



## Bridging Assessment | Study Guide

This study guide has been created for two reasons.

- 1) Most importantly, to direct you to the appropriate lectures that you should watch in preparation for the Bridging Assessment
- 2) To give you an idea of the study time needed to successfully prepare for the Bridging Assessment

Exams will be open book as per your original MNU exams. As a reminder, the bridging assessment will consist of:

- A Multiple-Choice Question Exam (85 marks)
- A Short Answer Written Exam (100 marks)

You will have 1 hour to complete the MCQ Exam and 2 hours to complete the Short Answer Written Exam.

### Study Guide Contents

We have highlighted 9 Compulsory Lectures for you to watch.

We have also highlighted 10 further lectures that we strongly advise you to revisit in preparation for the exam.

Finally, we have gone to the effort of outlining the lectures that you will categorically not benefit from revising from.

## Important Lectures | Compulsory for Exam Entry

Lecture	Title	Complete
1.3	Research Methods - What Do We Really Need to Understand?	
2.9	Meal Timing & Frequency in Health & Performance - Part 1	
2.9	Meal Timing & Frequency in Health & Performance - Part 2	
2.10	The Fundamentals of Hydration for Health & Performance	
3.6	Fat Loss - Part 2a - Client Specific Approaches to Dieting	
3.6	Fat Loss - Part 2b - Dietary Quality & Multiphasic Approaches	
3.10	Evidence-based Supplementation for Health & Performance	
5.1	An Evidence-based Approach to IBS & Gut Health	
5.2	Key Considerations Before, During & Post Pregnancy	

You will need to watch these lectures in full to meet the Exam Entry Eligibility requirements; this will be assessed a few days before the start of your exam period. You will not gain access to the exams unless you meet the eligibility criteria. Subsequent lectures are not compulsory but contain assessable content.

We would also recommend taking the quizzes/tests associated with these lectures as part of your preparation.

## Helpful Lectures | Contain Assessable Content

- 1.4 - Biochemistry - Key to Understanding the Practical Elements of Nutrition
- 2.1 - Mastering the Basics of the Digestive & Endocrine Systems
- 2.3 - Nutritional Myths - Gluten, Organic, Sweeteners & Much More
- 2.4 - Is There an Optimal Diet for Human Health?
- 2.8 - The Role & Function of Vitamins & Minerals
- 4.1 - Appropriate Use of Food Diaries in Practice
- 4.2 - Consultation Process - Beyond Theory & Science
- 4.5 - Theoretical & Practical Behaviour Change
- 4.7 - Delivering Online Nutritional Counselling via 1-2-1 and Group Coaching
- 5.4 - Nutritional Considerations for the Elderly - Maximising Quality of Life

*Any other lectures on top of the above would be at your own discretion; for instance, if you felt you needed to refresh your memory on any underpinning principles.*

## Unnecessary Lectures | Surplus to Requirement

- 3.9 - Advanced Muscle Gain Techniques
- 4.6 - Delivering Corporate Nutrition Programmes & Other Group Education Settings
- 5.5 - Understanding the Signs, Symptoms & Implications for Diabetes
- 5.6 - Understanding the Signs, Symptoms & Implications for PCOS
- 5.8 - Eating Disorders - What is Our Role?
- 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