



# MNU

WISDOM | CONFIDENCE | INTEGRITY

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## COURSE CALENDAR

SEPTEMBER 2027 - 2028



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## SEPTEMBER 2027 - 2028

	W/C	Lecture Title	Duration
MODULE 1	06/09/27	Welcome Lecture and Introduction to MNU [LIVE]	Approx. 1h
	13/09/27	Understanding a Truly Evidence-based Approach	1h 31m
	20/09/27	Research Methods - What Do We Really Need to Understand?	1h 56m
	27/09/27	Biochemistry - Key to Understanding the Practical Elements of Nutrition	1h 13m
	04/10/27	What is Health & What Role Does Nutrition Play?	1h 10m
	11/10/27	CHECK IN WEEK [LIVE]	Approx. 1h

MODULE 2	18/10/27	Mastering the Basics of the Digestive & Endocrine Systems [2 Parts]	Part 1: 1h 01m Part 2: 1h 06m
	25/10/27	Understanding Energy Systems & Energy Balance	1h 23m
	01/11/27	Nutritional Myths - Gluten, Organic, Sweeteners & Much More [2 Parts]	Part 1: 0h 45m Part 2: 0h 24m
	08/11/27	Is There an Optimal Diet for Human Health? [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	15/11/27	The Fundamentals of Protein - Biochemistry & Metabolism	0h 55m
	20 <sup>th</sup> NOVEMBER 2027 - MAC-NUTRITION LIVE		
	22/11/27	The Fundamentals of Carbohydrate - Biochemistry & Metabolism	1h 14m
	29/11/27	The Fundamentals of Fat - Biochemistry & Metabolism	1h 06m
	06/12/27	The Role & Function of Vitamins & Minerals	1h 23m
	13/12/27	Meal Timing and Frequency in Health and Performance [2 Parts]	Part 1: 0h 59m Part 2: 0h 59m
	20/12/27	CHRISTMAS (No Lecture)	
	27/12/27	The Fundamentals of Hydration for Health & Performance	1h 20m
	03/01/28	CHECK IN WEEK [LIVE]	Approx. 1h



MODULE 3	10/01/28	Hormonal & Biochemical Effects of Dietary Protein	1h 46m
	17/01/28	Hormonal & Biochemical Effects of Dietary Carbohydrate	1h 24m
	24/01/28	Hormonal & Biochemical Effects of Dietary Fat	1h 39m
	29 <sup>th</sup> JANUARY 2028 - BODY COMPOSITION RESIDENTIAL & PARTY*		
	31/01/28	Conceptualising Energy Balance & Macronutrient Theory	1h 30m
	07/02/28	Fat Loss Part 1- Adherence - The Single Most Important Factor [2 parts]	Part 1: 1h 37m Part 2: 0h 44m
	14/02/28	Fat Loss Part 2 - Client Specific Approaches to Dieting [2 Parts]	Part 1: 1h 37m Part 2: 0h 57m
	21/02/28	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation [2 Parts]	Part 1: 1h 06m Part 2: 1h 17m
	28/02/28	Evidence-Based Body Composition Assessment & Interpretation	1h 48m
	06/03/28	Advanced Muscle Gain Techniques [2 Parts]	Part 1: 0h 41m Part 2: 0h 45m
	13/03/28	Evidence-Based Supplementation for Health & Performance	1h 46m
20/03/28	CHECK IN WEEK [LIVE]	Approx. 1h	

MODULE 4	27/03/28	Appropriate Use of Food Diaries in Practice	0h 55m
	03/04/28	Consultation Process - Beyond Theory & Science	1h 32m
	10/04/28	Approaches to Client Nutrition Strategies & Programming	1h 47m
	17/04/28	Effective Client Monitoring	1h 02m
	13 <sup>th</sup> & 14 <sup>th</sup> MAY 2028 - CASE STUDIES RESIDENTIAL WEEKEND*		
	24/04/28	Theoretical & Practical Behaviour Change [2 Parts]	Part 1: 1h 23m Part 2: 1h 40m
	01/05/28	Delivering Corporate Nutrition Programmes & Other Group Education Settings	1h 02m
	08/05/28	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes	1h 30m
	15/05/28	CATCH UP WEEK	



MODULE 5	22/05/28	An Evidence-based Approach to IBS & Gut Health	1h 06m
	29/05/28	Key Considerations Before, During & Post Pregnancy	1h 27m
	05/06/28	Working with People Living with Obesity [2 Parts]	Part 1: 1h 21m Part 2: 1h 38m
	12/06/28	Nutrition Considerations for the Elderly - Maximising Quality of Life	1h 26m
	19/06/28	Understanding the Signs, Symptoms & Implications for Diabetes [2 Parts]	Part 1: 0h 40m Part 2: 1h 05m
	26/06/28	Cutting Edge Strategies for Supporting Women with PCOS [2 Parts]	Part 1: 1h 50m Part 2: 0h 40m
	03/07/28	Cardiovascular Disease - Is There Really a Great Cholesterol Con? [2 Parts]	Part 1: 1h 12m Part 2: 1h 28m
	10/07/28	Eating Disorders - What is Our Role?	1h 50m
	17/07/28	CATCH UP WEEK	

MODULE 6	24/07/28	Considerations for Prepping Bodybuilders	1h 21m
	31/08/28	Performance Nutrition for Endurance Athletes	1h 35m
	07/08/28	Performance Nutrition for Team Sports	1h 34m
	14/08/28	Evidence-based Strategies for Making Weight	1h 19m
	21/08/28	CHECK IN WEEK & COURSE REVIEW [LIVE]	

REVISION PERIOD	28 <sup>th</sup> AUGUST 2028 - 4 <sup>th</sup> SEPTEMBER 2028
EXAM PERIOD	11 <sup>th</sup> SEPTEMBER 2028 - 2 <sup>nd</sup> OCTOBER 2028
23 <sup>rd</sup> OCTOBER 2028 - RESULTS DAY	
20 <sup>th</sup> NOVEMBER 2028 - MAC-NUTRITION LIVE & GRADUATION PARTY	

\*Only applies to 'Full with Honours' students