

# MNU

WISDOM | CONFIDENCE | INTEGRITY

## COURSE OVERVIEW

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## COURSE OVERVIEW | AT A GLANCE

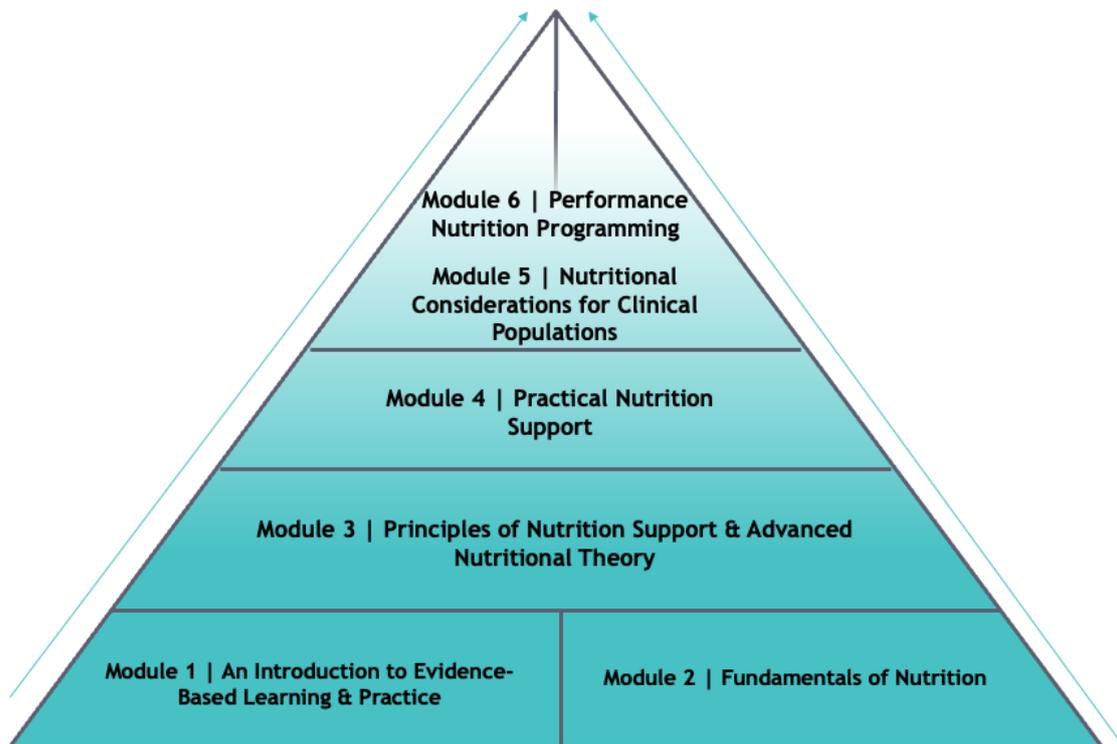
Module	Title
1	Introduction to Evidence-Based Learning and Practice
2	Fundamentals of Nutrition
3	Principles of Nutrition Support and Advanced Nutritional Theory
4	Practical Nutrition Support*
5	Nutritional Considerations for Clinical Populations*
6	Performance Nutrition Programming*
<i>Additional Lectures</i>	<i>Bonus Content in 'The Mentoring Lab'**</i>

\*Modules 4,5&6 are only available with 'Full Online' and 'Full with Honours' MNU courses.

\*\* 'The Mentoring Lab' is complimentary with 'Full Online' and 'Full with Honours' MNU course options, but is also available to students on our 'Essential' course as an optional add-on.

One of the most important factors when deciding on a course is not just picking a company based on their reputation but also the course material. We don't just want to give you the information in a boring format to pass a test – but we want to use our skills as teachers to ensure your understanding and that you will gain the wisdom and insight to apply your knowledge in any situation, whether you use nutrition as a hobby or use nutrition in your job. The aim of our course is that you won't feel the need to do 'yet another' nutrition course. We believe that regardless of the course option you decide to enrol with, this course will make a positive impact to your life, your client's, your network and your family's; we believe MNU is a game changer in the industry and as we grow in fame, MNU will force the industry to become more evidence-based.

## MODULES PYRAMID



With pyramids being the 'in' thing right now, we of course found a way to put our modules into one!

Regardless of a pyramid just being a visually nice way of viewing our modules, it is actually by design. Modules 1+2 really do provide the foundation for all the other modules. Module 3 then goes onto provide more advanced theory and understanding that culminates in the final 3 modules, which have a hugely practical focus.

We really have given so much time and thought to our course structure, not just to the content. We don't just want to give you the information; we want to use our skills as teachers to ensure your understanding and ability to apply it.



## MODULE ONE | INTRODUCTION TO EVIDENCE-BASED LEARNING AND PRACTICE

This module has been designed to partner with the Fundamentals of Nutrition (Module 2) to provide the underpinning knowledge and thought processes that are required to move past simple knowledge acquisition and onto wisdom and knowledge synthesis.

The term evidence-based does not mean solely relying on academic research; being an evidence-based practitioner means understanding the research and then being able to contextualise it in your practice by combining it appropriately with experience.

Lecture	Title
1.1	Welcome Lecture & Introduction to MNU
1.2	Understanding a Truly Evidence-Based Approach
1.3	Research Methods - What Do We Really Need to Understand?
1.4	Biochemistry - Key to Understanding the Practical Elements of Nutrition
1.5	What is Health & What Role Does Nutrition Play?
1.6	CHECK-IN WEEK



## MODULE TWO | FUNDAMENTALS OF NUTRITION

Having a sound understanding of physiology and biochemistry is crucial when looking to learn more advanced theory.

This module will teach you the fundamentals required to understand more advanced concepts. Similarly, it will highlight key areas of misunderstanding that may undermine future understanding. On other courses, often only the WHAT is taught, however, the information in this module will help you to understand the WHY's of future topics; this level of understanding is so important when trying to disseminate knowledge to others.

Lecture	Title
2.1	Mastering the Basics of the Digestive & Endocrine Systems
2.2	Understanding Energy Systems & Energy Balance
2.3	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
2.4	Is There an Optimal Diet for Human Health?
2.5	The Fundamentals of Protein - Biochemistry & Metabolism
2.6	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
2.7	The Fundamentals of Fat - Biochemistry & Metabolism
2.8	The Role & Function of Vitamins & Minerals
2.9	Meal Timing & Frequency in Health & Performance
2.10	The Fundamentals of Hydration for Health & Performance
2.11	CHECK-IN WEEK



## MODULE THREE | PRINCIPLES OF NUTRITION SUPPORT AND ADVANCED NUTRITIONAL THEORY

Module 3 builds upon the teachings in modules 1 and 2 and starts to conceptualise the theory into real life with a key focus on fat loss, muscle gain and the pursuit of optimal health.

This module will bring to life advanced concepts and techniques going into extreme detail with regards to the physiological, psychological, behavioural and social elements involved in achieving these goals. This module will allow you to become autonomous in tailoring various nutritional techniques and interventions to a wide variety of situations. The lectures will also be taught from a hugely practical standpoint allowing you to apply up-to-date theory almost immediately with yourself, and your clients.

Lecture	Title
3.1	Hormonal & Biochemical Effects of Dietary Protein
3.2	Hormonal & Biochemical Effects of Dietary Carbohydrate
3.3	Hormonal & Biochemical Effects of Dietary Fat
3.4	Conceptualising Energy Balance & Macronutrient Theory
3.5	Fat Loss Part 1 - Adherence - The Single Most Important Factor
3.6	Fat Loss Part 2 - Client Specific Approaches to Dieting
3.7	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
3.8	Evidence-Based Body Composition Assessment & Interpretation
3.9	Advanced Muscle Gain Techniques
3.10	Evidence-Based Supplementation for Health & Performance
3.10	CHECK-IN WEEK (COURSE REVIEW FOR ESSENTIALS OPTION)

## MODULE FOUR | PRACTICAL NUTRITION SUPPORT

Theoretical knowledge of nutrition is only half of the equation when it comes to getting results in the real world with real people.

To get amazing results with every client, human behaviour and psychology also need to be carefully considered; as well as giving consideration to the method of nutrition coaching, whether that be online or face to face. This module has been designed to help translate the knowledge gained in modules 1-3 into practice, including every detail you need to know to successfully and confidently work with clients to get consistently amazing results. We will take you through the consultation process, choosing the most appropriate nutrition strategies, motivational interviewing techniques and unique psychological skills that can be used to maximise client adherence.

Lecture	Title
4.1	Appropriate Use of Food Diaries in Practice
4.2	Consultation Process - Beyond Theory & Science
4.3	Approaches to Client Nutrition Strategies & Programming
4.4	Effective Client Monitoring
4.5	Theoretical & Practical Behaviour Change
4.6	Delivering Corporate Nutrition Programmes & Other Group Education Settings
4.7	Online Coaching - Delivering Nutritional Support & Counselling Online
4.8	CHECK-IN WEEK



## MODULE FIVE | NUTRITIONAL CONSIDERATIONS FOR CLINICAL POPULATIONS

As the world's population becomes an increasingly unhealthy one, the impact that nutrition can have on some of the most prevalent health-related diseases is evident.

Module 5 will teach the pathology, symptoms and nutritional considerations of common clinical conditions that practitioners will come across on a daily basis. In addition to the theory, this module has been designed to provide information and practical tools on evidence-based nutrition protocols and advanced approaches used in supporting clinical populations with their nutrition, all within an appropriate scope of practice. Special reference will be made to client situations when referring out is the only option a practitioner with integrity should take.

Lecture	Title
5.1	An Evidence-Based Approach to IBS & Gut Health
5.2	Key Considerations Before, During & Post Pregnancy
5.3	Working With the Clinically Obese Population
5.4	Nutrition Considerations for the Elderly - Maximising Quality of Life
5.5	Understanding the Signs, Symptoms & Implications for Diabetes
5.6	Understanding the Signs, Symptoms & Implications for PCOS
5.7	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
5.8	Eating Disorders - What is Our Role?
5.9	CHECK-IN WEEK



## MODULE SIX | PERFORMANCE NUTRITION PROGRAMMING

Successfully working with athletes relies on knowing the most up-to-date sports nutrition research out there.

This final module aims to not only break down advanced concepts into easy-to-understand theory, but also teaches you how to implement cutting-edge, sport-specific nutrition programmes to a wide variety of disciplines. The difference in physiological demands between strength, power and endurance sports, and therefore the different fuelling and recovery strategies, dietary periodisation, competition protocols, and nutritional approaches to maximise training adaptations required, makes this module a fascinating and highly applied ending to the Mac-Nutrition Uni course.

Lecture	Title
6.1	Considerations for Prepping Bodybuilders
6.2	Performance Nutrition for Endurance Athletes
6.3	Performance Nutrition for Team Sports
6.4	Evidence-Based Strategies for Making Weight
6.5	CHECK-IN WEEK & COURSE REVIEW