



COURSE GUIDE

- Introduction
- An introduction to the 'Mac-Nutrition Mentorship Weekend'
 - Ice-breaker activities
 - Establish baseline aims for the weekend

- Nutritional Myth Busting
- Overview of the most commonly referenced nutritional dogmas
 - Discussing the research from which nutritional myths emerge
 - Understanding how nutritional myths can reduce the efficiency of nutritional support

- Applying Theory to Practice
- Developing a practical language
 - Overcoming psychological and social barriers
 - Working face-to-face with clients: what do we need to know and how much information do we need to give?

- Health and Nutrition Research in the Media
- Key information when interpreting research, how to spot poor quality research
 - Reading between the lines and keeping an objective view point
 - Developing a comprehensive library of research for future professional practice
 - Peer-reviewed academic journals vs. media application: Should we trust either?

- The Science behind Contemporary Diets
- A unique look at some of the most popular contemporary diets of the 21st Century
 - Should we simply be dismissing Paleo, Intermittent Fasting and Alkaline Diets or can we learn something from them?
 - The metabolic effects, scientific foundations and practical considerations of extreme dietary methods (success rates, variability and absent or flawed research methods)

TO GET IN TOUCH ▶

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Protein, Carbs
and Fat: as you've
never seen them
before
(Part I + II)

- Using dietary manipulations to influence health, weight and performance
- Carbohydrate: Clearing the muddied waters
- Protein: Balancing the discussion
- The relevance of fat in the athlete diet and fat's associated health- implications
- Client considerations when choosing macronutrient distributions

Gaining
Experience and
Improving
Employability

- How to set yourself apart in a competitive field
- The application and interview process
- Deciding which direction to take; self-employed consultant or full-time employee
- Building a successful business
- Using social media to your advantage

Supplements

- Making applicable supplement recommendations for health-conscious and sporting clients alike
- De-bunking the myths surrounding popular supplements and the supplement industry

Food Diary Analysis
and Dietary
Calculations for
Athletes and the
General Population

- Interpreting outputs from food diary analyses and pinpointing useful data
- How to provide appropriate feedback to your client
- Learn the practical methods for calculating energy and macronutrient requirements
- Individual needs analysis for the athlete or client

* Developing Professional Practice *

What your lecturers often don't teach is how to apply theory to real-life situations. Throughout our Mentorship Programme, we will share case studies related to the session, to encourage group discussion, debates and shared personal experience, to help hone and advance your newly-developed knowledge and skills in a non-pressured environment!

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