



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2026 - 2027



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	W/C	Lecture Title	Duration
MODULE 1	07/09/26	Welcome Lecture and Introduction to MNU [LIVE]	Approx. 1h
	14/09/26	Understanding a Truly Evidence-based Approach	1h 31m
	21/09/26	Research Methods - What Do We Really Need to Understand?	1h 56m
	28/09/26	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	05/10/26	What is Health & What Role Does Nutrition Play?	1h 10m
	12/10/26	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 2	19/10/26	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	26/10/26	Understanding Energy Systems & Energy Balance	1h 23m
	02/11/26	Nutritional Myths - Gluten, Organic, Sweeteners & Much More [2 Parts]	Part 1: 0h 45m Part 2: 0h 24m
	09/11/26	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	16/11/26	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	21 st NOVEMBER 2026 - MAC-NUTRITION LIVE		
	23/11/26	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	30/11/26	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	07/12/26	The Role & Function of Vitamins & Minerals	1h 23m
	14/12/26	Meal Timing and Frequency in Health and Performance [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	21/12/26	CHRISTMAS (No Lecture)	
	28/12/26	The Fundamentals of Hydration for Health & Performance	1h 20m
	04/01/27	CHECK IN WEEK [LIVE]	Approx. 1h



MODULE 3	11/01/27	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	18/01/27	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	25/01/27	Hormonal & Biochemical Effects of Dietary Fat	1h 39m
	30 th JANUARY 2027 - BODY COMPOSITION RESIDENTIAL & PARTY*		
	01/02/27	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	08/02/27	Fat Loss Part 1- Adherence - The Single Most Important Factor [2 Parts]	Part 1: 1h 37m Part 2: 0h 44m
	15/02/27	Fat Loss Part 2 - Client Specific Approaches to Dieting [2 Parts]	Part 1: 1h 37m Part 2: 0h 57m
	22/02/27	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation [2 Parts]	Part 1: 1h 06m Part 2: 1h 17m
	01/03/27	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	08/03/27	Advanced Muscle Gain Techniques [2 Parts]	Part 1: 0h 41m Part 2: 0h 45m
	15/03/27	Evidence-Based Supplementation for Health & Performance	1h 46m
	22/03/27	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 4	29/03/27	Appropriate Use of Food Diaries in Practice	0h 55m
	05/04/27	Consultation Process - Beyond Theory & Science	1h 32m
	12/04/27	Approaches to Client Nutrition Strategies & Programming	1h 47m
	19/04/27	Effective Client Monitoring	1h 02m
	24 th & 25 th APRIL 2027 - CASE STUDIES RESIDENTIAL WEEKEND*		
	26/04/27	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1h 23m Part 2: 1h 40m
	03/05/27	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	10/05/27	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes	1h 30m
	17/05/27	CATCH UP WEEK	



MODULE 5	24/05/27	An Evidence-based Approach to IBS & Gut Health	1h 06m
	31/05/27	Key Considerations Before, During & Post Pregnancy	1h 27m
	07/06/27	Working with People Living with Obesity [2 Parts]	Part 1: 1h 21m Part 2: 1h 38m
	14/06/27	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	21/06/27	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 40m Part 2: 1h 05m
	28/06/27	Cutting Edge Strategies for Supporting Women with PCOS	Part 1: 1h 50m Part 2: 0h 40m
	05/07/27	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	12/07/27	Eating Disorders - What is Our Role?	1h 50m
	19/07/27	CATCH UP WEEK	

MODULE 6	26/07/27	Considerations for Prepping Bodybuilders	1h 21m
	02/08/27	Performance Nutrition for Endurance Athletes	1h 35m
	09/08/27	Performance Nutrition for Team Sports	1h 34m
	16/08/27	Evidence-based Strategies for Making Weight	1h 19m
	23/08/27	CHECK IN WEEK & COURSE REVIEW [LIVE]	

REVISION PERIOD	30 th AUGUST 2027 - 12 th SEPTEMBER 2027
EXAM PERIOD	13 th SEPTEMBER 2027 - 3 rd OCTOBER 2027
25 th OCTOBER 2027 - RESULTS DAY	
20 th NOVEMBER 2027 - MAC-NUTRITION LIVE & GRADUATION PARTY	

*Only applies to 'Full with Honours' students