



Fellowship Framework

Conceptual basis and overview of requirements

The ASLM Fellowship is the first fully multidisciplinary fellowship in Australasia, open to all practitioner members of the Society. This means GPs and medical specialists, AHPRA registered practitioners, most degree or master's qualified allied health professionals, nurses, public health professionals, researchers and educators in Lifestyle Medicine related fields.

Revised 13 June 2024

International context

The Australasian Society of Lifestyle Medicine (ASLM) is a leading member of a rapidly growing community of professional societies and colleges of Lifestyle Medicine around the world. Collectively, we are developing an international framework for Lifestyle Medicine, including definitions, scope, standards and education.

The ASLM Fellowship Framework will lead, and be guided by, international initiatives and may be modified from time to time for quality improvement and to better reflect both the local and the international setting. The Framework was most recently revised and updated on 13 June 2024.

Fellowship

ASLM Fellowship in Australia and New Zealand represents the highest accolade in the Lifestyle Medicine Profession. It allows recognition by one's peers of expertise within a given specialty, whether by way of 1) education and training, or 2) skills and experience, typically in recognition of career achievement in a particular field. Most fellowship models take one of these two approaches but may also be a blend of the two.

Fellowship also denotes fraternity - a community of peers in which one can network, be supported and develop professionally.

Being a multidisciplinary society, the ASLM Fellowship also represents the sort of new thinking and paradigm shift needed in healthcare, in that the Fellowship can be earned by all Practitioner Members of the society (or General Members who have made a significant contribution to Lifestyle Medicine in the areas of research, education, public health etc). As such, fellowship can be undertaken from a clinical, public health, research or education perspective.

Conceptual Basis of Fellowship

The ASLM Fellowship is modelled after a master's degree in structure and standards. However, it diverges from a traditional academic qualification, serving instead as a framework for peer recognition. This distinction allows candidates flexibility to accumulate Recognition of Prior Learning (RPL) for Fellowship points through education and training in Lifestyle Medicine-related fields of their choice, provided they meet all other requirements.

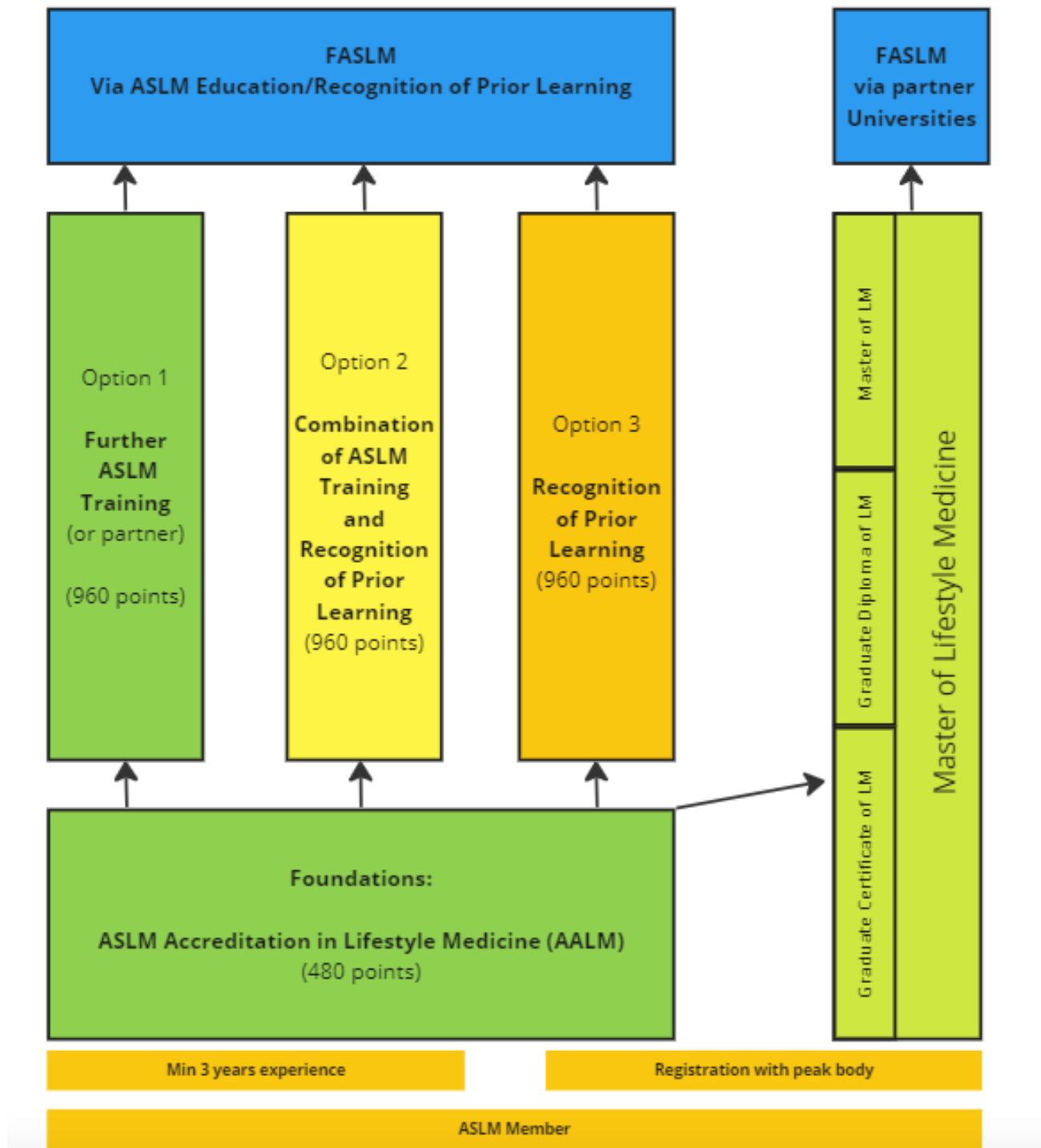
For clarity, a master's degree typically consists of 12 subjects or 'units', each representing around 120 'nominal' hours of learning. Therefore, a complete 12-unit master's degree equals approximately 1440 nominal hours of learning.

The ASLM Fellowship Framework adopts this 1440-hour model, with Fellowship points correlating to hours of learning. It's important to note that candidates do not need to undertake an additional 1440 hours of study to achieve Fellowship. Many of these hours may have already been accrued through previous education, training, CPD, research, publications, presentations, conferences and other activities in Lifestyle Medicine-related areas. For instance, attendance at an ASLM conference typically accrues 80 to 100 points, while completion of an MBBS awards a minimum of 240 points and competency in the pathophysiology domain.

Pathways to Fellowship – An Overview

The most common pathway to Fellowship is achieved through a combination of ASLM training and recognition of your prior learning in Lifestyle Medicine-related areas.

Graduates of a post-graduate degree in Lifestyle Medicine through our partner universities are also eligible to apply for Fellowship.



Eligibility for Fellowship

ASLM Fellowship is open to ASLM Members with the following additional eligibility requirements:

Eligibility for Fellowship is as follows:

- Practitioner member of ASLM*
- Bachelor's degree or higher in a clinical, public health or related discipline
- Appropriate registration, affiliation and good standing as required by field
- Minimum 3 years' experience in a discipline applicable to Lifestyle Medicine

*Please note, general members who have outstanding contributions to the field of Lifestyle Medicine in a public health, health service or community programs delivery, research or academic nature are also encouraged to apply. Non-practitioner member applications may be reviewed by ASLMs Education Advisory Committee for suitability.

Recognition of Prior Learning (RPL)

Recognition of Prior Learning (RPL) is available for education and training completed within the 10 years preceding the application for RPL. Qualifications older than 10 years must be actively maintained through regular practice, registration, affiliation, and continuing professional development in the respective field.

The maximum number of points that can be claimed via RPL is capped at 960, with the remaining 480 points obtained through ASLM training.

It is anticipated that most Fellowship candidates will benefit from RPL. For instance, tertiary or postgraduate qualifications in Lifestyle Medicine-related areas will qualify for points, as will participation in seminars, workshops, conferences, and other educational activities and Continuing Professional Development (CPD) directly related to Lifestyle Medicine.

RPL applications should be submitted using the provided application form, accompanied by supporting documentation. Candidates must enrol in the Fellowship program either before or concurrently with submitting their application form and supporting documentation. Processing of RPL applications may take up to 6 weeks, contingent upon the ASLM educational team's workload.

We acknowledge the challenges associated with obtaining certificates and transcripts for qualifications and training completed many years ago. Therefore, we encourage candidates to explore alternative methods of demonstrating completion and competency in those areas.

If after reading this document and the [Fellowship](#) section of the website, you're unsure what education and training will qualify for points towards the Fellowship, we recommend you make a time to discuss with our Education Team, or send a dot point list of your main education and training to education@lifestylemedicine.org.au for a (non-binding) estimate of RPL.

ASLM Accreditation in Lifestyle Medicine

One-third of the pathway to Fellowship

The most common way to achieve the Foundations domain required for Fellowship is to complete the ASLM Accreditation in Lifestyle Medicine*. The Accreditation provides one-third of the pathway to Fellowship and the minimum ASLM training requirement of 480 points. The remaining 960 points can be obtained through further ASLM training, or recognition of your previous contributions in Lifestyle Medicine related areas.

The ASLM Accreditation is an evidence based CPD course designed to enhance the skillset of existing health professionals by equipping them with additional competencies in Lifestyle Medicine. The course comprises 4 stages:

1. Foundations of Lifestyle Medicine, including the six pillars of Lifestyle Medicine, social determinants of health and behaviour change principles
2. An in-depth look at the evidence base for each of the Six Pillars of Lifestyle Medicine (Healthy Eating, Physical Activity, Sleep, Minimisation of Harmful Substances/Behaviours, Mental and Emotional Wellbeing and Social Connection)
3. Skills and Tools for the Application of Lifestyle Medicine (including a Health Coaching mini-course)
4. First Nations Health and Lifestyle Medicine, including culturally safe and responsive models of care

ASLM's Accreditation in Lifestyle Medicine enhances your professional development in Lifestyle Medicine from a global perspective, locally contextualised.

Upon completion, healthcare practitioners will be endorsed as an ASLM Accredited Lifestyle Medicine Doctor or Practitioner (as appropriate to their existing qualifications).

The ASLM Accreditation in Lifestyle Medicine (AALM) is also an approved CPD Activity with the following organisations:

- Royal Australian College of General Practitioners (RACGP)
- Australian College of Rural and Remote Medicine (ACCRM)
- Australian Medical Association (AMA) CPD Home



Post-Graduate study in Lifestyle Medicine

Graduates of our partner University's post-graduate programs in Lifestyle Medicine are eligible to apply for Fellowship as long as all other eligibility requirements are met.

Single units completed within the postgraduate programs are also recognised under the Fellowship Framework.

Qualification to practice

Being awarded the ASLM Fellowship does not confer a right to practice as a health practitioner. It simply augments an existing health profession with additional expertise in Lifestyle Medicine. Fellowship indicates peer recognition of a high level of **expertise** in Lifestyle Medicine and confers the right to use the FASLM postnominals.

In the same way, the ASLM Accreditation in Lifestyle Medicine does not confer a right to practice as a health practitioner but augments an existing health profession with additional competency in Lifestyle Medicine. Accreditation indicates **competency** in Lifestyle Medicine and confers the right to use the ASLM Accredited Lifestyle Medicine Doctor or Practitioner badging as appropriate.

Use of the FASLM postnominals and maintaining Fellowship

On awarding of Fellowship, Fellows of the Society may use the postnominals FASLM and the FASLM logo which may be used in a Fellow's email signature and any presentation/publications in the Fellows name.

Maintaining Fellowship and use of the postnominals requires maintaining ASLM practitioner membership, including meeting any requirements of membership and of CPD set by the board from time to time. There is a provision for practitioner members who retire in good standing to retain Fellowship and for those who cease practice ahead of retirement to retain Fellowship for a period of time.

The ASLM Board retains the right and absolute discretion to revoke any Fellowship previously granted without compensation, including but not limited to where requirements are shown retrospectively not to have been met, membership or CPD requirements are not maintained, appropriate registration/affiliation in good standing is not maintained, or where continuation of Fellowship is not in the Society's best interests or may bring the Society into disrepute.

Requirements for Fellowship

Overarching requirements

- The main requirement to be awarded the Fellowship is to earn 1440 Fellowship points in Recognition of Prior Learning (RPL) in domains of Lifestyle Medicine.
- The maximum number of points that can be claimed by way of RPL is 960.
- RPL must include at least 480 points of ASLM/partner organisation delivered education/training.
- RPL cannot include more than 480 points in third party online learning, seminars, workshops, webinars, conferences, etc.

Competency in domains of Lifestyle Medicine

- Demonstrated competency (240 points) in the Foundations of Lifestyle Medicine. For those without this competency, this can be achieved by completing the ASLM Accreditation in Lifestyle Medicine*
- *If you have completed a different Foundations of Lifestyle Medicine course or are looking for an alternative way to complete this competency, please contact us to discuss. ASLM recognises various global education programs provided by other Lifestyle Medicine Societies and colleges around the world.
- Demonstrated competency (120 points) in at least four additional domains of Lifestyle Medicine. A maximum of 480 points RPL can be awarded in any one domain.
 - Food, nutrition and related sciences
 - Physical activity and related sciences
 - Health behaviour change and coaching
 - Social and environmental determinants of health
 - Pathophysiology of chronic disease
 - Public health, prevention and health policy
 - Psychosocial factors in Lifestyle Medicine
 - Emotional and mental health/wellbeing
 - Positive psychology and connectedness
 - Sleep health and related sciences
 - Culture, meaning and identity studies
 - Addictions and related disorders/exposures
 - Self-management of chronic disease
 - Clinical and practice processes/innovation
 - Specific applications of Lifestyle Medicine

This is not an exhaustive list. Please advise us if you have competency in a related area of Lifestyle Medicine that may be able to be considered for RPL.

Please note that competency in each of these domains can be demonstrated from a clinical, public health, education and/or research perspective.

Other requirements and competencies

- A maximum of 480 points can be awarded on the basis of significant contribution to the field of Lifestyle Medicine (refereed) in the following categories:
 - Clinical practice and processes
 - Health policy and health service delivery
 - Community programs and initiatives
 - Education and training
 - Science and research
 - Authoring, supervision, mentoring
 - Organisational development
- A maximum of 240 points can be awarded in related areas of competency, but not specific to the domains of Lifestyle Medicine above. For example:
 - Epidemiology, biostatistics or similar
 - Research project or research methods

See the points table at the end of this document for a full list of ways to earn points towards the Fellowship.

Please do not worry about calculating points for your activities. Once you submit your application with evidence, we will conduct an initial formal assessment and provide you with an outcome, along with advice on the next steps to help you achieve your Fellowship goals.

Please note that in most cases, your primary qualification to practice a health profession does not earn points towards the Fellowship, except where it directly demonstrates competency in one or more domains of Lifestyle Medicine e.g. an MBBS automatically obtains 240 points and competency in the pathophysiology of chronic disease domain.

Similarly, 'standard' CPD for your profession generally does not earn points towards the Fellowship, eg: updating clinical knowledge or practice, except where that CPD is specifically related to domains of Lifestyle Medicine.

Enrolling in the Fellowship

To enroll in the Fellowship program please make your RPL application fee payment via our website <https://lifestylemedicine.org.au/fellowship/> and submit your application to education@lifestylemedicine.org.au

In addition to providing a formal assessment of RPL, this provides 6 months access to the Education Area of the ASLM website which contains information on Fellowship and ASLM Accreditation (for those who want to pursue Accreditation to earn Fellowship points), along with links to courses and other educational resources for further learning in Lifestyle Medicine. The Education Area is regularly updated with new information and resources.

It also provides access to our Education Team who will assist you with earning Fellowship points. There are lots of ways to earn points detailed in the points table at the end of this document.

Fees

As a not-for-profit multidisciplinary society, ASLM provides a low-cost pathway to Fellowship which should be accessible to all members. Fees payable to ASLM are as follows:

- Application for RPL and Fellowship \$385 (available to members only)
 - This covers the initial RPL assessment, 6 months Fellowship candidature and access to the Education Area and Education Team
- A 6-monthly Fellowship re-enrolment cost of \$165 for ongoing candidature and access to the Education Area and Education Team
 - You can suspend the renewal payment and access to the Education Area/Education Team at any time (this takes effect from the next renewal date), for example, if you want to take a break from pursuing the Fellowship (*Any RPL already awarded and paid will remain available to you for six years.*)
 - We will cancel the renewal payment (but not access to the Education Area or Fellowship Community) when you gain Fellowship
- RPL points awarded of \$110 per 120 points or part thereof (\$1320 for 1440 points – across the full Fellowship)

This ensures we can provide support for the individual candidate, as well as to support and develop the Fellowship program for all candidates in the future.

For those who don't have enough RPL initially, the 6 monthly enrolment fee aims to cover the cost of providing educational and administrative support to the Fellowship candidate until such time as they have enough RPL to be awarded the Fellowship.

The low ASLM fees take into account that in order to earn Fellowship points, there are other costs to you that we have no control over, for example to attend education, workshops, seminars, webinars or conferences offered by third parties.

Conceptual basis of Fellowship points

Conceptually, post-graduate education/industry-based training or CPD can be divided into the following groupings, which earn Fellowship points according to the academic rigour, and the extent to which the content directly addresses domains of Lifestyle Medicine:

- | | |
|--|---|
| 1. Fully developed tertiary education with learning objectives, participation requirements and formal assessment which establishes competency | 1 point per nominal learning hour |
| E.g.: Assuming the content of the education is deemed to be 100% specific to domains of Lifestyle Medicine, the points applicable to tertiary courses would be: | |
| <ul style="list-style-type: none">• Single tertiary unit Up to 120 points• Grad Cert (4 units) Up to 480 points• Grad Dip (8 units) Up to 960 points• Masters (12 units) Up to 960 points• PhD Points assessed on application | |
| 2. Courses and programs with learning objectives and formal assessment which establishes competency | 4 points per content/contact hour |
| 3. Seminars, workshops, conferences, etc. with learning objectives but no formal assessment | 2 points per contact/content hour |
| 4. Other seminars, workshops, conferences, etc. of relevance | 1 point per contact/content hour |
| 5. Vocational education/training (e.g.: TAFE level) with learning objectives and assessment | 0.5 points per nominal learning hour |
| 6. Finally, there is a provision by which applicants can earn 0.5 points per contact/content hour up to a maximum of 120 points for other activities that have contributed to their personal and professional development in Lifestyle Medicine related areas, including experiential activities, e.g.: attending a health retreat, mindfulness meditation training. | |

The above is a guide only as to the conceptual basis for Fellowship points and therefore an indication of the potential for an education/training activity to earn points. Actual points awarded will be assessed on application.

There are a wide variety of ways to earn Fellowship points. Examples are given in the table below.

Fellowship points table

The table below provides an overview of how to earn Fellowship points for RPL and the evidence required.

Requirements	Fellowship points	Evidence
Fully developed tertiary education with learning objectives, participation requirements and formal assessment which establishes competency	Up to 120 points per unit	Academic transcript & course/unit outline
Courses and programs with learning objectives and formal assessment which establishes competency	4 points per content/contact hour	Certificate of completion & course/program outline
Seminars, workshops, conferences, etc. with learning objectives but no formal assessment	2 points per content/contact hour	Certificate of attendance/participation & seminar/conference program
Other seminars, workshops, conferences of relevance	1 point per content/contact hour	Certificate of attendance/participation & seminar/conference program
Vocational education/training (e.g.: TAFE level) with learning objectives and assessment	0.5 points per nominal learning hour	Academic transcript & course/subject outline
Other activities (including experiential) for personal and professional development in Lifestyle Medicine related areas.	0.5 points per content/contact hour. Up to a maximum of 120 points	Certificate of attendance/participation
Authoring/publishing Writing papers, literature reviews, journal articles, commentary, case studies, reviews, book reviews, books and book chapters, mainstream media articles, etc, to publication standard. Conceptually, this provision is based on three levels of academic rigour in authoring: 1. Largely unreferenced but authoritative work, e.g.: media article, book review or commentary = 12 points per 1000 words 2. Well referenced rigorous work but not peer reviewed, e.g.: case studies, literature review = 24 points per 1000 words 3. Fully referenced, peer-reviewed and published work, e.g.: journal article, invited commentary, systematic review = 36 points per 1000 words	Up to 480 points E.g.: 3500-word peer reviewed journal article = 126 points 1000-word case study = 24 points 500-word media article = 6 points	Publication (please provide word count with your submission)

Research, policy-related or clinical project Including conducting original research, policy development or analysis, and clinical audit projects. Conceptually, this provision is based on a 2 or 3 unit (240-360 nominal hours) tertiary research project and assessed for Fellowship points accordingly.	1 point per nominal hour up to 360 points	Project brief, protocol, copy of report or outcomes
Lecturing/presenting Including preparing and delivering new lectures or presentations (including oral scientific abstracts and poster presentations) and delivering repeat lectures/presentations to a professional or tertiary audience. Developing and delivering a new one-hour lecture is taken to be equivalent to 60 nominal hours of learning, however, actual Fellowship points will be assessed on application. Delivering the same lecture again is taken to update and further develop that learning. <i>Points are also available for delivery to a general public or patient audience at half the rate for delivering to a professional audience.</i>	Up to 240 points 60 points per new one hour lecture developed and delivered 12 points per repeat hour lecture delivered	Lecture program or invitation to present Copy of presentation
Logged practice* Demonstrating application of LM or principles of LM in clinical practice, public health, research or education setting.	4 points per logged hour up to 240 points	Log & supporting documentation
Supervision/mentoring* Mentoring and supervision are an important part of professional development, both for the supervisor/mentor and the mentee, and are a well-established part of medical education.	4 points per contact hour up to 120 points	Log & supporting documentation
Self-directed learning* Proposed activities should be approved for Fellowship points prior to commencing	1 point per nominal learning hour up to 120 points	Log & supporting documentation
Conducting peer review*	Points on application	Log & supporting documentation
Teaching, course co-ordination*	Points on application	Log & supporting documentation
Policy development or analysis*	Points on application	Log & supporting documentation
Other science, research, e.g.: PhD*	Points on application	Log & supporting documentation

**These activities should be approved for Fellowship points prior to commencing*

Fellowship Log

Where applicable, Fellowship candidates can keep a Fellowship Log by which to record activities that would earn points under the Fellowship Framework, e.g.: clinical practice, supervision, mentoring, peer-review, self-guided learning, authoring, etc.

This is particularly relevant for candidates who have already received an assessment of RPL and are now prospectively collecting evidence of additional Lifestyle Medicine related activity over a period of time.

In brief, a Fellowship Log requires simple line entries of:

- The date an activity was conducted
- A brief description of the activity as it relates to Lifestyle Medicine
- The number of hours spent on the Lifestyle Medicine proportion of that activity
- Supporting documentation retained if applicable

Candidates can develop their own electronic format for doing this (usually a Word document) to suit their profession and circumstances, but at a minimum a Fellowship Log should contain the following information:

Date	Description of activity (as it relates to LM)	Time spent (HH:mm)	Supporting documentation?

Please note that in the case of logging clinical practice, the time logged is unlikely to be the whole consultation, but the proportion of the consultation in which principles of Lifestyle Medicine are applied. Likewise, for those completing the Fellowship Log from a public health or research point of view.

The Log should be submitted to the Education Team on at least a six-monthly basis for review to ensure it is being completed appropriately and to receive feedback and Fellowship points. Supporting documentation to evidence activities is to be submitted with the Log.

Candidates should feel free to discuss their individual situation with the Education Team to ensure the Log serves its intended purpose.