



# Lifestyle Prescriptions® University

Accredited Certification, Integrated Master's and  
Ph.D. Doctorate Degree Programs in evidence-based  
Lifestyle Medicine and Root-Cause Health Coaching

## Student Catalog 2025

Master Lifestyle Medicine. Earn Credentials.

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Version 5.0 – June 4, 2025



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This catalog is published for the convenience of future students at Lifestyle Prescriptions® University (LPU). Lifestyle Prescriptions® University reserves the right to make changes in any or all specifications contained herein and to apply such revisions to new admissions. Any new catalog will be published on our website and submitted to state authorities within 10 days. This catalog shall be available to students and prospective students in a written or electronic format.

Lifestyle Prescriptions® University provides equal opportunities in all educational programs maintaining nondiscriminatory admission policies and will consider all qualified students regardless of race, color, gender, gender identity, sex, sexual orientation, religion, national or ethnic origin, disability, status as a veteran, age, or marital status.

Lifestyle Prescriptions® University course related activities are provided for educational purposes only and is NOT intended to replace medical diagnosis and treatment by a licensed practitioner. Lifestyle Prescriptions® are NOT medical prescriptions. They are exclusively focused on habit change and used to educate, inspire and motivate clients to develop new lifestyle habits for health, longevity and peak performance.

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## Contact Us

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Lifestyle Prescriptions® University

Phone: + 1 951 638-3299

Email: [study@LifestylePrescriptions.TV](mailto:study@LifestylePrescriptions.TV)

Website: [LifestylePrescription.TV](https://LifestylePrescription.TV)

Apply for an enrollment discovery call at [www.lifestyleprescription.tv](https://www.lifestyleprescription.tv)

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*"Lifestyle Medicine and Health Coaching are going to be the cornerstones of Healthcare 3.0."*

Johannes R. Fisslinger, Founder Lifestyle Prescriptions® University

## INTRODUCTION

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The evidence is clear. Lifestyle Medicine Works™ and has the potential to prevent, reduce, and reverse the majority of chronic symptoms.

As the world's only Lifestyle Prescriptions® School we are exclusively focused on high quality, competency-based degree programs in evidence-based Lifestyle Medicine and Root-Cause Health Coaching.

At LPU, we believe knowing the WHY (root-causes) and understanding the body holistically (Organ-Mind-Brain Anatomy) is essential for Lifestyle Medicine and Health Coaching to show efficacy and for it to be integrated into the current health care system.

Our mission is to provide our students with effective root-cause based and easy-to-integrate habit change skills and protocols that make a real difference in a client's life.

Join our passionate and supportive community of Doctors, Naturopaths, Psychologists, Nurses, Health Coaches and Health Professionals around the world.

Isn't it time to build a career you love and radically improve health care at the same time?

Be Well,



*Johannes R. Fisslinger, MA, LPHC, HWC*

Founder Lifestyle Prescriptions® University  
and HealthiWealthi™ Lifestyle Medicine Works AI





## HISTORY & ACCREDITATIONS

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2004 -2023 Health Coaching courses taught to 5,000+ professionals worldwide

2015 Lifestyle Prescriptions® University founded; teaching Root-Cause Health Coach Certificate Training Programs (Wyoming, USA)

2020 Lifestyle Prescriptions® University degree programs developed; ASIC UK, NBHWC, LMUF & other accreditations approval

2023 Integrative M.A. and Ph.D. degree validation through European International University, Paris (Government of France approved private university)

2024 First cohort of Ph.D. in Lifestyle Medicine students graduate

2025 LPU AI Mentors added; Lifestyle Medicine WORKS™ PRO AI platform developed

### Accreditations

Lifestyle Prescriptions® University offers courses and training programs in Lifestyle Medicine and Health Coaching through its Wyoming, USA campus since 2015. No degree programs are being offered in Wyoming.

The Lifestyle Prescriptions® University is accredited by Accreditation Service for International Schools, Colleges, and Universities (ASIC UK). The University has earned Premier status with ASIC for its commendable areas of operation.

ASIC accreditation helps students and parents make a more informed choice and will also help a school, college, university, training provider, or distance education provider, demonstrate to the international student body that they are a high-quality institution. ASIC is recognized by UKVI in UK, is a member of the CHEA International Quality Group (CIQG) in USA and is listed in their International Directory, is a member of the BQF (British Quality Foundation) and an institutional member of EDEN (European Distance and E-Learning Network).





## Degree Program Validation

Lifestyle Prescriptions® University (LPU) students can obtain their Master and PhD degrees from the European International University (EIU-Paris, France) through the “Center & Program Validation & Certification”



(CPVC) arrangement, which involves EIU-Paris reviewing, evaluating, approving, and recognizing partner institution programs as equivalent to their own. The process includes a comprehensive assessment of the partner institution’s learning and assessment policies, methodologies, procedures, and practices. Successful graduates receive EIU-Paris certificates, diplomas, or degrees.

EIU-Paris is a private, independent, distance education establishment authorized by the French Ministry of National Education, Higher Education, Research, and Innovation in compliance with the French Education Act (Code de l'Education Articles L 444-1 to 444-11 and R 444-1 to 444-28).

For more information about EIU-Paris authorization and international accreditation, visit <https://eiu.ac/recognition-and-accreditation>.

EIU-Paris shares LPU’s vision to provide high-quality education and credentials in Lifestyle Medicine and Health Coaching to combat the global chronic disease pandemic affecting over a billion people worldwide. LPU adheres to the qualifications framework of European Higher Education, based on the Bologna Agreement, as established by ASIC, UK and EIU-Paris.

## Additional Accreditations

The Lifestyle Prescriptions® University is continuously seeking additional accreditations to establish highest quality of teaching and operations.

LPU has been approved by these organizations:

- National Board of Wellness & Health Coaching (NBHC)  
Approved as a health coaching school with LPU graduates being able to sit for the NBHC board exam
- CE/CPD National Board of Wellness & Health Coaching (NBHC)  
LPU training programs and courses are approved as Continuous Education for NBHC health coaching graduates
- International Board of Lifestyle Medicine (IBLM approved)\*  
Our Lifestyle Medicine WORKS Certification program will be approved by IBLM (estimated approval by Summer/Fall 2025\*) allowing LMWC graduates to sit for the DipIBLM exam.

- Lifestyle Medicine W ORKS™ Coach (LMW C)  
The first AI-powered certification program in evidence-based Lifestyle Medicine certified and approved by the Lifestyle Prescriptions® University.
- Lifestyle Medicine University Foundation  
Approved as a premium school teaching Root-Cause Health Coaching based on Organ-Mind-Brain Anatomy™
- CPD Standards (CE)  
LPU programs and courses are approved as Continuous Professional Education
- International Institute for Complementary Therapies (IICT)  
Lifestyle Prescriptions® Health Coaching is internationally approved as a complementary methodology



## OUR MISSION AND GOALS

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Lifestyle Prescriptions® University is the world's only Lifestyle Prescriptions® Training School and the first University exclusively focused on degree programs in evidence-based Lifestyle Medicine through our innovative, competency-based, and AI-powered global long-distance programs.

### Our Vision

To make Lifestyle Medicine and Health Coaching accessible to everyone, and help inspire a new health paradigm based on Prevention, Health Coaching and Lifestyle Medicine.

### Our Mission

Lifestyle Prescriptions® University is an innovative global institution dedicated to preparing students academically and professionally to become leaders in health care through a competency-based, comprehensive and professional education in Lifestyle Medicine and Root-Cause Health Coaching.,

Lifestyle Prescriptions® University aims to inspire, empower, and prepare health professionals to play a vital role in health care and build successful practices.

Our passionate faculty members are committed to helping students achieve their goals, live their passion, and enable them to make a difference to their career and life.

### Goals & Objectives

Through evidence-based and innovative long-distance Integrated Master and Ph.D. Doctorate degree programs which use a real-world, online and competency-based education format, we strive to empower our students to succeed.

We aim to educate graduates with the knowledge, skills, and abilities to:

- Use their knowledge and skills to positively impact their profession, communities, and society.
- Be a beacon of light and live by what they practice and teach.
- Demonstrate a commitment to lifelong learning and personal growth.
- Be successful in operating their own practice or in partnership with other health professionals.
- Achieve excellence in evidence-based Lifestyle Medicine protocols and Root-Cause Health Coaching skills, techniques and protocols.
- Practice ethical and legal integrity in their professional work.



## OUR CORE VALUES

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### Integrity

We value care, honesty and ethical decision-making.

### Community

Our strength, passion and commitment to our students is based on the understanding that we, as individuals, are deeply connected to our planet, community, tribe, and family.

### Professionalism

We encourage respect for others, accountability to all stakeholders and responsibility for one's actions.

### Life-Long Learning

We provide purposeful and engaging learning opportunities that promote a love of lifelong learning and excellence.

*Our mission is to make  
evidence-based Lifestyle Medicine  
and Health Coaching  
accessible for everyone.*





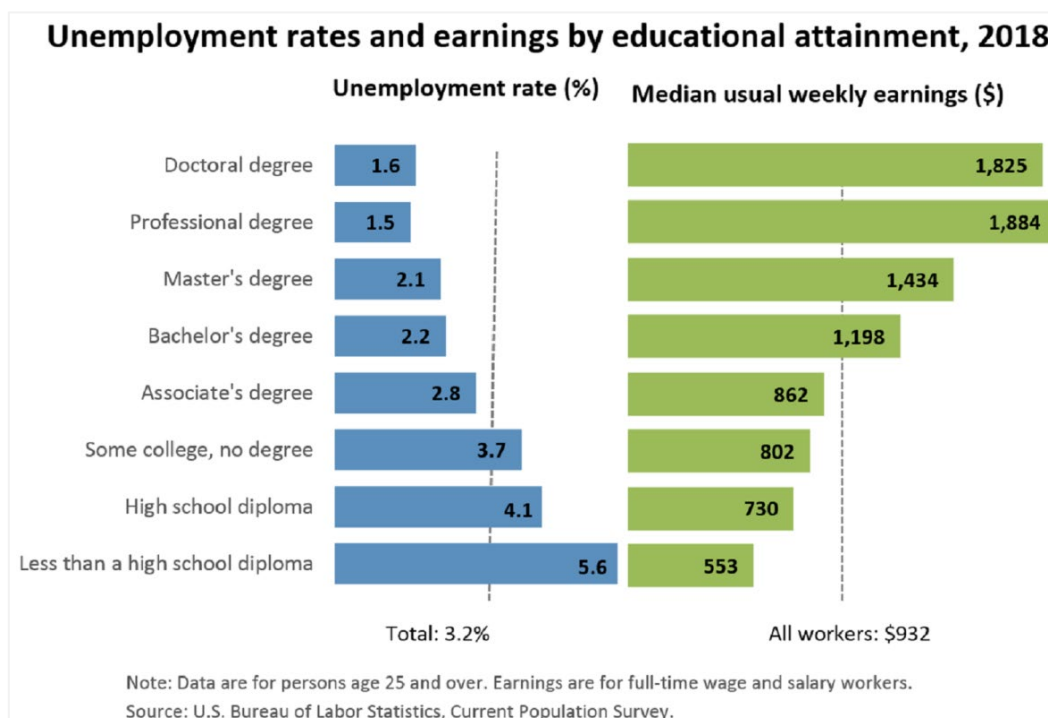
## LIFESTYLE MEDICINE & HEALTH COACHING OUTLOOK

Lifestyle Medicine research shows that up to 80% of chronic, non-communicable symptoms can be reversed through comprehensive lifestyle modifications which include nutrition, fitness, sleep, stress management and social support. <sup>1</sup>

Health Coaching is the use of evidence-based skillful conversation, clinical interventions and strategies to actively and safely engage client/patients in health behavior change. <sup>2</sup>

What makes Health Coaching so attractive is the ability to work with clients worldwide via online video conferencing and other means.

Lifestyle Medicine and Health Coaching is a promising field and the growing trends in the public and private sectors towards better health are increasing the demand for qualified health coaching professionals with health coaches playing a bigger role in health care and being added to clinics, doctor's offices, health centers, and businesses.



Lifestyle Medicine and Health Coaching demand is projected to grow by 10-15% annually, Payscale.com lists the average income of Lifestyle Medicine Physicians



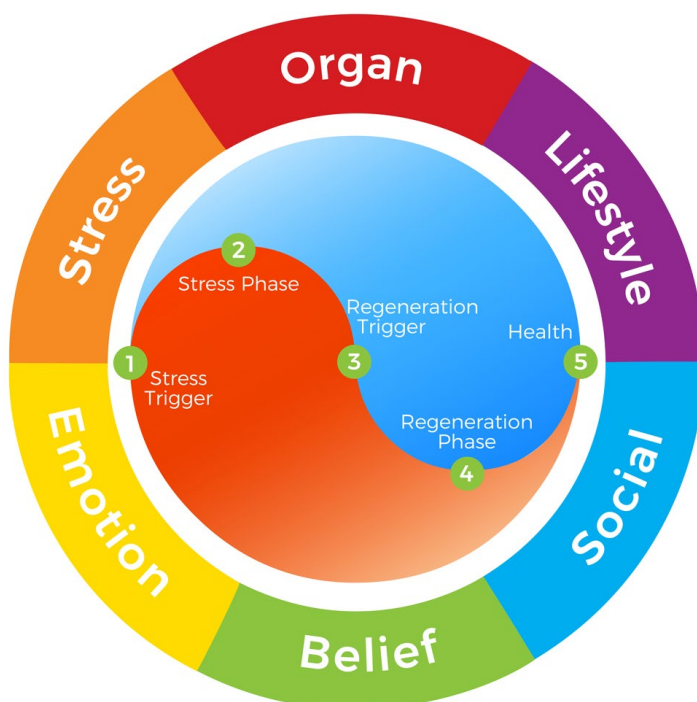
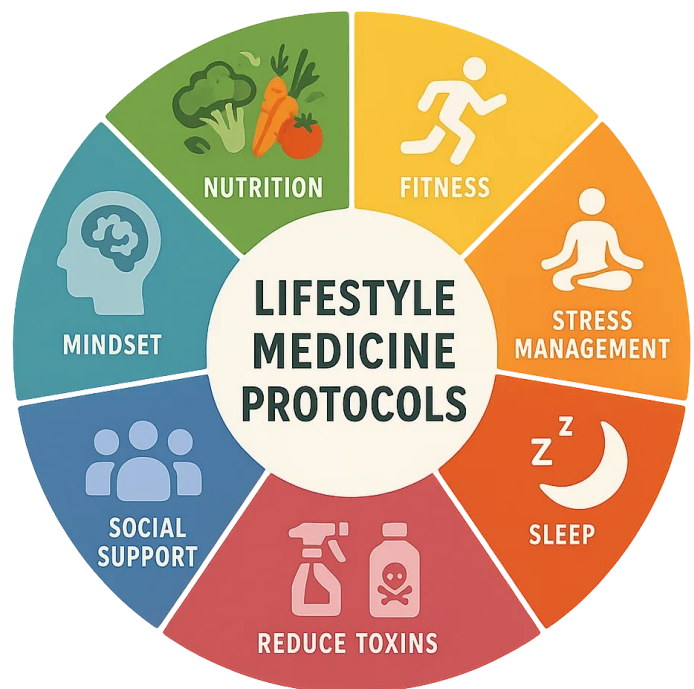
between \$130,000 to \$300,000 and health coaches between US-\$32,367 and US-\$68,670 and higher.

Internationally, one of the largest areas of growth is in the workplace because of tax incentives for employers to provide health and wellness benefits to their employees. Since 2008, more than two-thirds of U.S. employers have or intend to add general wellness programs led by health coaches.

## LIFESTYLE MEDICINE ADRESSING ROOT-CAUSES

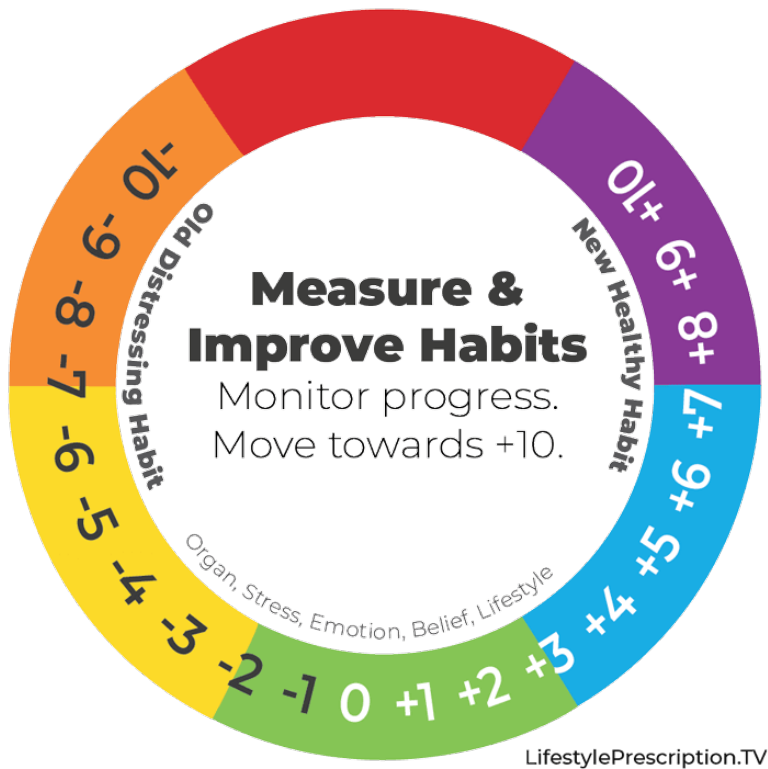
Lifestyle Prescriptions® University programs are deeply anchored in evidence-based Lifestyle Medicine with a focus on micro-habit improvements using Lifestyle Prescriptions®.

Learn the 7 Pillars of Lifestyle Medicine and how to integrate comprehensive lifestyle modification protocols including nutrition, fitness, sleep, stress management and social support.<sup>1</sup>



The 6 Root-Causes and the Points & Phases of Auto-Regulation based on Organ-Mind-Brain Anatomy™ allow practitioners to be precise in their analysis and increase health outcomes. <sup>1</sup>

At Lifestyle Prescriptions® University we focus extensively on client's mindset and how specific habitual stressors, emotions, thoughts, social and lifestyle habits affect specific organ symptoms.



Our measurable Micro-Habit Improvement Protocols allow practitioners to improve patient compliance and monitor lifestyle habit improvements.

Lifestyle Prescriptions® University graduates use evidence-based “integrative” Lifestyle Medicine techniques, protocols and skills allowing them to go way beyond the traditional health coaching and lifestyle medicine paradigm.

Disclaimer: It’s important to note, that while Lifestyle Prescriptions® University will assist with your job search, naturally we can make no guarantees, expressed, or implied of future employment. Current law prohibits any school from guaranteeing job placement as an inducement to enroll students.



## PROGRAMS OFFERED

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The following internationally accredited degree programs are offered to students worldwide through long-distance online learning combined with extensive practicums.

- [Lifestyle Medicine WORKS Coach Certification \(LMWC\)](#)  
This AI-supported 9-Month NBHWC and IBLM\* approved certification training teaches healthcare professionals evidence-based Lifestyle Medicine and Health Coaching foundations and prepares them to pass the LMWC Certification (and optional NBHWC and IBLM\* exams).
- [Integrated Master's Degree of Health Coaching \(Integrated M.A.\)](#)  
Our integrated Master's degree is a 3-year program which combines undergraduate (Bachelor) and postgraduate (M.A. Master) study into a single degree path with students achieving competence in evidence-based Lifestyle Medicine and Root-Cause Health Coaching skills, techniques and protocols.
- [Ph.D. Doctorate Degree of Lifestyle Medicine \(Ph.D.\)](#)  
Our Ph.D. program equips students with evidence-based Lifestyle Medicine skills, academic writing, research methods, and statistics, while guiding them through developing, writing, and defending their dissertation.

The program length, study times and assessments are determined in accordance with common practice among institutions of higher education and based on the UK and European standard of higher education.

Under the Bologna agreement, Lifestyle Prescriptions® University undergraduate and postgraduate degrees are equivalent to those same qualifications taught at universities across Europe and most countries worldwide.

\* IBLM approval will be available by Summer/Fall 2025. Contact us for details.



## LIFESTYLE MEDICINE WORKS CERTIFICATION (LMWC)

The AI-powered Lifestyle Medicine WORKS™ Coach Certification Training combines engaging self-study lessons with interactive Live Q&A Classes, equipping physicians and healthcare providers with the tools to implement and scale evidence-based Lifestyle Medicine effectively and use Root-Cause Analysis & Health Coaching skills with their clients and patients.

### Why use Lifestyle Medicine AI Assistants?

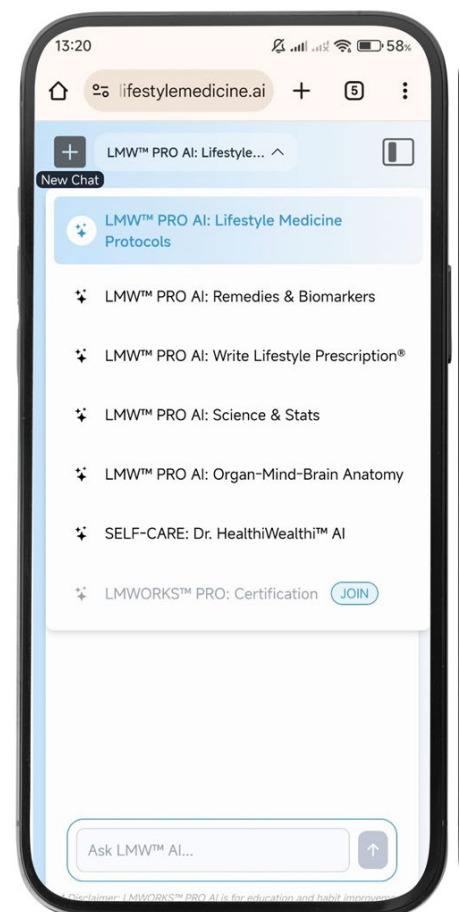
Without AI Assistant integration, it is almost impossible to provide lifestyle medicine and coaching access to patients and improve public health on a national or global scale. Interestingly, people are already ahead of healthcare providers, increasingly embracing telehealth and AI-powered health services.

### AI Assistants for Lifestyle Medicine Professionals

Physicians and healthcare professionals are the cornerstone of healthcare. We believe that combining primary care with evidence-based, scalable Lifestyle Medicine will revolutionize disease management, and shift the focus from managing symptoms to addressing root-causes and prevention.

Innovative and sustainable strategies to end the chronic disease epidemic are urgently needed. LMWORKS™ PRO provides the tools needed to implement root-cause chronic disease solutions.

- Study while you practice
- Write micro-habit Lifestyle Prescriptions®
- Instant answer; access global LM knowledge
- Add no-cost staff (Dr. HealthiWealthi™ AI)
- Grow your client base; get paid
- Live Classes (Practice & Business Success)





## The 7 Lifestyle Superpowers and writing micro-habit Lifestyle Prescriptions®

Change can be hard and we typically overestimate what patients can do. Use our proven LMWORKS™ PRO protocols helping patients improve one micro-habit at a time.

- Ask smart coaching questions.
- Define a new micro-habit with your patient
- Write the Lifestyle Prescription®\*
- Chat and keep patients accountable via the LMWORKS™ PRO App (invaluable...)
- Review and expand the micro-habit; and add comprehensive protocols
- Add personal consultations and SBA's (Shared Medical Appointments)



## The LMWORKS™ Certification

- The LMWORKS™ PRO AI Assistants and the LMWORKS™ Certification Course are included in the M.A. and Ph.D. degree programs.
- Ask our admissions team how to get access.

## Admission Requirements

- Physicians, nurses, allied healthcare professionals, and health coaches

## Self-Study & Live Practicum

The Lifestyle Medicine WORKS™ Coach Certification Training includes these courses:

- 102 | D-LM-LMSCIENCE Lifestyle Medicine I - The Science (AI)
- 103 | D-LMWORKS-101 LMWORK™ PRO 101 Course (AI)
- 104 | D-LMWORKS-CERT LMWORKS™ PRO Certification
- 105 | D-LMWORKS-PRAC LMWORKS™ PRO Practicum (Live Events)
- 201 | D-RCA-HCCCOM Health Coaching Core Competencies
- 202 | D-LPHC-COMMSKILL Neuro Communication Skills
- 203 | D-RCA-SELFHEAL The Art & Science of Self-Healing
- 204 | D-RCA-ROOTANALY 10-Step Root-Cause Analysis Process I
- 302 | D-LPHC-ENERPSYCH Energy Psychology Precision EFT
- 206 | D-RCA-PRACTIRCA RCA Practicum (3-Months Live Classes)



## Assessment-Based Learning Lessons

Our artificial-intelligence-powered certification course (104 | D-LMWORKS-CERT) uses 250+ multiple-choice questions to help you learn and implement the following topics:

- Lifestyle Medicine Core Competencies
- Intro to Lifestyle Medicine - 4%
- Fundamentals of Health Behavior Change - 10%
- Key Clinical Processes in Lifestyle Medicine - 8%
- Role of the Practitioner's Personal Health and Community Advocacy - 4%
- Nutrition Science, Assessment, Prescription - 26%
- Physical Activity Science and Prescription - 14%
- Emotional Well-being, Assessments and Interventions - 10%
- Sleep Health Science and Interventions - 8%
- Managing Tobacco Cessation and other Toxic Exposures - 8%
- The Role of Connectedness and Positive Psychology - 8%

## Health Coaching Core Competencies

- Coaching Structure (Setting the Foundation)
- Coaching Process (Facilitating Change)
- Health & Wellness Knowledge
- Ethics & Professional Conduct

## Tuition & Registration Options

- Register for LMWORKS™ PRO AI at [www.lifestylemedicine.ai](http://www.lifestylemedicine.ai).
- Schedule an enrollment discovery call and ask how to get access to LMWORKS™ PRO AI Assistants and the Certification Training.

\* Complete all requirements before starting the LMWC Final Exam. Questions? Contact us.

\*\* IBLM course approval estimated by Summer 2025. Additional IBLM exam fees will apply.

\*\*\* Additional NBC-HWC fees will apply. Check the NBHWC exam details here.

\*\*\* Schedule a degree evaluation call to maximize your M.A. and Ph.D. Degree tuition and degree study time

## MASTER DEGREE IN HEALTH COACHING (M.A.)

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Our integrated Master's degree is a 3-year program combining undergraduate (Bachelor) and postgraduate (M.A. Master) study into a single degree path with students achieving competence in evidence-based Lifestyle Medicine and Root-Cause Health Coaching skills, techniques, and protocols.

### Overview

The Integrated Master's degree program has been especially designed for health professionals wanting to master practical and evidence-based skills in Lifestyle Medicine and Health Coaching, become a specialist in Bio-Psycho-Social Root-Cause Analysis; master Organ-Mind-Brain Anatomy, use transformational Health Coaching techniques & protocols and develop effective Lifestyle Prescriptions® habit change strategies to coach and guide clients towards health, longevity and peak performance.

Students are poised to succeed in a variety of settings including private practices, in health and wellness centers, clinics; and corporate programs and in partnership with local doctors; or develop careers in industry or academia.

### Learning Outcomes

Upon completion of the Integrated Master's Degree in Health Coaching, graduates will be able to:

- Express skill in the use of language, listening and presence as a way to help clients develop awareness and understanding of their own goals, values, and motivations and develop action plans to bring about behavioral change.
- Demonstrate the practical and evidence-based Lifestyle Medicine Coaching skills needed to facilitate sustainable behavioral changes in clients.
- Feel confident working with clients using the 6 pillars of Lifestyle Medicine.
- Show masterful competence in using Lifestyle Prescriptions® Root-Cause Analysis & Health Coaching skills, techniques and protocols.
- Develop skills to accurately review and evaluate research literature from the fields of Lifestyle Medicine and Health/Wellness Coaching.
- Integrate an understanding of conventional and complementary health perspectives to partner with other health professionals and be able to work in a variety of professional settings.

### Admission Requirements

LPU is committed to making education accessible to all. LPU's intention is to attract students (21 years of age and above) with a passion to help, inspire and coach people from all walks of life.

To be considered for admission to the Integrated M.A. degree program applicants must complete the online admissions applications form and submit the following documentation:

- Copy of a government-issued ID
- Resume or CV
- Three (3) professional references with contact information.
- At least one year experience in a healthcare related profession
- Submission of the official highest school or degree transcripts or equivalent
- Schedule an evaluation review (live video interview with LPU advisor).

The application is valid for 60 days from the time of acceptance. If the student does not enroll within 60 days, an update of the application will be required.

### Maximum Number of Credit Transfers

Students may apply credits towards the Integrated Master's degree program:

- Maximum of 75% of course credits accepted
- With less than 50% credits for prior learning experience or credit by examination

Lifestyle Prescriptions® University reserves the right to accept or reject academic credits submitted for transfer if they do not match the course requirements.

Students may be required to complete the equivalent Lifestyle Prescriptions® University course final exam to show competency.

If a transfer of credit is denied the student may appeal in writing to the program director with reasons why course credit should be granted.

### Graduation Requirements

The Integrated Master's Degree in Health Coaching is conferred upon candidates who have completed all required academic and graduation requirements and satisfied all financial obligations.

To graduate, students must have successfully completed these requirements:

- A minimum of 240 ECTS credit hours
- A grade point average 50% and higher
- A maximum of six years for completion of all coursework
- Pass comprehensive final course examination

## Curriculum & Course Requirements

The Integrated Master's Degree in Health Coaching degree program includes undergraduate and post graduate course work and an in-depth practicum focused on integrating the skills learned in real-life settings.

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### LIFESTYLE MEDICINE SKILLS

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102   D-LM-LMSCIENCE	Lifestyle Medicine I - The Science (AI)	ECTS 10
103   D-LMWORKS-101	LMWORK™ PRO 101 Course (AI)	ECTS 10
104   D-LMWORKS-CERT	LMWORKS™ PRO Certification	ECTS 30
105   D-LMWORKS-PRAC	LMWORKS™ PRO Practicum (Live Classes)	ECTS 20
201   D-RCA-HCCCOM	Health Coaching Core Competencies	ECTS 5
202   D-LPHC-COMMSKILL	Neuro Communication Skills	ECTS 10
203   D-RCA-SELFHEAL	The Art & Science of Self-Healing	ECTS 10
204   D-RCA-ROOTANALY	10-Step Root-Cause Analysis Process I	ECTS 10
302   D-LPHC-ENERPSYCH	Energy Psychology Precision EFT I	ECTS 10
206   D-RCA-PRACTIRCA	RCA Practicum (3-Months Live Classes)	ECTS 25

*\* Lifestyle Medicine WORKS™ Certification (minimum 9 months of study)*

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### ACADEMIC COURSES

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406   D-MA-ACADWRITE	English Academic Writing I (AI)	ECTS 15
407   D-MA-STATISTICS	10-Week Statistics & Qualitative Research	ECTS 10
408   D-MA-LITREVIEW	6-Week Literature Review	ECTS 10
409   D-MA-RESEARME	6-Week Research Methodologies	ECTS 10
410   D-MA-PROPO6	6-Weeks Proposal Course	ECTS 15
411   D-MA-CAPSTO	Master's Degree Capstone Project	ECTS 40

*\* Master's in Lifestyle Medicine awarded*

## Clinical Training, Externships & Practice Requirements

The Integrated Master's Degree Program includes an extensive practicum which promotes the application and utilization of Root-Cause Health Coaching and Lifestyle Medicine knowledge, techniques & skills with clients.

The capstone project completes the degree program and allows students to identify an existing problem in a real-world setting and apply the learned skills and methods to develop a solution that addresses the problem directly.

## Tuition, Fees & Financial Aid & Application

Extensive partial scholarships, tuition credits, and reducing tuition and study time by crediting previous degrees, diplomas, and work experience is available.

Schedule a tuition review request and enrollment call to find the ideal program aligned with you budget, goals, and values at <https://lifestyleprescription.tv>.





## PH.D. DOCTOR OF PHILOSOPHY IN LIFESTYLE MEDICINE

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As an earned research degree, students studying for a Ph.D. are required to produce original research that expands the knowledge in the Lifestyle Medicine field through a dissertation and then defend their work in front of experts in the field.

### Overview

The program is geared toward practicing health coaches, nutritionists, dietitians, nurses, medical doctors and other traditional and complementary healthcare professionals wanting to earn an advanced award.

The Ph.D. Doctorate program has been especially designed for working health professionals wanting to demonstrate leadership and expertise in their area of work and make contributions to the development of Lifestyle Medicine.

The award requires evidence of competency in Lifestyle Medicine at an advanced practical level; significant research and the completion of a dissertation to demonstrate that the student has created new knowledge through the findings of their original research, through applying a theory in a way that hasn't been done before or using a new method or a pre-existing method in a new way.

After completion of the Ph.D., graduates will be well equipped to start highly paid employment, be self-employed or start a career as a university professor, researcher, or scientist in a variety of settings.

### Learning Outcomes

Upon completion of this Health Coaching degree program, graduates will be able to:

- Demonstrate an in-depth; advanced academic and practical knowledge of Lifestyle Medicine principles and protocols, the Art and Science of Self-Healing, Root-Cause Health Coaching and Organ-Mind-Brain Anatomy.
- Formulate effective solutions to complex, real-world problems common to our field.
- Design rigorous research that expands the professional body of knowledge.
- Synthesize Lifestyle Medicine theory and research focused on lifestyle, physical, cognitive, emotional and social aspects of health and longevity.

- Produce independent scholarly research utilizing basic and advanced research methods.
- Conduct research and produce dissertations that are practice-oriented and geared toward finding solutions to practical problems and designing better practices in the field.
- Establish themselves as a global expert in Lifestyle Medicine and help move the field forward through their unique expertise and qualifications.
- Engage in professional activities and teaching related to Lifestyle Medicine to stimulate social change.
- Demonstrate the ability to apply results of evidence-based research in health care, corporate and government settings and therefore encourage improvements in health outcomes, longevity and quality of life.

### Admission Requirements Doctorate Degree Program

To be considered for admission to the Ph.D. degree program applicants must complete the following:

- A completed Master's degree program
- Completion of the M.A. Self-Study and Live courses
- Copy of a government-issued ID
- A short essay detailing how the Ph.D. degree will support student's career
- At least 5 years' experience in a healthcare related profession
- Schedule and complete a live video interview with LPU doctorate degree faculty

### Maximum Number of Credit Transfers

Students may apply to use previous research and academic experience credits towards the LPU Health Coaching Ph.D. degree program:

- Maximum of 20% of transfer credits accepted

Lifestyle Prescriptions® University reserves the right to accept or reject academic credits submitted for transfer and students may be required to complete the equivalent Lifestyle Prescriptions® University course final exam to show competency.

If a transfer of credit is denied the student may appeal in writing to the program director with reasons why course credit should be granted.

### Graduation Requirements

The Ph.D. Doctorate of Lifestyle Medicine degree is conferred upon candidates who have completed all required academic and graduation requirements and satisfied all financial obligations.

To graduate, students must have successfully completed these requirements to be eligible for graduation:

- Complete all coursework with a grade point of 70% and higher.
- Show competency in Lifestyle Medicine skills
- Submit and defend an acceptable dissertation
- A maximum of five years for completion of all coursework and dissertation.

## Curriculum & Syllabus

The Ph.D. Degree Program includes self-study coursework, practicum, research, writing and defending a dissertation.

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### LIFESTYLE MEDICINE SKILLS

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102   D-LM-LMSCIENCE	Lifestyle Medicine I - The Science (AI)	ECTS 10
103   D-LMWORKS-101	LMWORK™ PRO 101 Course (AI)	ECTS 10
104   D-LMWORKS-CERT	LMWORKS™ PRO Certification	ECTS 30
105   D-LMWORKS-PRAC	LMWORKS™ PRO Practicum (Live Classes)	ECTS 20
201   D-RCA-HCCCOM	Health Coaching Core Competencies	ECTS 5
202   D-LPHC-COMMSKILL	Neuro Communication Skills	ECTS 10
203   D-RCA-SELFHEAL	The Art & Science of Self-Healing	ECTS 10
204   D-RCA-ROOTANALY	10-Step Root-Cause Analysis Process I	ECTS 10
302   D-LPHC-ENERPSYCH	Energy Psychology Precision EFT I	ECTS 10
206   D-RCA-PRACTIRCA	RCA Practicum (3-Months Live Classes)	ECTS 25

*\* Lifestyle Medicine WORKS™ Certification (minimum 9 months of study)*

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### ACADEMIC COURSES

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406   D-MA-ACADWRITE	English Academic Writing I (AI)	ECTS 15
407   D-MA-STATISTICS	10-Week Statistics & Qualitative Research	ECTS 10
408   D-MA-LITREVIEW	6-Week Literature Review	ECTS 10
409   D-MA-RESEARME	6-Week Research Methodologies	ECTS 10
410   D-MA-PROPO6	6-Weeks Proposal Course	ECTS 15

*\* Ph.D. Degree in Lifestyle Medicine approval*

## Practicum & Dissertation

Ph.D. students are required to complete a practicum and write a dissertation that significantly advances the knowledge in the field. The specific Lifestyle Medicine related topic of the dissertation is chosen by the student in consultation with the professor.

Student's professional doctorate dissertation must focus on applying research to practical problems, formulating solutions to complex issues, and designing effective professional practices within the fields of Lifestyle Medicine.

## The Dissertation Process

The student is required to identify a real-world problem within the fields of Healthcare and Lifestyle Medicine and research it thoroughly with the intent of uncovering new understandings that can eventually lead to new solutions.

Completing the study takes multiple steps, which may include:

- Attend the Academic Self-Study and Live Supervisor Classes
- Creating a proposal that describes the problem student want to solve, the design of the study, and the methodology used.
- Orally defending the proposal to the committee.
- Collecting data, researching and writing findings.
- The final step is orally defending the findings to the committee.

The dissertation must demonstrate an understanding of the theory, content, and methods in that topic area and must conform to internationally accepted university guidelines and standards.

## Tuition, Fees & Financial Aid & Application

Extensive partial scholarships, tuition credits, and reducing tuition and study time by crediting previous degrees, diplomas, and work experience is available.

Schedule a tuition review request and enrollment call to find the ideal program aligned with you budget, goals, and values at <https://lifestyleprescription.tv>.

## PH.D. DEGREE PROGRAM (FAST-TRACK)

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Our FAST-TRACK includes the Certification, Integrated Master's and Ph.D. Degree Program and is customized to your needs by applying existing diplomas, degrees, work experience.

The aim is to allow you entry into our program at any level of previous credentials, healthcare or work experience. Typical Fast-Track students are:

- Start a new career (no credentials yet)
- Experienced healthcare professionals (with some credentials)
- Providers Professionals with a Bachelor

During the Enrollment Discover Call, our advisor will review you status and provide you with the most effective pathway that fits your needs and your budget.

The Fast-Track includes:

- Lifestyle Medicine W ORKS™ Coach Certification (LMW C)  
Certification after 9 months. Optional, sit for NBHWC and IBLM\* exam.
- Master's Degree in Lifestyle Medicine (M.A.)  
Integrated Bachelor/Master's degree (graduate in 2-3 years\*).
- Ph.D. Degree in Lifestyle Medicine (Ph.D.)  
Doctor of Philosophy Research Degree (graduate in 2-3 years\*).

### Admission Requirements Fast-Track

- One year healthcare or related work experience

### Schedule a Discovery Call

Request a Fast-Track degree evaluation at <https://lifestyleprescription.tv>.

\* Degree graduation time depends on your existing academic skills the amount of time you can allocate to your studies, research and capstone/dissertation writing.

## TUITION PAYMENT OPTIONS

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At Lifestyle Prescriptions® University we believe strongly that students should not go into unreasonable student debt to complete their degrees. Therefore we aim to help students earn professional degrees by offering in-house payment options that fit their budget and needs.

Students are responsible for all financial obligations incurred while attending Lifestyle Prescriptions® University. Tuition must be paid by check, money order, credit card or other electronic payment forms.

The full course and program tuition is payable at the time of submission of the enrollment agreement unless other financial arrangements are made.

Students may choose from the following tuition payment options:

- Pay-In-Full: Biggest savings
- Payment Plan: 3 annual payments
- Payment Plan: Monthly payment plans starting at \$297/month

The payment terms are clearly formulated in the enrollment agreement and signed by the student and LPU. Talk to our advisor team to work out the best tuition arrangement for you.

### Financial Support, Scholarships & Grants

Students may apply for financial aid, partial scholarship, grant and fellowship opportunities by contacting the admissions office.

### Degree Supervision, Live Class Support, and Tutoring

All degree tuitions include:

- AI Academic Mentor 24/7 Support (ask questions, grade essays, learn anytime)
- Monthly Degree Student Q&A meetings with supervisors (watch for email invites)
- Monthly Study Circle (mix, mingle, and learn - organized by students)
- Academic Course Support (Live Classes with supervisor, essay feedback)
- Academic Tutoring Session (every 2 months) during the capstone and dissertation research and writing process (30 minutes per student to be booked via Calendly). Student submits specific questions or latest draft at least one week before the meeting (to ensure the supervisor can prepare and maximize support).

If needed, students can book additional 'intensive' tutoring packages:

- \$75 per additional single session (30 min.)
- \$695 for 10 additional sessions (valid for 3 years)

## Cancellation & Refund Policy

If for any reason an applicant is not accepted by the school, the applicant is entitled to a full refund.

A student choosing to withdraw from a registered program after the commencement of a program (as determined by the enrollment agreement date) is to provide written notice to the program director.

Our refund policy for paid-in-full, annual, and monthly tuition plans are:

- |  |             |
|--|-------------|
| • 1-3 calendar days, inclusive-all fees          | 100% refund |
| • 3-14 calendar days, excluding application fee  | 70% refund  |
| • 15-30 calendar days, excluding application fee | 50% refund  |
| • More than 30 calendar days after first login   | No Refund   |

All refunds are calculated and due based on the annual tuition (not matter if a payment in full, annual or monthly payment plan has been agreed upon).

### Cancellations

Students with monthly or annual payment plans have the option to cancel their degree programs annually which must be done in writing at least 90 days before the end of the final term of that year (based on the initial enrollment date). Monthly payment plans are still due and need to be paid until the annual term. NO refunds will be provided.

Text books purchased by the student will not be refunded by LPU; though refund may be possible through the third party vendor of the purchased or rented text books.

After cancellation the degree program courses inside the student portal will not be accessible anymore for the student. Please also review the LPU disclaimer, refund, code of practice/ethics policies at <https://www.lifestyleprescription.tv/disclaimer>.

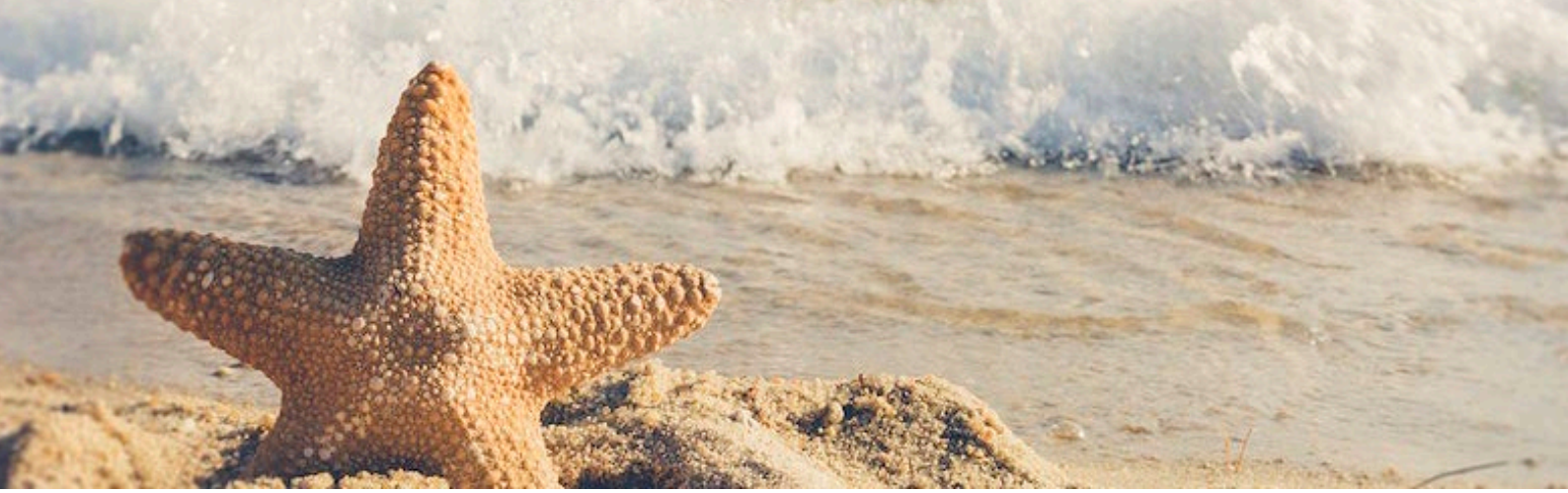
### Student Complaint/Grievance Procedure

Should a student have an educational issue or condition that a student believes is unfair, discriminatory or a hindrance to their education they can follow the LPU grievance procedure. The following steps shall be taken by him/her:

1. One of our key values at LPU is open communication and resolving conflicts in a mutually supportive way. LPU encourages students to first attempt to address the grievance informally with the person responsible for the action, the instructor, student advisor or applicable staff member and resolve it.
2. If the situation cannot be resolved informally, student will proceed to the written grievance procedure including supporting documents.



3. Student must provide a concise statement of the allegation and the basis of the complaint, including a careful statement of the facts, a summary of the informal resolution attempt and a proposed solution to the program director or designee within 60 days from day of the incident.
4. The program president or a designee will conduct a thorough investigation and will respond in writing within ten (10) business days with a decision.
5. If a student wishes to appeal the decision they are requested to submit a copy of the grievance appeal and the program director's response and additional information relevant to the complaint that has not been previously submitted.
6. If the student complaint cannot be resolved after exhausting the Institution's grievance procedure, the student may file a complaint with the Ministry of Education.



## FACULTY

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Lifestyle Prescriptions® University is a privately held corporation under the legal name Lifestyle Prescriptions® University Inc. currently registered in Wyoming, USA and exclusively dedicated to teach Lifestyle Medicine and Health Coach Certificate Training courses and programs.

## EXECUTIVE & ADMINISTRATION TEAM

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- Johannes R. Fisslinger, President & Founder
- Emma Patricio, Director of Admission
- Cody Loyal, Student & Technical Support
- Annie Gedye MA, Training Development
- Julie Ward, Degree Student Support
- Yuan Fisslinger Ph.D., Degree Training Support

## ACADEMIC DEGREE COMMITTEE MEMBERS& SUPERVISORS

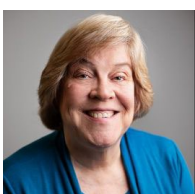
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Catherine Alter Ph.D. (USA) – *Internal Review Board (IRB) Chair*



40 year academic career; Director of the Iowa School of Social Work (16 years); Dean and Professor of the Graduate School of Social Work, University of Denver (11 years); editorial Board Member, Consulting Editor, and Reviewer for nine academic journals; published 4 books, 10 chapters and over 40 peer reviewed academic journal articles. Catherine will support Ph.D. students with research, writing and preparing their dissertations.

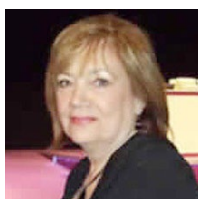
Jane Oelke ND, Ph.D. (USA) – *Internal Review Board (IRB)*



Ph.D. in Homeopathic Philosophy and Natural Health Sciences and Doctor of Naturopathy, Board Certified Naturopath, well-known speaker teaching classes in Homeopathic Self-Care, Energy Balancing, Mind/Body Medicine, Nature's Pharmacy, Natural Choices For Fibromyalgia, Allergies,

Attention Deficit Disorder, and Diabetes. Dr. Jane published the books "Natural Fibromyalgia Choices", "Natural Choices for Attention Deficit Disorder", "Sleep Apnea Solution" and "Natural Blood Sugar Choices."

Hazel Heath, Ph.D., MSc, Cert.Ed, RCNT – *Internal Review Board (IRB)*



Fellow of the Royal University of Nursing UK, Independent Nurse Consultant with extensive experience in clinical practice, education, research and teaching in the UK and internationally. Appointments include RCN Advisor on Nursing and Older People, Visiting Senior Research Fellow at City University London, Senior Teacher in Nursing Theory and Practice at St Bartholomew's London, Editor of Nursing Older People; Consultant Editor to the Journal of Dementia Care. Qualifications include Ph.D., MSc Advanced Clinical Practice, BA 1st Class Hons Nursing,



Dr. Nicholas C. Deal (UK) – *Academic Student Supervisors*

Dr. Nick completed his Ph.D. in Dental Public Health at University of Manchester and held a number of key teaching and research positions ranging from lecturing positions in the social sciences to research positions in various European cities. All of these positions have involved teaching and developing research that illuminates the links between health, environment, and the social sciences. Notable positions have involved working with the Irish department of health in developing new oral health policies.

## FACULTY MEMBERS & ADVISORY BOARD

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Johannes R. Fisslinger, M.A., LPHCS (USA, Germany)



Founder Lifestyle Prescriptions® University, Director of "Titans of Yoga" and "Lifestyle Medicine" documentaries, Co-founder of annual National Yoga Month September Awareness Campaign & Observance (USA), Producer of Lifestyle Medicine Conferences and Summits, author of 5 books; including "The 6 Root-Cause(s) Of All Symptoms. Johannes has taught root-cause based health coaching for 15 years to over 5,000 students.

M.I. Yamani, M.D. - *LPU Chief Medical Officer*



Founder, CEO & Medical Director of All Care Medical Consultants. Board-certified Internal Medicine physician specializing in value-base primary care, rooted in the principles of lifestyle medicine. His clinics provide primary medical care, and ancillary services in nutritional support, exercise physiology, psycho-social resources and wellness coaching. Dr. Yamani is a faculty member for the Lifestyle Prescription® University PhD program, a

Certified Practitioner for the Dr. Dean Ornish Lifestyle Medicine Program, holds a Masters in Medical Management from Carnegie Mellon University, and recently completed his Masters in Clinical Service Operations at Harvard Medical School.

Aisling Killoran Ph.D., Clinical Hypnotherapist & Psychotherapist (Ireland)



Lifestyle Prescriptions® Root-Cause Health Coach Infertility Specialist with over 25 years' experience in facilitating positive health and wellbeing. Aisling has clinical experience and is certified in Lifestyle Medicine, Hypnosis, Psychotherapy, HeartMath Coach, EMDR, Emotional Freedom Tapping Techniques, Tapas Acupressure Techniques, Hypnobirthing, Fertility, Counselling skills, Neuro-Linguistic Programming, Neuroscience, Cognitive Behavioral Therapy, and Lifestyle Prescriptions®.

Sharon Ellert, Ph.D., LPHCS (Canada)



Sharon is a faculty member at Lifestyle Prescriptions University where she is completing her PhD in Lifestyle Medicine. She is a certified Root-Cause Health Coaching™ Specialist and NBHWC Board Certified Health Coach, has a passion for health and loves teaching students Root-Cause Analysis Coaching Techniques that help clients quickly break free from limitations and fears holding them back from reaching their goals.

Gita Jayakumar, Ph.D(c), LPHCS (India)



Gita is a highly decorated Lifestyle Prescriptions® Root-Cause Health Coach Specialist and LPU Faculty Member with extensive experience as a Lifestyle Medicine Practitioners. Gita is certified in Yoga Therapy, BWRT, EFT, Matrix Reimprinting, PEAT, Root Healing, Reiki, Magnified Healing, Bach Flower, Acupressure, Acupuncture, Crystal Therapy, Aromatherapy Practitioner with a practice in Chennai, India.

Annie Gedye, B.Sc, MA, LPHCS (UK)



B.Sc. Marine Biology, Certificate in training for Adult Education, taught at Salisbury and Bournemouth Universities in Adult Education covering Anatomy and Physiology, Reflexology, Massage and Nutrition; Bowen Physical Therapy, Energy Psychology Practitioner. Co-developer of Quantum Neuro-Biology-Technique, BWRT Level 1&2, EFT-Advanced, NLP, Hypnosis and Counseling; practiced and taught Lifestyle Prescriptions® Root-Cause Analysis & Health Coaching since 2003.





## COURSE DESCRIPTIONS

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### 102 | D-LM-LMSCIENCE                      Lifestyle Medicine I - The Science

Students will learn the science behind Lifestyle Medicine by reviewing available research studies including how stress, emotions, beliefs, relationships, environment and lifestyle habits including nutrition, exercise, sleep and social support affect the onset and reversal of a variety of non-communicable diseases.

### 103 | D-LMWORKS-101                      LMWORK™ PRO Foundations Course (AI)

Start practicing Lifestyle Medicine and writing micro-habit Lifestyle Prescriptions® — in just 10 days and as little as 5 minutes per patient. This course includes the Foundations Course lessons, 6 AI Assistants & Benefits, and Professional Training & Support.

### 104 | D-LMWORKS-CERT                      LMWORKS™ PRO Certification (AI)

This course is based on the IBLM (International Board of Lifestyle Medicine) certification core competencies and will prepare you for the Lifestyle Medicine WORKS™ Certification (LMWC) after 9 months which will allow graduates to sit for the DipIBLM and NBHWC exams.

### 105 | D-LMWORKS-PRAC                      LMWORKS™ PRO Practicum (Live)

Students will practice evidence-based Lifestyle Medicine protocols and micro-habit Lifestyle Prescriptions® and implement them into their own life and work with patients.

### 201 | D-RCA-HCCCOM                      Health Coaching Core Competencies

The objective of this course is to provide you with the core competences required for Health & Wellness Coaches as the minimum standard and measure of foundational competencies. It includes the knowledge, tasks and skills essential to start the practice of health and wellness coaching.

### 202 | D-LPHC-COMMSKILL                      Neuro Communication Skills

Discover the neuro-communication connection and the importance of building rapport, being present, and connecting with your clients. Students learn the theory and practical application of building rapport. sensory acuity and communication (VAKOGS), logical levels of transformation, chunking and eye movements.

#### 203 | D-RCA-SELFHEAL                      The Art & Science of Self-Healing

This course will focus on the 3 key principles of the Art and Science of Self-Healing and our body's ability for auto-regulation and to maintain homeostasis. Students will learn about the Organ-Mind-Brain-Social Connection; the body's innate natural healing intelligence; the process of auto-regulation; the 6 possible root-causes affecting over 1,000 symptoms and the 9 points and phases of regeneration and recovery.

#### 204 | D-RCA-ROOTANALY                      10-Step Root-Cause Analysis Process I

By completing the 10-Step Root-Cause Analysis Process I Course students will become experts in the practical application of the Art and Science of Self-Healing based on Organ-Mind-Brain Anatomy™. You'll learn how to apply and feel confident using the 10-Step Root-Cause Analysis Process to find the 6 root-causes of symptoms and create awareness of the WHY and HOW of symptoms as part of a 9 points & phases auto-regulation process.

#### 302 | D-LPHC-ENERPSYCH                      Energy Psychology Precision EFT

Students will learn the foundation of Energy Psychology, Polyvagal Theory, and specifically how to use Emotional-Freedom-Technique and the root-cause-based Precision EFT Technique as a way to reduce unconscious stress responses with clients.

#### 206 | D-RCA-PRACTIRCA                      RCA Practicum (3-Months) Intensive

This live class practicum deepens the previously learned Lifestyle Medicine skills by adding advanced Root-Cause Health Coaching and Lifestyle Medicine habit improvement skills with a focus on patient's mindset, psychosocial stressors, and comprehensive habit improvement plans.

#### 406 | D-MA-ACADWRITE                      English Academic Writing I

Academic writing is a formal and objective communication style used in education and research. It emphasizes evidence-based arguments, proper citation, and critical thinking. Its purpose is to convey knowledge, share research findings, and engage in scholarly discussions. Clarity, precision, and adherence to specific conventions are essential for effective academic writing, enabling scholars to contribute meaningfully to their fields and the broader academic community.

#### 407 | D-MA-STATISTICS                      10-Week Statistics & Qualitative Research

Master the fundamentals of statistics, from descriptive analysis to hypothesis testing, and gain practical experience using industry-standard software. We'll then delve into the rich world of qualitative research, exploring techniques like interviewing and observation.

408 | D-MA-LITREVIEW                      6-Week Literature Review

Degree students will take a deep dive into why and how to read research paper, explore literature related to their own research topic, and finalize their M.A. or Ph.D. topic.

409 | D-MA-RESEARME                      6-Week Research Methodologies

Research is the foundation on which any solid science is built. This course will introduce you to research methodologies frequently used in the social sciences, appropriate methodology, the ABCs of conducting research, learning how to define “variables”, experimental design, and statistics.

410 | D-MA-PROPO6                      6-Weeks Proposal Course

The course is designed to guide a small group of degree students (max. 10) through the highly important proposal completion process. Students are being guided and coached by Prof. Catherine Alter over 6 weeks to complete their problem statement, research questions, and research methodology.

411 | D-MA-CAPSTO                      Master's Degree Capstone Project

The final M.A. project before graduation demonstrates students' in-depth study of a topic selected by the student and reflects students' skills, knowledge & competencies in a project-based capstone format. Emphasis is placed on researching and advancing specific health issues or relevant Lifestyle Medicine topics.

502 | D-PHD-DISSERTA                      Dissertation Research, Writing & Defending

Student submits a proposal to the dissertation committee. After approval, the student works with the dissertation committee who supports and guides the student in writing the dissertation which must demonstrate to advance the field of Health Coaching and Lifestyle Medicine.



"Digital and AI technologies offer unprecedented opportunities to individualize education to meet each student's learning needs."

The Chronicle of Higher Education

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### Academic Freedom & Innovation

Lifestyle Prescriptions® University is an institution of higher learning that thrives because of its academic freedom policy for instructors who are encouraged to explore innovative ideas and concepts that promise to have an impact on health care and our society.

Equally, students are encouraged to look beyond conventional wisdom and become leaders and innovators in their field of study.

All instructors and courses are required to employ an evidence based approach of the highest academic standards which are applied to content delivery, learning outcomes and course work performance.

### Cutting-Edge Long-Distance Learning

Lifestyle Prescriptions® University and all its courses and programs are exclusively taught via long-distance and may be completed through focused, directed self-study programs under the faculty's supervision.

All courses can be accessed by a smartphone, tablet or PC from anywhere around the world using a standard internet connection and any internet browser.

No on-campus residence or on-campus classroom attendance is required (which means extensive savings in tuition, housing,



living and travel expenses).

Our virtual learning center and student portal has been built using cutting-edge software and has been designed for ease of study in alignment with students modern, mobile and busy lifestyle; allowing especially adult students to study wherever they are and whenever they can.

### Micro-Content Learning

At Lifestyle Prescriptions® University we focus on mobile, micro-content learning with extensive practicums for real-life application. All courses and programs may include a combination of videos, books, charts, diagrams, quizzes, assignments, essays, practicum and other engaging and interactive activities to enhance learning and applying skills in a variety of professional Health Coaching settings.

Instructions may occur synchronously or asynchronously, but all LPU courses can be accessed.

All course materials including live class recordings may be accessed and completed by students at their own convenience. This eliminates time zone issues and allows for flexible and high quality learning.

### Competency-Based Education

Competency-based learning is an approach to teaching and learning that is focused on demonstrating mastery and competency.

Students can progress through courses as soon as they can prove they've mastered the material, rather than advancing only when the term or semester ends. That way, students are motivated to spend more time learning and practicing competency skills including leaning on previous studies and experience to complete a course.

LPU does this by administering assessments that give a student an opportunity to demonstrate mastery and competency of a particular subject area which in turn will ensure prospective employers confidence in the student's abilities.

To ensure highest quality and achievement of the course outcomes LPU uses vigorous testing methods including skills & practice evaluation, quizzes, and closed-book final course exam.

Competency-based learning differs from other approaches by focusing on student's needs, picking them up where they are right now, and guiding them to where they need to go.

In general, learners work on one competency at a time, which is likely a small component of a larger learning goal and then move on to other, more complex competencies after they have mastered the current skill being learnt.

Competency-based degree programs seek to reward students for their knowledge while helping to ensure they gain real-world skills they can immediately use in a work environment

### Non-Term Study Format

Lifestyle Prescriptions® University uses a non-term, competency-based format, with courses running continuously, rather than in terms or semesters. Our long-distance courses and programs are accessible 24/7 online through self-study and include flexible practicum segments or live classes with the one-on-one support of our excellent faculty members and mentors.

Typically, students take one course at a time and move on to the next one.

Our faculty suggest that students attend a maximum of 3 courses concurrently in a non-term format, with the exception of practicums and skills training.

### Classroom Size

Lifestyle Prescriptions® University strives to maintain small class sizes to foster a better learning environment for students and to ensure the course and degree outcomes are achieved by all our students. The average class size is 15-25 students and personal mentors typically support 7-10 students.

### Vacation & Study Calendar

Because our administrative staff and faculty is located all over the world in different time zones, students may communicate 24/7 either directly with our administrative office during regular business hours (9:00 am to 2:00 pm Wyoming MDT Time); by sending a personal message to the course teacher via the student portal; or by posting into a course discussion group.

LPU is closed on major holidays as well as Saturdays and Sundays.

### Online Learning Technology Recommendations

Students must have reliable access to a personal computer, smartphone or tablet and a reasonably fast internet connection. To be effective, the following minimum requirements are suggested:

- Smartphone, Tablet or PC (not older than 3 years)
- A high speed internet connection (WIFI or Data)

- A headset (an optional noise-cancelling headphone for focused mobile learning)
- A web camera capable of video web conferencing

### Student Services, Online Materials & Resources

LPU is dedicated to fully support students through personal attention and services that enhance, nurture, and promote personal, academic and professional growth including:

- New student orientation
- Online student portal courses
- Study guidelines and support
- Continuous one-to-one faculty support
- Program-specific resources
- Academic student counseling
- 24/7 technical support
- Local student gatherings, events & conferences

### Final Examination Process

Lifestyle Prescriptions® University uses one or more of the below methods to ensure academic honesty:

- Final exams are closed book and must be completed without using references or online search tools and must be completed within a specific time frame
- Questions are selected randomly from a larger “pool” of questions to ensure each student sees a different exam.
- Students may not share quiz or exam questions or results with other student.
- Student’s IP address and exam time spent are tracked and recorded.
- Students are required to uphold the standards of academic honesty and integrity.

In addition, degree program final exams:

- Verify the students identity
- Ensure the enrolled student is taking the exam
- Examination results and skills evaluation reflect the student’s own knowledge and competence in accordance with stated learning outcomes

### Graduation

Students who complete all degree program courses and all graduation requirements, are in good standing with LPU and meet all financial obligations may apply for graduation in writing to the administrative office.

Once received the LPU graduation advisor will begin with a degree audit.

The program director provides final approval of the graduation request.

If a student does not meet graduation requirements she/he will be notified with an explanation. Student may file a graduation decision appeal by emailing the program directory.

Once confirmed for graduation, students will be notified how to complete graduation and how and when to attend the commencement ceremony. LPU does not charge a graduation fee.

LPU will inform the graduate about upcoming graduation ceremonies and how to participate including where to purchase or rent ceremony attire.





# Admissions & Enrollment

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## Admission Requirements

For detailed up-to-date degree specific admission requirements visit the Master's and Ph.D. Doctorate degree program sections of this catalog or our website.

## English Language Proficiency Requirement

All course work is provided in the English language which requires students to demonstrate University-level proficiency in English.

## International Students

International and domestic students are subject to the same admission requirements, fees, and responsibilities including proficiency in the oral and written use of the English language.

Prospective students whose native language is not English and who have not earned a degree from an appropriately accredited institution where English is the principal language of instruction must achieve a minimum score of 5.0 overall (including 5.0 in the written element and a minimum score of 5.0 in speaking, reading and listening) for the International English Language Test Score (IELTS)

Transcripts not in English must be evaluated by an appropriate third party and translated into English or evaluated by a trained transcript evaluator fluent in the language on the transcript.

In this case, the evaluator must have expertise in the educational practices of the country of origin and include an English translation of the review.

## Application Process

To be considered for admission, applicant must follow this process of enrollment:

1. Submit and complete the application form at [www.lifestyleprescription.tv](http://www.lifestyleprescription.tv).
2. Schedule the Degree Tuition Credit Evaluation meeting.
3. Receive an official acceptance confirmation email.

4. Complete and sign the enrollment agreement
5. Register by submitting payment or starting the payment plan as agreed.
6. Log into the personal LPU learning center and watch the orientation course to start the journey!

Naturally, the admissions office will be available to guide students and answer questions.

Applicants are fully responsible for providing all required materials before an interview can be scheduled and the application can be completed.

### Academic Participation

Students are expected to login and participate weekly in their learning center and actively engage in discussion forums, review study materials and/or complete the required assignments.

Failure to meet academic participation requirements may negatively impact an assignment or course grade. Time stamps and study times will be recorded.

Attendance for all practicum segments and courses are mandatory. Students who are unable to attend the weekly classes for medical or other reasons need to contact the instructor in advance and arrange an approved timeframe with the professor to complete the required assignments.

### European Credit Transfer System (ECTS)

Lifestyle Prescriptions® University uses the internationally accepted ECTS system which allows universities in Europe and worldwide to understand and compare courses and the results that students have achieved while studying at different institutions.

### Grading Procedures & Reporting

Students will be required to participate in academic and competency based evaluations at various intervals throughout their academic curriculum to determine the extent to which each student has mastered the course content and skill competencies. Students are customarily provided with feedback and grade reports summarizing their performance on each test item.

Students are expected to obtain the following course credits during their time at LPU:

A	Achieves a final average mark of 80% or above	Excellent – outstanding performance
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B	Achieves a final average mark of 66-79%	Good – above average
C	Achieves a final average mark of 50–65%	Satisfactory – generally sound work with a number of notable errors
D	Achieves a final average of 49% and below.	Failed – Not passed

Credits are only awarded when a course has been completed and all coursework and examinations have been passed.

Students will receive their course grade transcripts within two weeks after completion of a course.

### Satisfactory Academic Progress

Students must maintain a minimum 40% grade point average to achieve academic progress and be in good standing with the university..

To ensure all students are progressing towards graduation and have achieved competency in knowledge and skills, Lifestyle Prescriptions® University will monitor student's progress inside the student portal through stats and reports. Mentors engage with students to answer questions, motivate and support them. Course progress reports and feedback will be issued to students throughout the program.

### Academic Warning

Students receive an academic warning when they do not maintain good standing. The academic advisor and/or course teacher and student will discuss and agree on a learning contract that will allow student to raise the grade average to passing or higher and return to good academic standing. The learning contract will include specific timeframes, deliverables and outcomes to achieve good standing.

### Academic Probation

Students are in academic probation if they do not regain good standing after being placed in academic warning and will be placed on an extended learning contract with the academic advisor monitoring and evaluating the student to ensure their progress in meeting their study goals and targets.

## Academic Dismissal

If a student did not regain good standing or did not successfully follow the learning contract requirements & outcomes then the student will be dismissed. Students may file a grievance to appeal the academic admission and request re-admission.

## Rules & Regulatory Dismissal

A student may also be dismissed for violations of rules and regulations of the school. The program director may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance or dismissal.

## Student Status Change (LOA)

Leaves of Absence (LOAs), which are temporary breaks from academic studies, are granted for significant personal or medical issues or other extenuating circumstances as approved by the program director. A leave of absence will allow students to re-enter their degree program without re-applying to the University.

Students must submit a leave of absence request form by contacting the administrative office. The student must provide a reason for the request and the school must make a determination that there is a reasonable expectation that the student will return to school. Students are allowed one academic leave of absence (for a period of less than 180 days) per 12-month period. Payment arrangements will not be affected by a leave of absence.

## Course Extension

A student may request a course extension because of personal challenges or difficulties that prevent her/him from completing all course requirements within the maximum allowed course completion time.

Only one extension of time per course will be granted by LPU. An academic extension does not suspend any financial obligations nor is the student eligible for a tuition refund.

If the student is granted an extension, the withdrawal policy does not apply.

## Program Extension

Students may request a degree program extension of time by submitting a written request explaining the circumstances that require the extension. They must submit a timeline and plan how they intend to complete the degree program.

## Deferrals

LPHC students who decide not to enter the terms of a degree program as confirmed in the enrollment agreement may request a deferral which must be made in writing to the admissions office no later than 7 days after the course start date. When choosing to delay the course starting date, the student is guaranteed his/her place in the degree program. Deferrals can be applied one time for up to 1 year. There is no additional cost to defer; yet the enrollment agreement conditions including payment schedule have to be met.

## Withdrawal / Cancellation Policy

A student may withdraw from a course or degree program by following the withdrawal procedure:

- Student will notify LPU in writing of his/her intent to withdraw from a course or, degree program and request a refund of applicable tuition.
- Refunds, if any, will be according to the stated University policy as outlined in the cancellation and refund policy.
- All remaining balances minus any offset for refunds must be paid in full at the time of withdrawal.
- The withdrawal will become official when the student receives final written notification by the Registrar. The student will receive a "W" for the final grade.

## Re-admission & Re-enrollment

Students seeking to resume program attendance must submit a re-admission request. A re-admission interview will be scheduled where the student will demonstrate how she/he intends to successfully maintain the academic plan and complete the degree requirements in time. If the student does not follow the plan and does not achieve good academic standing, a suspension will follow.

The one-time program reactivation and readmission fee is US-\$95.





## TRANSFER CREDIT POLICY

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### Credit Transfer to other Institutions

It is important to note, that acceptance of transfer credits between institutions lies within the discretion of the receiving University or university. Credits earned at other institutions may or may not be accepted by Lifestyle Prescriptions® University.

Likewise, Lifestyle Prescriptions® University cannot guarantee transferability of LPU credits to another institution unless there is a written agreement between LPU and the institution.

Students planning to study at another university after completing the LPU program are advised to check the transferability of credits policy with that gaining institution.

Degree equivalency support is available upon request.

### Transfer of Credit to LPU

Students may earn transfer credits for previous education, training, work or life experience to Lifestyle Prescriptions® University. Courses or degrees completed at other institutions must satisfy the subject matter and curriculum requirements to those offered in the Lifestyle Prescriptions® University program for which an applicant has applied.

The following previously earned credit transfer options are available:

- Previously earned credits from another post-secondary accredited educational institution;
- Credit by examination including Advanced Placement Examinations, University Level Examination Program General Examinations (CLEP) and ACT PEP: Regents University Examinations.
- Credit for professional training programs (based upon evaluation)
- Prior learning assessment (PLA) which allows students to gain credits for informal, independent study, work experience, non-credit courses and other life experiences.
- Military training and education which is applicable to a diploma or degree program will be accepted for a credit transfer.

Student must request transfer of credits in writing to the administrative office. Refer to the Master's and Ph.D. Doctorate Degree pages for details on the maximum number of credit transfers possible.

### Digital Text Books & Study Materials

All digital course study materials, video lessons and text books can be accessed and are well organized inside the student portal course and are included in the course tuition.

Some degree courses require additional text books. Depending on the book format, which can be paperback, digital or audio additional fees of US-\$100-200 may apply. A required book list will be provided.

We suggest that students setup an account with Amazon and depending on their preferred way of study purchase the additional course textbooks either in Digital (Kindle) or Audio (Audible) or Paperback (Amazon) format.



## ACADEMIC REGULATIONS

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### Degree Acceptance

Our Integrated Master's and Ph.D. Doctorate Degrees are internationally accepted; though Lifestyle Prescriptions® University cannot guarantee licensure, endorsement, certification, authorization or other professional credentials and salary advancement.

Every country (and state) has different licensing and professional credentials standards and requirements. Consult your local educational department within your country of residence.

If you require an Educational Credential Assessment (ECA) for example for immigration purposes please do contact the appropriate organization and review requirements.

It is the students' responsibility to understand and comply with all local and national requirements including licensure.

### Online Student Identity Authentication and Privacy

The Lifestyle Prescriptions® University Online Learning Management System (LMS) is a restricted access and password protected electronic environment which can only be accessed through a unique login and password that is provided to each student upon enrollment and class registration. Students are required to strictly preserve their login details and are prohibited to share their personal login details.

### Conduct Policy

Faculty, teachers, staff and students are expected to act maturely, professionally and with respect to others. Open and direct communication is encouraged to create an empowering and professional environment and a community based on tolerance, openness and support.

### Academic Integrity

Throughout all academic coursework and research activities all Lifestyle Prescriptions® University students are expected to adhere to the highest standards of academic honesty, integrity, truth and compliance with internationally accepted academic norms.

Plagiarism, cheating, fabrication of data, tampering or facilitating such activities are considered violations of academic integrity. Students at all levels of study need to be responsible and ensure academic integrity in their work.

### Generative Artificial Intelligence (GAI)

LPU is using AI Academic Mentors to support students in their studies. By using the LPU AI Mentor, you confirm to be an officially enrolled LPU Degree Student and agree to the LPU AI Assistant policy. Before you start, make sure to read the AI policy carefully, which includes allowed and prohibited uses of Generative Artificial Intelligence tools. Contact us for our current AI policy.

### Course Cancellations & Changes

Lifestyle Prescriptions® University reserves the right to cancel a course or make adjustments to student schedules, courses and programs, including but not limited to postponement, course sequence or dates or other modifications as deemed necessary by the LPU administration.

### Student Records

All student academic and financial records are maintained and filed in a secure and safe manner. Lifestyle Prescriptions® University maintains all student records for at least 7 years.

If needed, one copy of official transcripts will be provided to the student at no charge.

### Non-Discrimination Policy

Lifestyle Prescriptions® University is deeply committed to inspire and create an environment in which students; faculty and staff members learn and work in an atmosphere free of any type of discrimination. Complaints need to be reported right away to the school director who will ensure an immediate resolution.

Lifestyle Prescriptions® University is an equal opportunity educational institution and is fully committed to providing access to students with disabilities in accordance with federal law. If a student is concerned about a possible discrimination they can submit a complaint to [complaint@lifestyleprescriptions.tv](mailto:complaint@lifestyleprescriptions.tv).

### Catalog Disclaimer Note

Although every effort has been made to assure the accuracy of the information in the catalog, everyone should note that laws, rules, and policies change from time to time and that these changes may alter the information contained in this publication.

The policies included in this catalog supersede any previous catalog or policy statements, whether written or oral. The most recent version of this catalog and our policies are available on our website in electronic or written format. Any subsequent revisions will substitute and replace prior policy or procedure statements and become a part of this catalog. Lifestyle Prescriptions® University reserves the right to change the policies herein as needed.

#### Medical Disclaimer

Lifestyle Prescriptions® University course materials, recommendations, comments or teaching suggestions in all courses, degree programs and course related activities like live classes or discussion groups made by teachers or staff members are provided for educational purposes only and are not intended to replace medical diagnosis and treatment by a licensed practitioner.

Lifestyle Prescriptions® are NOT medical prescriptions and are only used to educate, inspire and motivate clients and to develop new lifestyle habits with the aim to improve health, longevity and peak performance.

#### Country & State Licensing Requirements

Lifestyle Prescriptions® University degrees are not a license to practice medicine and do not entitle graduates to licensure. Graduates must not represent themselves as licensed medical practitioners nor claim to treat, diagnose, cure, or prescribe unless otherwise so licensed and must comply with all state regulations that may apply to their practice, including any required state registration.



Lifestyle Prescriptions® University

Phone: +1 951 638-3299

Email: [study@LifestylePrescriptions.TV](mailto:study@LifestylePrescriptions.TV)

Website: [LifestylePrescription.TV](http://LifestylePrescription.TV)