



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2026 - 2027



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

MODULE 2	19/10/26	Mastering the Basics of the Digestive & Endocrine Systems
	26/10/26	Understanding Energy Systems & Energy Balance
	02/11/26	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	09/11/26	Is There an Optimal Diet for Human Health?
	16/11/26	The Fundamentals of Protein - Biochemistry & Metabolism
	23/11/26	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	30/11/26	The Fundamentals of Fat - Biochemistry & Metabolism
	07/12/26	The Role & Function of Vitamins & Minerals
	14/12/26	Meal Timing and Frequency in Health and Performance
	21/12/26	CHRISTMAS (No Lecture)
	28/12/26	The Fundamentals of Hydration for Health & Performance
	04/01/27	CHECK IN WEEK [LIVE]



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

MODULE 4	29/03/27	Appropriate Use of Food Diaries in Practice
	05/04/27	Consultation Process - Beyond Theory & Science
	12/04/27	Approaches to Client Nutrition Strategies & Programming
	17 th & 18 th APRIL 2027 - CASE STUDIES RESIDENTIAL WEEKEND*	
	19/04/27	Effective Client Monitoring
	26/04/27	Theoretical & Practical Behaviour Change
	03/05/27	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	10/05/27	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes
	17/05/27	CATCH UP WEEK



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

MODULE 6	26/07/27	Considerations for Prepping Bodybuilders
	02/08/27	Performance Nutrition for Endurance Athletes
	09/08/27	Performance Nutrition for Team Sports
	16/08/27	Evidence-based Strategies for Weight-Making Sports
	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 DAY & GRADUATION PARTY	

*Only applies to 'Full with Honours' students