



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2026 - 2027



COURSE CALENDAR

SEPTEMBER 2026 - 2027

| | 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 |
| | 30th 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 |
| | 17th & 18th 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