



# MNU

WISDOM | CONFIDENCE | INTEGRITY

## COURSE CALENDAR

September 2023 - 2024

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## COURSE CALENDAR | SEPTEMBER 2023 - 2024

	W/C	Lecture Title	Duration
MODULE 1	11/09/23	Welcome Lecture & Introduction to the MNU Certification [LIVE]	Approx. 1h
	18/09/23	Understanding a Truly Evidence-based Approach	1h 31m
	25/09/23	Research Methods - What Do We Really Need to Understand?	1h 23m
	02/10/23	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	09/10/23	What is Health & What Role Does Nutrition Play?	1h 10m
	16/10/23	<b>CHECK IN WEEK [LIVE]</b>	<b>Approx. 1h</b>

MODULE 2	23/10/23	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	30/10/23	Understanding Energy Systems & Energy Balance	1h 07m
	06/11/23	Nutritional Myths - Gluten, Organic, Sweeteners & Much More	0h 53m
	13/11/23	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 1h 07m Part 2: 0h 59m
	20/11/23	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	27/11/23	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	04/12/23	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	11/12/23	The Role & Function of Vitamins & Minerals	1h 28m
	18/12/23	Meal Timing and Frequency in Health and Performance	1h 07m
	25/12/23	<b>CHRISTMAS (No Lecture)</b>	
	01/01/24	<b>CHRISTMAS (No Lecture)</b>	
	08/01/24	The Fundamentals of Hydration for Health & Performance	1h 20m
	15/01/24	<b>CHECK IN WEEK [LIVE]</b>	<b>Approx. 1h</b>



MODULE 3	22/01/24	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	27 <sup>TH</sup> JANUARY 2024 - BODY COMPOSITION RESIDENTIAL & PARTY**		
	29/01/24	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	05/02/24	Hormonal & Biochemical Effects of Dietary Fat	1h 18m
	12/02/24	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	19/02/24	Fat Loss - Adherence - The Single Most Important Factor	1h 57m
	26/02/24	Fat Loss - Client Specific Approaches to Dieting	1h 06m
	04/03/24	Fat Loss - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation	1h 15m
	11/03/24	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	18/03/24	Advanced Muscle Gain Techniques	1h 47m
	25/03/24	Evidence-Based Supplementation for Health & Performance	1h 47m
	01/04/24	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 4	08/04/24	Appropriate Use of Food Diaries in Practice	0h 55m
	15/04/24	Consultation Process - Beyond Theory & Science	1h 32m
	22/04/24	Approaches to Client Nutrition Strategies & Programming	1h 47m
	29/04/24	Effective Client Monitoring	1h 02m
	4 <sup>TH</sup> & 5 <sup>TH</sup> MAY 2024 - CASE STUDIES RESIDENTIAL WEEKEND**		
	06/05/24	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1hr 23m Part 2: 1hr 40m
	13/05/24	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	20/05/24	Online Coaching - Delivering Nutritional Support & Counselling Online	0h 59m
	27/05/24	CHECK IN WEEK	



MODULE 5	03/06/24	An Evidence-based Approach to IBS & Gut Health	1h 06m
	10/06/24	Key Considerations Before, During & Post Pregnancy	1h 27m
	17/06/24	Working with the Clinically Obese Population [2 Parts]	Part 1: 1h 31m Part 2: 1h 19m
	24/06/24	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	01/07/24	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 46m Part 2: 1h 10m
	08/07/24	Understanding the Signs, Symptoms & Implications for PCOS	2h 0m
	15/07/24	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	22/07/24	Eating Disorders - What is Our Role?	1h 50m
	29/07/24	<b>CHECK IN WEEK</b>	

MODULE 6	05/08/24	Considerations for Prepping Bodybuilders	1h 21m
	12/08/24	Performance Nutrition for Endurance Athletes	1h 35m
	19/08/24	Performance Nutrition for Team Sports	1h 34m
	26/08/24	Evidence-based Strategies for Making Weight	1h 19m
	02/09/24	<b>CHECK IN WEEK &amp; COURSE REVIEW</b>	

REVISION PERIOD	9 <sup>TH</sup> SEPTEMBER 2024 - 22 <sup>ND</sup> SEPTEMBER 2024
EXAM PERIOD	23 <sup>RD</sup> SEPTEMBER 2024 - 13 <sup>TH</sup> OCTOBER 2024
4 <sup>TH</sup> NOVEMBER 2024 - RESULTS DAY	
23 <sup>RD</sup> NOVEMBER 2024 - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	

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