

MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

September 2019 - 2020

WISDOM | CONFIDENCE | INTEGRITY

WWW.MAC-NUTRITIONUNI.COM



COURSE CALENDAR | SEPTEMBER 2019 - 2020

	Week Commencing	Lecture Title
MODULE 1	09/09/19	Welcome Lecture and Introduction to the MNU Certification
	16/09/19	Understanding a Truly Evidence-based Approach
	23/09/19	Research Methods - What Do We Really Need to Understand?
	30/09/19	Biochemistry - Key to Understanding the Practical Elements of Nutrition
	07/10/19	What is Health & What Role Does Nutrition Play?
	14/10/19	CHECK IN WEEK
MODULE 2	21/10/19	Mastering the Basics of the Digestive & Endocrine Systems
	28/10/19	Understanding Energy Systems & Energy Balance
	04/11/19	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	11/11/19	Is There an Optimal Diet for Human Health?
	18/11/19	The Fundamentals of Protein - Biochemistry & Metabolism
	25/11/19	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	02/12/19	The Fundamentals of Fat - Biochemistry & Metabolism
	09/12/19	The Role & Function of Vitamins & Minerals
	16/12/19	Meal Timing and Frequency in Health and Performance
	23/12/19	CHRISTMAS (No Lecture)
	30/12/19	CHRISTMAS (No Lecture)
	06/01/20	The Fundamentals of Hydration for Health & Performance
	13/01/20	CHECK IN WEEK

MODULE 3	20/01/20	Hormonal & Biochemical Effects of Dietary Protein
	27/01/20	Hormonal & Biochemical Effects of Dietary Carbohydrate
	1ST FEBRUARY - BODY COMPOSITION RESIDENTIAL & PARTY	
	03/02/20	Hormonal & Biochemical Effects of Dietary Fat
	10/02/20	Conceptualising Energy Balance & Macronutrient Theory
	17/02/20	Fat Loss Part 1 - Adherence - The Single Most Important Factor
	24/02/20	Fat Loss Part 2 - Client Specific Approaches to Dieting
	02/03/20	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
	09/03/20	Evidence-Based Body Composition Assessment & Interpretation
	16/03/20	Advanced Muscle Gain Techniques
	23/03/20	Evidence-Based Supplementation for Health & Performance
	30/03/20	CHECK IN WEEK

MODULE 4	06/04/20	Appropriate Use of Food Diaries in Practice
	13/04/20	Consultation Process - Beyond Theory & Science
	20/04/20	Approaches to Client Nutrition Strategies & Programming
	27/04/20	Effective Client Monitoring
	2ND & 3RD MAY - CASE STUDIES RESIDENTIAL WEEKEND	
	04/05/20	Theoretical & Practical Behaviour Change
	11/05/20	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	18/05/20	Online Coaching - Delivering Nutritional Support & Counselling Online
	25/05/20	CHECK IN WEEK



MODULE 5	30TH MAY - BI-ANNUAL MAC-NUTRITION LIVE DAY & MENTORING LAB PARTY	
	01/06/20	An Evidence-based Approach to IBS & Gut Health
	08/06/20	Key Considerations Before, During & Post Pregnancy
	15/06/20	Working with the Clinically Obese Population
	22/06/20	Nutrition Considerations for the Elderly - Maximising Quality of Life
	29/06/20	Understanding the Signs, Symptoms & Implications for Diabetes
	06/07/20	Understanding the Signs, Symptoms & Implications for PCOS
	13/07/20	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
	20/07/20	Eating Disorders - What is Our Role?
	27/07/20	CHECK IN WEEK

MODULE 6	03/08/20	Considerations for Prepping Bodybuilders
	10/08/20	Performance Nutrition for Endurance Athletes
	17/08/20	Performance Nutrition for Team Sports
	24/08/20	Evidence-based Strategies for Making Weight
	31/08/20	CHECK IN WEEK, COURSE REVIEW & START OF EXAM PERIOD

REVISION PERIOD	7TH SEPTEMBER 2020 - 20TH SEPTEMBER 2020
EXAM PERIOD	21ST SEPTEMBER 2020 - 11TH OCTOBER 2020
2ND NOVEMBER - RESULTS DAY	
21ST NOVEMBER - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & MENTORING LAB PARTY	