



# MNU

WISDOM | CONFIDENCE | INTEGRITY

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## COURSE OVERVIEW



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## COURSE OVERVIEW

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# COURSE MODULES

## AT A GLANCE

One of the most important factors when deciding on a course is not just picking a company based on their reputation but also the course material. We don't just want to give you the information in a boring format to pass a test. Our vision is that you won't feel the need to do 'yet another' nutrition course after graduating from MNU. We have invested a lot into ensuring not only your understanding of the theory; but more importantly have given a lot of care, using our skills and experience as qualified educators, to create a process that will help you gain the wisdom to apply your knowledge in any situation.

We believe that regardless of the course option you decide to enrol on, MNU will have a positive impact on you, your client's, your network's and your family's lives. MNU is a game changer in the industry and as we continue to grow, we are forcing the industry to become more evidence-based.

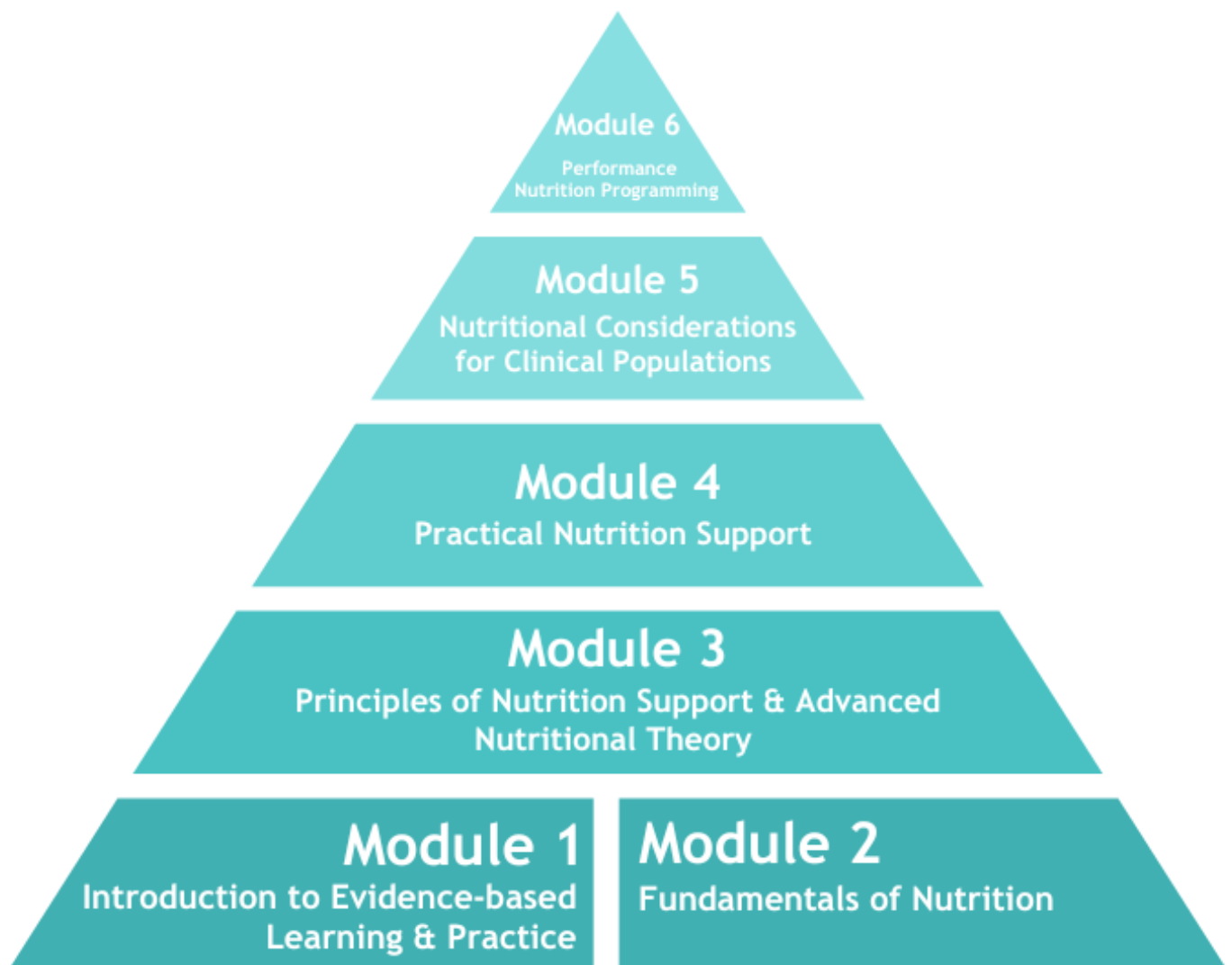
| Module                     | Title                                                            |
|----------------------------|------------------------------------------------------------------|
| 1                          | Introduction to Evidence-based Learning & Practice               |
| 2                          | Fundamentals of Nutrition                                        |
| 3                          | Principles of Nutrition Support & Advanced Nutritional Theory    |
| 4                          | Practical Nutrition Support                                      |
| 5                          | Nutritional Considerations for Clinical Populations              |
| 6                          | Performance Nutrition Programming                                |
| <i>Additional Lectures</i> | Bonus Content in <a href="#">The Mac-Nutrition Mentoring Lab</a> |



Regardless of a pyramid just being a visually nice way of viewing our modules, it is actually by design!

Modules 1 & 2 really do provide the foundation for all the other modules. Module 3 then goes on to provide more advanced theory and understanding that culminates in the final 3 modules, which have a hugely practical focus.

We really have given so much time and thought to our course structure, not just to the content. We want you to be able to learn in such a fashion that you are then able to synthesise your own knowledge through an exceptional understanding of the entire process from start to finish.





## Module 1 | Introduction to Evidence-Based Learning & Practice

This module has been designed to partner with the Fundamentals of Nutrition (Module 2) to provide the underpinning knowledge and thought processes that are required to move past simple knowledge acquisition and onto wisdom and knowledge synthesis.

The term evidence-based does not mean solely relying on academic research; being an evidence-based practitioner means understanding the research and then being able to contextualise it in your practice by combining it appropriately with experience.

| Lecture | Title                                                                   |
|---------|-------------------------------------------------------------------------|
| 1.1     | Welcome Lecture & Introduction to MNU                                   |
| 1.2     | Understanding a Truly Evidence-Based Approach                           |
| 1.3     | Research Methods - What Do We Really Need to Understand?                |
| 1.4     | Biochemistry - Key to Understanding the Practical Elements of Nutrition |
| 1.5     | What is Health & What Role Does Nutrition Play?                         |
| 1.6     | CHECK-IN WEEK                                                           |



## Module 2 | Fundamentals of Nutrition

Having a sound underpinning of physiology and biochemistry is crucial when looking to learn more advanced theory. This module will teach you the fundamentals required to understand more advanced concepts. Similarly, it will highlight key areas of misunderstanding that may undermine future knowledge. On other courses, often only the WHAT is taught, however, the information in this module will help you to understand the WHY's of future topics; this level of understanding is so important when trying to disseminate knowledge to others.

| Lecture | Title                                                        |
|---------|--------------------------------------------------------------|
| 2.1     | Mastering the Basics of the Digestive & Endocrine Systems    |
| 2.2     | Understanding Energy Systems & Energy Balance                |
| 2.3     | Nutritional Myths - Gluten, Organic, Sweeteners & Much More  |
| 2.4     | Is There an Optimal Diet for Human Health?                   |
| 2.5     | The Fundamentals of Protein - Biochemistry & Metabolism      |
| 2.6     | The Fundamentals of Carbohydrate - Biochemistry & Metabolism |
| 2.7     | The Fundamentals of Fat - Biochemistry & Metabolism          |
| 2.8     | The Role & Function of Vitamins & Minerals                   |
| 2.9     | Meal Timing & Frequency in Health & Performance              |
| 2.10    | The Fundamentals of Hydration for Health & Performance       |
| 2.11    | CHECK-IN WEEK                                                |



## Module 3 | Principles of Nutrition Support & Advanced Nutritional Theory

Module 3 builds upon the teachings in modules 1 and 2 and starts to conceptualise the theory into real life with a key focus on fat loss, muscle gain and the pursuit of optimal health.

This module will bring to life advanced concepts and techniques going into extreme detail with regards to the physiological, psychological, behavioural and social elements involved in achieving these goals. This module will allow you to become autonomous in tailoring various nutritional techniques and interventions to a wide variety of situations. The lectures will also be taught from a hugely practical standpoint allowing you to apply up-to-date theory almost immediately with yourself, and your clients.

| Lecture | Title                                                                      |
|---------|----------------------------------------------------------------------------|
| 3.1     | Hormonal & Biochemical Effects of Dietary Protein                          |
| 3.2     | Hormonal & Biochemical Effects of Dietary Carbohydrate                     |
| 3.3     | Hormonal & Biochemical Effects of Dietary Fat                              |
| 3.4     | Conceptualising Energy Balance & Macronutrient Theory                      |
| 3.5     | Fat Loss Part 1 - Adherence - The Single Most Important Factor             |
| 3.6     | Fat Loss Part 2 - Client Specific Approaches to Dieting                    |
| 3.7     | Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation |
| 3.8     | Evidence-Based Body Composition Assessment & Interpretation                |
| 3.9     | Advanced Muscle Gain Techniques                                            |
| 3.10    | Evidence-Based Supplementation for Health & Performance                    |
| 3.10    | CHECK-IN WEEK                                                              |



## Module 4 | Practical Nutrition Support

Theoretical knowledge of nutrition is only half of the equation when it comes to getting results in the real world with real people.

To get amazing results with every client, human behaviour and psychology also need to be carefully considered as well as giving consideration to the method of nutrition coaching, whether that be online or face-to-face. This module has been designed to help translate the knowledge gained in modules 1-3 into practice, including every detail you need to know to successfully and confidently work with clients to get consistently amazing results. We will take you through the consultation process, choosing the most appropriate nutrition strategies, motivational interviewing techniques and unique psychological skills that can be used to maximise client adherence.

| Lecture | Title                                                                      |
|---------|----------------------------------------------------------------------------|
| 4.1     | Appropriate Use of Food Diaries in Practice                                |
| 4.2     | Consultation Process - Beyond Theory & Science                             |
| 4.3     | Approaches to Client Nutrition Strategies & Programming                    |
| 4.4     | Effective Client Monitoring                                                |
| 4.5     | Theoretical & Practical Behaviour Change                                   |
| 4.6     | Delivering Corporate Nutrition Programmes & Other Group Education Settings |
| 4.7     | Online Coaching - Delivering Nutritional Support & Counselling Online      |
| 4.8     | CATCH-UP WEEK                                                              |



## Module 5 | Nutritional Considerations for Clinical Populations

As the world's population becomes an increasingly unhealthy one, the impact that nutrition can have on some of the most prevalent health-related diseases is evident.

Module 5 will teach the pathology, symptoms and nutritional considerations of common clinical conditions that you will come across on a daily basis. In addition to the theory, this module has been designed to provide information and practical tools on evidence-based nutrition protocols and advanced approaches used in supporting clinical populations with their nutrition, all within an appropriate scope of practice. Special reference will be made to client situations when referring out is the only option a practitioner with integrity should take.

| Lecture | Title                                                                 |
|---------|-----------------------------------------------------------------------|
| 5.1     | An Evidence-Based Approach to IBS & Gut Health                        |
| 5.2     | Key Considerations Before, During & Post Pregnancy                    |
| 5.3     | Working with People Living with Obesity                               |
| 5.4     | Nutrition Considerations for the Elderly - Maximising Quality of Life |
| 5.5     | Understanding the Signs, Symptoms & Implications for Diabetes         |
| 5.6     | Cutting Edge Strategies for Supporting Women with PCOS                |
| 5.7     | Cardiovascular Disease - Is There Really a Great Cholesterol Con?     |
| 5.8     | Eating Disorders - What is Our Role?                                  |
| 5.9     | CATCH-UP WEEK                                                         |



## Module 6 | Performance Nutrition Programming

Successfully working with athletes relies on knowing the most up-to-date sports nutrition research out there.

This final module aims to not only break down advanced concepts into easy-to-understand theory, but also teaches you how to implement cutting-edge, sport-specific nutrition programmes to a wide variety of disciplines. The difference in physiological demands between strength, power and endurance sports will influence the nutrition requirements that need to be taken. Therefore, the different fuelling and recovery strategies, dietary periodisation, competition protocols, and nutritional approaches to maximise training adaptations required, makes this module a fascinating and highly applied ending to MNU.

| Lecture | Title                                              |
|---------|----------------------------------------------------|
| 6.1     | Considerations for Prepping Bodybuilders           |
| 6.2     | Performance Nutrition for Endurance Athletes       |
| 6.3     | Performance Nutrition for Team Sports              |
| 6.4     | Evidence-Based Strategies for Weight-Making Sports |
| 6.5     | CHECK-IN WEEK & COURSE REVIEW                      |