



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

September 2022 - 2023

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COURSE CALENDAR | SEPTEMBER 2022 - 2023

	W/C	Lecture Title	Duration
MODULE 1	05/09/22	Welcome Lecture & Introduction to the MNU Certification [LIVE]	Approx. 1h
	12/09/22	Understanding a Truly Evidence-based Approach	1h 31m
	19/09/22	Research Methods - What Do We Really Need to Understand?	1h 23m
	26/09/22	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	03/10/22	What is Health & What Role Does Nutrition Play?	1h 10m
	10/10/22	CHECK IN WEEK [LIVE]	Approx. 1h
MODULE 2	17/10/22	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	24/10/22	Understanding Energy Systems & Energy Balance	1h 07m
	31/10/22	Nutritional Myths - Gluten, Organic, Sweeteners & Much More	0h 53m
	07/11/22	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 1h 07m Part 2: 0h 59m
	14/11/22	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	21/11/22	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	28/11/22	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	05/12/22	The Role & Function of Vitamins & Minerals	1h 28m
	12/12/22	Meal Timing and Frequency in Health and Performance	1h 07m
	19/12/22	CHRISTMAS (No Lecture)	
	26/12/22	CHRISTMAS (No Lecture)	
	02/01/23	The Fundamentals of Hydration for Health & Performance	1h 20m
	09/01/23	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 3	16/01/23	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	23/01/23	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	28TH JANUARY - BODY COMPOSITION RESIDENTIAL & PARTY**		
	30/01/23	Hormonal & Biochemical Effects of Dietary Fat	1h 18m
	06/02/23	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	13/02/23	Fat Loss - Adherence - The Single Most Important Factor	1h 57m
	20/02/23	Fat Loss - Client Specific Approaches to Dieting	1h 06m
	27/02/23	Fat Loss - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation	1h 15m
	06/03/23	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	13/03/23	Advanced Muscle Gain Techniques	1h 47m
	20/03/23	Evidence-Based Supplementation for Health & Performance	1h 47m
	27/03/23	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 4	03/04/23	Appropriate Use of Food Diaries in Practice	0h 55m
	10/04/23	Consultation Process - Beyond Theory & Science	1h 32m
	15TH & 16TH APRIL 2023 - CASE STUDIES RESIDENTIAL WEEKEND**		
	17/04/23	Approaches to Client Nutrition Strategies & Programming	1h 47m
	24/04/23	Effective Client Monitoring	1h 02m
	01/05/23	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1hr 23m Part 2: 1hr 40m
	08/05/23	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	15/05/23	Online Coaching - Delivering Nutritional Support & Counselling Online	0h 59m
22/05/23	CHECK IN WEEK		

MODULE 5	29/05/23	An Evidence-based Approach to IBS & Gut Health	1h 06m
	05/06/23	Key Considerations Before, During & Post Pregnancy	1h 27m
	12/06/23	Working with the Clinically Obese Population [2 Parts]	Part 1: 1h 31m Part 2: 1h 19m
	19/06/23	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	26/06/23	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 46m Part 2: 1h 10m
	03/07/23	Understanding the Signs, Symptoms & Implications for PCOS	2h 0m
	10/07/23	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	17/07/23	Eating Disorders - What is Our Role?	1h 50m
	24/07/23	CHECK IN WEEK	

MODULE 6	31/07/23	Considerations for Prepping Bodybuilders	1h 21m
	07/08/23	Performance Nutrition for Endurance Athletes	1h 35m
	14/08/23	Performance Nutrition for Team Sports	1h 34m
	21/08/23	Evidence-based Strategies for Making Weight	1h 19m
	28/08/23	CHECK IN WEEK & COURSE REVIEW	

REVISION PERIOD	4TH SEPTEMBER 2023 - 17TH SEPTEMBER 2023
EXAM PERIOD	18TH SEPTEMBER 2023 - 8TH OCTOBER 2023
29TH OCTOBER 2023 - RESULTS DAY	
18TH NOVEMBER 2023 - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	

**Only applies to 'Full with Honours' students