



MNU

WISDOM | CONFIDENCE | INTEGRITY

COURSE CALENDAR

SEPTEMBER 2025 - 2026



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	W/C	Lecture Title
MODULE 1	08/09/25	Welcome Lecture and Introduction to MNU [LIVE]
	15/09/25	Understanding a Truly Evidence-based Approach
	22/09/25	Research Methods - What Do We Really Need to Understand?
	29/09/25	Biochemistry - Key to Understanding the Practical Elements of Nutrition
	06/10/25	What is Health & What Role Does Nutrition Play?
	13/10/25	CHECK IN WEEK [LIVE]

MODULE 2	20/10/25	Mastering the Basics of the Digestive & Endocrine Systems
	27/10/25	Understanding Energy Systems & Energy Balance
	03/11/25	Nutritional Myths - Gluten, Organic, Sweeteners & Much More
	10/11/25	Is There an Optimal Diet for Human Health?
	17/11/25	The Fundamentals of Protein - Biochemistry & Metabolism
	24/11/25	The Fundamentals of Carbohydrate - Biochemistry & Metabolism
	01/12/25	The Fundamentals of Fat - Biochemistry & Metabolism
	08/12/25	The Role & Function of Vitamins & Minerals
	15/12/25	Meal Timing and Frequency in Health and Performance
	22/12/25	CHRISTMAS (No Lecture)
	29/12/25	The Fundamentals of Hydration for Health & Performance
	05/01/26	CHECK IN WEEK [LIVE]



MODULE 3	12/01/26	Hormonal & Biochemical Effects of Dietary Protein
	19/01/26	Hormonal & Biochemical Effects of Dietary Carbohydrate
	26/01/26	Hormonal & Biochemical Effects of Dietary Fat
	24th JANUARY 2026 - BODY COMPOSITION RESIDENTIAL & PARTY*	
	02/02/26	Conceptualising Energy Balance & Macronutrient Theory
	09/02/26	Fat Loss Part 1- Adherence - The Single Most Important Factor
	16/02/26	Fat Loss Part 2 - Client Specific Approaches to Dieting
	23/02/26	Fat Loss Part 3 - Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
	02/03/26	Evidence-Based Body Composition Assessment & Interpretation
	09/03/26	Advanced Muscle Gain Techniques
	16/03/26	Evidence-Based Supplementation for Health & Performance
	23/03/26	CHECK IN WEEK [LIVE]

MODULE 4	30/03/26	Appropriate Use of Food Diaries in Practice
	06/04/26	Consultation Process - Beyond Theory & Science
	13/04/26	Approaches to Client Nutrition Strategies & Programming
	20/04/26	Effective Client Monitoring
	25th & 26th APRIL 2025 - CASE STUDIES RESIDENTIAL WEEKEND*	
	27/04/26	Theoretical & Practical Behaviour Change
	04/05/26	Delivering Corporate Nutrition Programmes & Other Group Education Settings
	11/05/26	Delivering Online Nutrition Counselling via 1-2-1 and Group Coaching Programmes
	18/05/26	CATCH UP WEEK



MODULE 5	25/05/26	An Evidence-based Approach to IBS & Gut Health
	01/06/26	Key Considerations Before, During & Post Pregnancy
	08/06/26	Working with People Living with Obesity
	15/06/26	Nutrition Considerations for the Elderly - Maximising Quality of Life
	22/06/26	Understanding the Signs, Symptoms & Implications for Diabetes
	29/06/26	Understanding the Signs, Symptoms & Implications for PCOS
	06/07/26	Cardiovascular Disease - Is There Really a Great Cholesterol Con?
	13/07/26	Eating Disorders - What is Our Role?
	20/07/26	CATCH UP WEEK

MODULE 6	27/07/26	Considerations for Prepping Bodybuilders
	03/08/26	Performance Nutrition for Endurance Athletes
	10/08/26	Performance Nutrition for Team Sports
	17/08/26	Evidence-based Strategies for Making Weight
	24/08/26	CHECK IN WEEK & COURSE REVIEW [LIVE]

REVISION PERIOD	31 ST AUGUST 2026 - 13 TH SEPTEMBER 2026
EXAM PERIOD	14 TH SEPTEMBER 2026 - 4 TH OCTOBER 2026
26 TH OCTOBER 2026 - RESULTS DAY	
21 ST NOVEMBER 2026 - MAC-NUTRITION LIVE DAY & GRADUATION PARTY	

*Only applies to 'Full with Honours' students