

MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

March 2020 - 2021

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	Week Commencing	Lecture Title
MODULE 1	09/03/2020	Welcome Lecture and Introduction to the MNU Certification
	16/03/2020	Understanding a Truly Evidence-based Approach
	23/03/2020	Research Methods - What Do We Really Need to Understand?
	30/03/2020	Biochemistry - Key to Understanding the Practical Elements of Nutrition
	06/04/2020	What is Health & What Role Does Nutrition Play?
	13/04/2020	CHECK IN WEEK

MODULE 2	20/04/2020	Mastering the Basics of the Digestive & Endocrine Systems
	27/04/2020	Understanding Energy Systems & Energy Balance
	04/05/2020	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	11/05/2020	Is There an Optimal Diet for Human Health?
	18/05/2020	The Fundamentals of Protein - Biochemistry & Metabolism
	25/05/2020	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	30th MAY - BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	
	01/06/2020	The Fundamentals of Fat - Biochemistry & Metabolism
	08/06/2020	The Role & Function of Vitamins & Minerals
	15/06/2020	Meal Timing and Frequency in Health and Performance
	20th JUNE - BODY COMPOSITION RESIDENTIAL & PARTY**	
	22/06/2020	The Fundamentals of Hydration for Health & Performance
	29/06/2020	CHECK IN WEEK

MODULE 3	06/07/2020	Hormonal & Biochemical Effects of Dietary Protein
	13/07/2020	Hormonal & Biochemical Effects of Dietary Carbohydrate
	20/07/2020	Hormonal & Biochemical Effects of Dietary Fat
	27/07/2020	Conceptualising Energy Balance & Macronutrient Theory
	03/08/2020	Fat Loss Part 1- Adherence - The Single Most Important Factor
	10/08/2020	Fat Loss Part 2 - Client Specific Approaches to Dieting
	17/08/2020	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
	24/08/2020	Evidence-Based Body Composition Assessment & Interpretation
	31/08/2020	Advanced Muscle Gain Techniques
	07/09/2020	Evidence-Based Supplementation for Health & Performance
	14/09/2020	CHECK IN WEEK

MODULE 4	21/09/2020	Appropriate Use of Food Diaries in Practice
	28/09/2020	Consultation Process - Beyond Theory & Science
	05/10/2020	Approaches to Client Nutrition Strategies & Programming
	12/10/2020	Effective Client Monitoring
	17TH & 18TH OCTOBER - CASE STUDIES RESIDENTIAL WEEKEND**	
	19/10/2020	Theoretical & Practical Behaviour Change
	26/10/2020	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	02/11/2020	Online Coaching - Delivering Nutritional Support & Counselling Online
	09/11/2020	CHECK IN WEEK



MODULE 5	16/11/2020	An Evidence-based Approach to IBS & Gut Health
	21st NOVEMBER - BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	
	23/11/2020	Key Considerations Before, During & Post Pregnancy
	30/11/2020	Working with the Clinically Obese Population
	07/12/2020	Nutrition Considerations for the Elderly - Maximising Quality of Life
	14/12/2020	Understanding the Signs, Symptoms & Implications for Diabetes
	21/12/2020	CHRISTMAS (No Lecture)
	28/12/2020	CHRISTMAS (No Lecture)
	04/01/2021	Understanding the Signs, Symptoms & Implications for PCOS
	11/01/2021	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
	18/01/2021	Eating Disorders - What is Our Role?
	25/01/2021	CHECK IN WEEK

MODULE 6	01/02/2021	Considerations for Prepping Bodybuilders
	08/02/2021	Performance Nutrition for Endurance Athletes
	15/02/2021	Performance Nutrition for Team Sports
	22/02/2021	Evidence-based Strategies for Making Weight
	01/03/2021	CHECK IN WEEK, COURSE REVIEW & START OF EXAM PERIOD

**Only applies to 'Full with Honours' students

REVISION PERIOD	8TH MARCH 2021 - 21st MARCH 2021
EXAM PERIOD	22nd MARCH 2021 - 11TH APRIL 2021
3rd MAY 2021 - RESULTS DAY	
29th MAY 2021 - GRADUATION & BI-ANNUAL MAC-NUTRITION LIVE DAY & PARTY	