



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2024 - 2025



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	W/C	Lecture Title	Duration
MODULE 1	02/09/24	Welcome Lecture and Introduction to MNU [LIVE]	Approx. 1h
	09/09/24	Understanding a Truly Evidence-based Approach	1h 31m
	16/09/24	Research Methods - What Do We Really Need to Understand?	1h 56m
	23/09/24	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	30/09/24	What is Health & What Role Does Nutrition Play?	1h 10m
	07/10/24	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 2	14/10/24	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	21/10/24	Understanding Energy Systems & Energy Balance	1h 07m
	28/10/24	Nutritional Myths - Gluten, Organic, Sweeteners & Much More	0h 53m
	04/11/24	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	11/11/24	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	18/11/24	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	25/11/24	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	02/12/24	The Role & Function of Vitamins & Minerals	1h 28m
	09/12/24	Meal Timing and Frequency in Health and Performance [2 Parts]	Part 1: 1h 09m Part 2: 0h 57m
	16/12/24	The Fundamentals of Hydration for Health & Performance	1h 20m
	23/12/24	CHRISTMAS (No Lecture)	
	30/12/24	CHECK IN WEEK [LIVE]	



MODULE 3	06/01/25	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	13/01/25	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	20/01/25	Hormonal & Biochemical Effects of Dietary Fat	1h 18m
	27/01/25	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	1 st FEBRUARY 2025 - BODY COMPOSITION RESIDENTIAL & PARTY*		
	03/02/25	Fat Loss Part 1- Adherence - The Single Most Important Factor	1h 57m
	10/02/25	Fat Loss Part 2 - Client Specific Approaches to Dieting [2 Parts]	Part 1: 1h 37m Part 2: 0h 57m
	17/02/25	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation	1h 15m
	24/02/25	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	03/03/25	Advanced Muscle Gain Techniques	1h 47m
	10/03/25	Evidence-Based Supplementation for Health & Performance	1h 46m
	17/03/25	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 4	24/03/25	Appropriate Use of Food Diaries in Practice	0h 55m
	31/03/25	Consultation Process - Beyond Theory & Science	1h 32m
	07/04/25	Approaches to Client Nutrition Strategies & Programming	1h 47m
	14/04/25	Effective Client Monitoring	1h 02m
	21/04/25	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1h 23m Part 2: 1h 40m
	26 th & 27 th APRIL 2025 - CASE STUDIES RESIDENTIAL WEEKEND*		
	28/04/25	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	05/05/25	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes	1h 30m
	12/05/25	CATCH UP WEEK	



MODULE 5	19/05/25	An Evidence-based Approach to IBS & Gut Health	1h 06m
	26/05/25	Key Considerations Before, During & Post Pregnancy	1h 27m
	02/06/25	Working with People Living with Obesity [2 Parts]	Part 1: 1h 21m Part 2: 1h 38m
	09/06/25	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	16/06/25	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 40m Part 2: 1h 05m
	23/06/25	Understanding the Signs, Symptoms & Implications for PCOS	2h 0m
	30/06/25	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	07/07/25	Eating Disorders - What is Our Role?	1h 50m
	14/07/25	CATCH UP WEEK	

MODULE 6	21/07/25	Considerations for Prepping Bodybuilders	1h 21m
	28/07/25	Performance Nutrition for Endurance Athletes	1h 35m
	04/08/25	Performance Nutrition for Team Sports	1h 34m
	11/08/25	Evidence-based Strategies for Making Weight	1h 19m
	18/08/25	CHECK IN WEEK & COURSE REVIEW [LIVE]	

REVISION PERIOD	25 TH AUGUST 2025 - 15 TH SEPTEMBER 2025
EXAM PERIOD	15 TH SEPTEMBER 2025 - 05 TH OCTOBER 2025
27 TH OCTOBER 2025 - RESULTS DAY	
22 ND NOVEMBER 2025 - MAC-NUTRITION LIVE DAY & GRADUATION PARTY	

*Only applies to 'Full with Honours' students