



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2027 - 2028



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

MODULE 2	18/10/27	Mastering the Basics of the Digestive & Endocrine Systems
	25/10/27	Understanding Energy Systems & Energy Balance
	01/11/27	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	08/11/27	Is There an Optimal Diet for Human Health?
	15/11/27	The Fundamentals of Protein - Biochemistry & Metabolism
	22/11/27	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	29/11/27	The Fundamentals of Fat - Biochemistry & Metabolism
	06/12/27	The Role & Function of Vitamins & Minerals
	13/12/27	Meal Timing and Frequency in Health and Performance
	20/12/27	CHRISTMAS (No Lecture)
	27/12/27	The Fundamentals of Hydration for Health & Performance
	03/01/28	CHECK IN WEEK [LIVE]



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

MODULE 4	27/03/28	Appropriate Use of Food Diaries in Practice
	03/04/28	Consultation Process - Beyond Theory & Science
	10/04/28	Approaches to Client Nutrition Strategies & Programming
	17/04/28	Effective Client Monitoring
	13 th & 14 th MAY 2028 - CASE STUDIES RESIDENTIAL WEEKEND*	
	24/04/28	Theoretical & Practical Behaviour Change
	01/05/28	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	08/05/28	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes
	15/05/28	CATCH UP WEEK



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

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

REVISION PERIOD	28 th AUGUST 2028- 10 th SEPTEMBER 2028
EXAM PERIOD	11 th SEPTEMBER 2028 - 1 st OCTOBER 2028
23 rd OCTOBER 2028 - RESULTS DAY	
25 th NOVEMBER 2028 - MAC-NUTRITION LIVE DAY & GRADUATION PARTY	

*Only applies to 'Full with Honours' students