



# 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> |

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| MODULE 2 | 23/10/23 | Mastering the Basics of the Digestive & Endocrine Systems [2 Parts] | Part 1: 1h 01m<br>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<br>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>                |

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| <b>MODULE 3</b> | 22/01/24   | Hormonal & Biochemical Effects of Dietary Protein                   | 1h 46m                           |
|                 | <b>27<sup>TH</sup> JANUARY 2024 - BODY COMPOSITION RESIDENTIAL &amp; PARTY**</b> |   |                                  |
|                 | 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 [2 Parts]          | Part 1: 1h 37m<br>Part 2: 0h 57m |
|                 | 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 46m                           |
|                 | 01/04/24   | <b>CHECK IN WEEK [LIVE]</b>   | <b>Approx. 1h</b>                |

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| <b>MODULE 4</b> | 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                             |
|                 | <b>27<sup>TH</sup> &amp; 28<sup>TH</sup> APRIL 2024 - CASE STUDIES RESIDENTIAL WEEKEND**</b> |  |                                    |
|                 | 29/04/24   | Effective Client Monitoring  | 1h 02m                             |
|                 | 06/05/24   | Theoretical & Practical Behaviour Change [2 Parts]                         | Part 1: 1hr 23m<br>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        | <b>CHECK IN WEEK</b>   |  |                                    |

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| <b>MODULE 5</b> | 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<br>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<br>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<br>Part 2: 1h 28m |
|                 | 22/07/24 | Eating Disorders - What is Our Role?  | 1h 50m                           |
|                 | 29/07/24 | <b>CHECK IN WEEK</b>  |                                  |

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| <b>MODULE 6</b> | 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>     |        |

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

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