

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



BMSC11014 *Lifestyle Medicine and Simulated Clinical Skills*

Term 1 - 2027

Profile information current as at 07/09/2026 10:02 pm

All details in this unit profile for BMSC11014 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Lifestyle medicine is a contemporary approach to patient treatment and will form an essential part of your future therapeutic scope of practice. You will study the foundational principles of lifestyle medicine and explore how evidence-based lifestyle interventions can prevent and manage the chronic conditions commonly encountered in clinical practice. You will examine six fundamental components which form the core of lifestyle interventions—nutrition, physical activity, sleep, stress management, substance reduction and social connection—and learn how each influences human physiology and long-term health outcomes. Throughout the unit, you will build essential simulated clinical skills through lectures, case-based learning and practical sessions. You will learn how to assess lifestyle-related risk factors and apply culturally safe, patient-centred communication in early clinical encounters. You will also study foundational, simulated clinical skills such as patient history taking and basic patient assessment techniques and procedures (blood pressure, ECG, respiratory function testing and a suturing workshop). This introduction will allow you to begin to integrate lifestyle intervention planning into routine medical care at the start of your medical education journey and have it form a central part of your future clinical practice, with a focus on simple, realistic strategies suitable for acute, primary and community settings. You will additionally explore the wider social, cultural, and environmental determinants of health, and the role of interdisciplinary teams in supporting sustainable behaviour change. By the end of the unit, you will understand how lifestyle medicine complements traditional medical management for a patient centred treatment approach in addition to an introduction of foundational practical simulated clinical skills.

Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Students must be accepted and enrolled into the CM17 Bachelor of Medical Science Pathway to Medicine course.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 1 - 2027

- Bundaberg
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Information for Class and Assessment Overview has not been released yet.
This information will be available on Monday 11 January 2027

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Academic Progression Policy and Procedure
- Student Refund and Credit Balance Policy and Procedure
- Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.
This information will be available on Monday 11 January 2027

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.
This information will be available on Monday 11 January 2027

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 15 February 2027

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.
This unit profile has not yet been finalised.