

1. Lifestyle Medicine Specialist Overview
2. Chronic Disease Prevention & Lifestyle-Related Diseases
3. Motivational Interviewing & Health Coaching Skills
4. Nutrition Best Practices
5. Physical Activity Best Practices
6. Sleep Management Best Practices
7. Stress Management Best Practices
8. Risk Reduction: Avoidance of Risky Substances
9. Clinical Application & Final Examination
10. 20 Hours of Supervised Clinical Practice with a Lifestyle Medicine professional

Course Structure

- Content delivery: grouped into online, interactive modules with lectures, case studies, and applied practice.
- Experiential learning requirement: completion of 20 supervised practicum hours in the health field.
- Successful completion of both the course modules and the practicum results in the award of the Lifestyle Medicine Specialist Certificate along with experiential learning credit if applicable.

Competency Evaluation

- **Quizzes (20 pts):** chronic disease prevention; motivational interviewing foundations.
- **Health Coaching Practice Sessions (100 pts):**

- Students complete five recorded sessions applying motivational interviewing skills and lifestyle medicine best practices in nutrition, physical activity, sleep, stress management, and risky substances.
- Sessions are assessed using an MI-based evaluation checklist emphasizing active listening, eliciting motivation, goal setting, and strengthening commitment to change.
- **Comprehensive Exam (50 pts):** multiple-choice exam covering chronic disease, motivational interviewing health coaching, pillars of lifestyle medicine and best practices.
- **Clinical Application (50 pts):** 20 supervised hours in applied practice with documented verification.

Passing Standard: Students must achieve ≥80% on all assessments. Assignments scoring below 80% require revision and resubmission to meet competency.

Outcome

Graduates of this program will:

- Understand the pathophysiology and risk factors of cardiometabolic diseases.
- Apply motivational interviewing frameworks and best practices to guide sustainable lifestyle behavior change.
- Confidently design and deliver personalized, evidence-based care plans.
- Be prepared to contribute to population health strategies targeting chronic disease prevention and management.