

MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

March 2018 - 2019

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	W/C	Lecture Title
MODULE 1	12/03/18	Welcome Lecture and Introduction to the MNU Certification
	19/03/18	Understanding a Truly Evidence-based Approach
	26/03/18	Research Methods - What Do We Really Need to Understand?
	02/04/18	Biochemistry - Key to Understanding the Practical Elements of Nutrition
	09/04/18	What is Health & What Role Does Nutrition Play?
	16/04/18	CHECK IN WEEK
MODULE 2	23/04/18	Mastering the Basics of the Digestive & Endocrine Systems
	30/04/18	Understanding Energy Systems & Energy Balance
	07/05/18	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	14/05/18	Is There an Optimal Diet for Human Health?
	21/05/18	The Fundamentals of Protein - Biochemistry & Metabolism
	28/05/18	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	04/06/18	The Fundamentals of Fat - Biochemistry & Metabolism
	11/06/18	The Role & Function of Vitamins & Minerals
	18/06/18	Meal Timing and Frequency in Health and Performance
	25/06/18	The Fundamentals of Hydration for Health & Performance
	30th JUNE - BODY COMPOSITION RESIDENTIAL & PARTY**	
	02/07/18	CHECK IN WEEK

MODULE 3	09/07/18	Hormonal & Biochemical Effects of Dietary Protein
	16/07/18	Hormonal & Biochemical Effects of Dietary Carbohydrate
	23/07/18	Hormonal & Biochemical Effects of Dietary Fat
	30/07/18	Conceptualising Energy Balance & Macronutrient Theory
	06/08/18	Fat Loss Part 1- Adherence - The Single Most Important Factor
	11th AUGUST 2018 - MNU CONFERENCE	
	13/08/18	Fat Loss Part 2 - Client Specific Approaches to Dieting
	20/08/18	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
	27/08/18	Evidence-Based Body Composition Assessment & Interpretation
	03/09/18	Advanced Muscle Gain Techniques
	10/09/18	Evidence-Based Supplementation for Health & Performance
	17/09/18	CHECK IN WEEK

MODULE 4	24/09/18	Appropriate Use of Food Diaries in Practice
	01/10/18	Consultation Process - Beyond Theory & Science
	08/10/18	Approaches to Client Nutrition Strategies & Programming
	15/10/18	Effective Client Monitoring
	20th & 21st OCTOBER - CASE STUDY RESIDENTIAL WEEKEND**	
	22/10/18	Theoretical & Practical Behaviour Change
	29/10/18	Online Coaching - Delivering Nutritional Support & Counselling Online
	05/11/18	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	12/11/18	CHECK IN WEEK

MODULE 5	19/11/18	An Evidence-based Approach to IBS & Gut Health
	26/11/18	Key Considerations Before, During & Post Pregnancy
	03/12/18	Working with the Clinically Obese Population
	10/12/18	Nutrition Considerations for the Elderly - Maximising Quality of Life
	17/12/18	Understanding the Signs, Symptoms & Implications for Diabetes
	24/12/18	CHRISTMAS (No Lecture)
	31/12/18	CHRISTMAS (No Lecture)
	07/01/19	Understanding the Signs, Symptoms & Implications for PCOS
	14/01/19	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
	21/01/19	Eating Disorders - What is Our Role?
	28/01/19	CHECK IN WEEK

MODULE 6	04/02/19	Considerations for Prepping Bodybuilders
	11/02/19	Performance Nutrition for Endurance Athletes
	18/02/19	Performance Nutrition for Team Sports
	25/02/19	Evidence-based Strategies for Making Weight
	2nd MARCH - REVISION DAY (Optional)	
	04/03/19	CHECK IN WEEK, COURSE REVIEW & START OF REVISION PERIOD

Note: The exam will be available to take online from Monday 1st April until midnight on Monday 22nd April 2019.

****Only applies to 'Full with Honours' students**