



# MNU

WISDOM | CONFIDENCE | INTEGRITY

## COURSE CALENDAR

September 2021 - 2022

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## COURSE CALENDAR | SEPTEMBER 2021 - 2022

	W/C	Lecture Title	Duration
MODULE 1	27/09/21	Welcome Lecture & Introduction to the MNU Certification [LIVE]	Approx. 1h
	04/10/21	Understanding a Truly Evidence-based Approach	1h 31m
	11/10/21	Research Methods - What Do We Really Need to Understand?	1h 23m
	18/10/21	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	25/10/21	What is Health & What Role Does Nutrition Play?	1h 10m
	01/11/21	<b>CHECK IN WEEK [LIVE]</b>	<b>Approx. 1h</b>

MODULE 2	08/11/21	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	15/11/21	Understanding Energy Systems & Energy Balance	1h 07m
	22/11/21	Nutritional Myths - Gluten, Organic, Sweeteners & Much More	0h 53m
	29/11/21	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 1h 07m Part 2: 0h 59m
	06/12/21	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	13/12/21	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	20/12/21	<b>CHRISTMAS (No Lecture)</b>	
	27/11/21	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	03/01/22	The Role & Function of Vitamins & Minerals	1h 28m
	10/01/22	Meal Timing and Frequency in Health and Performance	1h 07m
	17/01/22	The Fundamentals of Hydration for Health & Performance	1h 20m
	24/01/22	<b>CHECK IN WEEK [LIVE]</b>	<b>Approx. 1h</b>

29 <sup>TH</sup> JANUARY - BODY COMPOSITION RESIDENTIAL & PARTY**			
MODULE 3	31/01/22	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	07/02/22	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	14/02/22	Hormonal & Biochemical Effects of Dietary Fat	1h 18m
	21/02/22	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	28/02/22	Fat Loss - Adherence - The Single Most Important Factor	1h 57m
	07/03/22	Fat Loss - Client Specific Approaches to Dieting	1h 06m
	14/03/22	Fat Loss - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation	1h 15m
	21/03/22	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	28/03/22	Advanced Muscle Gain Techniques	1h 47m
	04/04/22	Evidence-Based Supplementation for Health & Performance	1h 47m
	11/04/22	<b>CHECK IN WEEK [LIVE]</b>	<b>Approx. 1h</b>

16 <sup>TH</sup> & 17 <sup>TH</sup> APRIL 2022 - CASE STUDIES RESIDENTIAL WEEKEND**			
MODULE 4	18/04/22	Appropriate Use of Food Diaries in Practice	0h 55m
	25/04/22	Consultation Process - Beyond Theory & Science	1h 32m
	02/05/22	Approaches to Client Nutrition Strategies & Programming	1h 47m
	09/05/22	Effective Client Monitoring	1h 02m
	16/05/22	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1hr 23m 2: 1 hr 40m
	23/05/22	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	30/05/22	Online Coaching - Delivering Nutritional Support & Counselling Online	0h 59m
	06/06/22	<b>CHECK IN WEEK</b>	



MODULE 5	13/06/22	An Evidence-based Approach to IBS & Gut Health	1h 06m
	20/06/22	Key Considerations Before, During & Post Pregnancy	1h 27m
	27/06/22	Working with the Clinically Obese Population [2 Parts]	Part 1: 1h 31m Part 2: 1h 19m
	04/07/22	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	11/07/22	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 46m Part 2: 1h 10m
	18/07/22	Understanding the Signs, Symptoms & Implications for PCOS	2h 0m
	25/07/22	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	01/08/22	Eating Disorders - What is Our Role?	1h 50m
	08/08/22	<b>CHECK IN WEEK</b>	

MODULE 6	15/08/22	Considerations for Prepping Bodybuilders	1h 21m
	22/08/22	Performance Nutrition for Endurance Athletes	1h 35m
	29/08/22	Performance Nutrition for Team Sports	1h 34m
	05/09/22	Evidence-based Strategies for Making Weight	1h 19m
	12/09/22	<b>CHECK IN WEEK &amp; COURSE REVIEW</b>	

REVISION PERIOD	19 <sup>TH</sup> SEPTEMBER 2022 - 2 <sup>ND</sup> OCTOBER 2022
EXAM PERIOD	3 <sup>RD</sup> OCTOBER 2022 - 23 <sup>RD</sup> OCTOBER 2022
7 <sup>TH</sup> NOVEMBER 2022 - RESULTS DAY	
19 <sup>TH</sup> NOVEMBER 2022 - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	

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