

MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

March 2019 - 2020

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	Week Commencing	Lecture Title
MODULE 1	11/03/2019	Welcome Lecture and Introduction to the MNU Certification
	18/03/2019	Understanding a Truly Evidence-based Approach
	25/03/2019	Research Methods - What Do We Really Need to Understand?
	01/04/2019	Biochemistry - Key to Understanding the Practical Elements of Nutrition
	08/04/2019	What is Health & What Role Does Nutrition Play?
	15/04/2019	CHECK IN WEEK

MODULE 2	22/04/2019	Mastering the Basics of the Digestive & Endocrine Systems
	29/04/2019	Understanding Energy Systems & Energy Balance
	06/05/2019	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	13/05/2019	Is There an Optimal Diet for Human Health?
	20/05/2019	The Fundamentals of Protein - Biochemistry & Metabolism
	27/05/2019	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	1ST JUNE - BI-ANNUAL MAC-NUTRITION LIVE DAY & MENTORING LAB PARTY	
	03/06/2019	The Fundamentals of Fat - Biochemistry & Metabolism
	10/06/2019	The Role & Function of Vitamins & Minerals
	17/06/2019	Meal Timing and Frequency in Health and Performance
	22ND JUNE - BODY COMPOSITION RESIDENTIAL & PARTY**	
	24/06/2019	The Fundamentals of Hydration for Health & Performance
	01/07/2019	CHECK IN WEEK

MODULE 3	08/07/2019	Hormonal & Biochemical Effects of Dietary Protein
	15/07/2019	Hormonal & Biochemical Effects of Dietary Carbohydrate
	22/07/2019	Hormonal & Biochemical Effects of Dietary Fat
	29/07/2019	Conceptualising Energy Balance & Macronutrient Theory
	05/08/2019	Fat Loss Part 1- Adherence - The Single Most Important Factor
	12/08/2019	Fat Loss Part 2 - Client Specific Approaches to Dieting
	19/08/2019	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
	26/08/2019	Evidence-Based Body Composition Assessment & Interpretation
	02/09/2019	Advanced Muscle Gain Techniques
	09/09/2019	Evidence-Based Supplementation for Health & Performance
	16/09/2019	CHECK IN WEEK

MODULE 4	23/09/2019	Appropriate Use of Food Diaries in Practice
	30/09/2019	Consultation Process - Beyond Theory & Science
	07/10/2019	Approaches to Client Nutrition Strategies & Programming
	14/10/2019	Effective Client Monitoring
	19TH & 20TH OCTOBER - CASE STUDIES RESIDENTIAL WEEKEND**	
	21/10/2019	Theoretical & Practical Behaviour Change
	28/10/2019	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	04/11/2019	Online Coaching - Delivering Nutritional Support & Counselling Online
	11/11/2019	CHECK IN WEEK

MODULE 5	18/11/2019	An Evidence-based Approach to IBS & Gut Health
	23RD NOVEMBER - BI-ANNUAL MAC-NUTRITION LIVE DAY & MENTORING LAB PARTY	
	25/11/2019	Key Considerations Before, During & Post Pregnancy
	02/12/2019	Working with the Clinically Obese Population
	09/12/2019	Nutrition Considerations for the Elderly - Maximising Quality of Life
	16/12/2019	Understanding the Signs, Symptoms & Implications for Diabetes
	23/12/2019	CHRISTMAS (No Lecture)
	30/12/2019	CHRISTMAS (No Lecture)
	06/01/2020	Understanding the Signs, Symptoms & Implications for PCOS
	13/01/2020	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
	20/01/2020	Eating Disorders - What is Our Role?
	27/01/2020	CHECK IN WEEK

MODULE 6	03/02/2020	Considerations for Prepping Bodybuilders
	10/02/2020	Performance Nutrition for Endurance Athletes
	17/02/2020	Performance Nutrition for Team Sports
	24/02/2020	Evidence-based Strategies for Making Weight
	02/03/2020	CHECK IN WEEK, COURSE REVIEW & START OF EXAM PERIOD

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

REVISION PERIOD	9TH MARCH 2020 - 22ND MARCH 2020
EXAM PERIOD	23RD MARCH 2020 - 12TH APRIL 2020
4TH MAY - RESULTS DAY	
30TH MAY - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & MENTORING LAB PARTY	