



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2025 - 2026



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	W/C	Lecture Title	Duration
MODULE 1	01/09/25	Welcome Lecture and Introduction to MNU [LIVE]	Approx. 1h
	08/09/25	Understanding a Truly Evidence-based Approach	1h 31m
	15/09/25	Research Methods - What Do We Really Need to Understand?	1h 56m
	22/09/25	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	29/09/25	What is Health & What Role Does Nutrition Play?	1h 10m
	06/10/25	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 2	13/10/25	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	20/10/25	Understanding Energy Systems & Energy Balance	1h 07m
	27/10/25	Nutritional Myths - Gluten, Organic, Sweeteners & Much More	0h 53m
	03/11/25	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	10/11/25	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	17/11/25	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	24/11/25	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	01/12/25	The Role & Function of Vitamins & Minerals	1h 28m
	08/12/25	Meal Timing and Frequency in Health and Performance [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	15/12/25	The Fundamentals of Hydration for Health & Performance	1h 20m
	22/12/25	CHRISTMAS (No Lecture)	
	29/12/25	CHECK IN WEEK [LIVE]	



MODULE 3	05/01/26	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	12/01/26	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	19/01/26	Hormonal & Biochemical Effects of Dietary Fat	1h 18m
	24 th JANUARY 2026 - BODY COMPOSITION RESIDENTIAL & PARTY*		
	26/01/26	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	02/02/26	Fat Loss Part 1- Adherence - The Single Most Important Factor	1h 57m
	09/02/26	Fat Loss Part 2 - Client Specific Approaches to Dieting [2 Parts]	Part 1: 1h 37m Part 2: 0h 57m
	16/02/26	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation	1h 15m
	23/02/26	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	02/03/26	Advanced Muscle Gain Techniques	1h 47m
	09/03/26	Evidence-Based Supplementation for Health & Performance	1h 46m
	16/03/26	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 4	23/03/26	Appropriate Use of Food Diaries in Practice	0h 55m
	30/03/26	Consultation Process - Beyond Theory & Science	1h 32m
	06/04/26	Approaches to Client Nutrition Strategies & Programming	1h 47m
	13/04/26	Effective Client Monitoring	1h 02m
	20/04/26	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1h 23m Part 2: 1h 40m
	25 th & 26 th APRIL 2025 - CASE STUDIES RESIDENTIAL WEEKEND*		
	27/04/26	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	04/05/26	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes	1h 30m
	11/05/26	CATCH UP WEEK	



MODULE 5	18/05/26	An Evidence-based Approach to IBS & Gut Health	1h 06m
	25/05/26	Key Considerations Before, During & Post Pregnancy	1h 27m
	01/06/26	Working with People Living with Obesity [2 Parts]	Part 1: 1h 21m Part 2: 1h 38m
	08/06/26	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	15/06/26	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 40m Part 2: 1h 05m
	22/06/26	Understanding the Signs, Symptoms & Implications for PCOS	2h 0m
	29/06/26	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	06/07/26	Eating Disorders - What is Our Role?	1h 50m
	13/07/26	CATCH UP WEEK	

MODULE 6	20/07/26	Considerations for Prepping Bodybuilders	1h 21m
	27/07/26	Performance Nutrition for Endurance Athletes	1h 35m
	03/08/26	Performance Nutrition for Team Sports	1h 34m
	10/08/26	Evidence-based Strategies for Making Weight	1h 19m
	17/08/26	CHECK IN WEEK & COURSE REVIEW [LIVE]	

REVISION PERIOD	24 TH AUGUST 2026 - 14 TH SEPTEMBER 2026
EXAM PERIOD	14 TH SEPTEMBER 2026 - 05 TH OCTOBER 2026
26 TH OCTOBER 2026 - RESULTS DAY	
21 ST NOVEMBER 2026 - MAC-NUTRITION LIVE DAY & GRADUATION PARTY	

*Only applies to 'Full with Honours' students