



COURSE TIMETABLE

DAY 1

Start Time **9:00am**

9:00am **Introduction**

11:45am **15-minute break**

(Refreshments will be provided)

1:15pm **Lunch**

(Lunch will be provided)

4:15pm **The Science
behind Contemporary
Diets**

10:15am **Nutritional Myth
Busting**

12:00pm **Applying Theory
to Practice**

2:00pm **Health & Nutrition
Research in the Media**

4:00pm **15-minute break**
(Refreshments will be provided)

Approx finishing time **6:00pm**

Lectures


Seminars

Workshops

TO GET IN TOUCH ▶

 enquiries@Mac-Nutrition.com

 Mac-Nutrition Online Community

 +44(0)1509 400 150

 @MacNutrition



COURSE TIMETABLE

DAY 2

Start Time **9:00am**

9:00am **Protein, Carbs & Fats - as you've never seen them before (Part I)**

11:00am **(Part II)**

1:00pm **Lunch**
(Lunch will be provided)

3:00pm **15-minute break**
(Refreshments will be provided)

10:45am **15-minute break**
(Refreshments will be provided)

11:45am **Gaining Experience and Employability**

1:45pm **Supplements**

3:15pm **Food Diary Analysis and Dietary Calculations for Athletes and the General Population**

Approx finishing time **5:00pm**

Lectures

Seminars

Workshops

TO GET IN TOUCH ▶

✉ enquiries@Mac-Nutrition.com

☎ +44(0)1509 400 150

f Mac-Nutrition Online Community

🐦 @MacNutrition