



# ELITE PERSONAL TRAINER PROGRAM

COURSE GUIDE



**THE WORLD'S LEADING RESULTS-BASED  
PERSONAL TRAINING PATHWAY**

# 1 WHY CHOOSE US

Finding the best courses to invest in as a personal trainer can be tricky...

Most courses try to "fast-track" your learning, leaving you overwhelmed and unsure how to take your new skills and make a living as a PT.

Well, Clean Health solves that 💪



Founded in 2008 by expert personal trainers and our CEO, Daine McDonald, we're the trusted source of results-based fitness education pathway for personal trainers worldwide.

We began as a PT organisation focused on getting epic results using the science of lifestyle, nutrition, and training and in 2012, we opened our first of several gyms that did over 300,000 coaching sessions over their lifespan.

During that time, we started educating PTs, and now, as an accredited fitness institute, we've certified over 70,000 personal trainers and nutritionists in over 40 countries, including industry experts such as Mark Carroll and Lauren Simpson.



**OUR EDUCATORS FEATURE THE BEST IN THE FITNESS INDUSTRY, INCLUDING DR LAYNE NORTON, DR BILL CAMPBELL, HATTIE BOYDLE, SEBASTIAN OREB, DR JACKSON PEOS AND MORE.**

We will teach you “what’s working now”, not what “used to work”, like the traditional, cookie-cutter fitness institutes (You know who you are).

So, what are you waiting for?

**STAND ON THE SHOULDERS OF GIANTS.  
LEARN WITH CLEAN HEALTH.**

## 2 COURSE OVERVIEW

The Clean Health Elite Personal Trainer Program is the most advanced personal training pathway available worldwide, bar none.

Designed by world-leading fitness experts such as Layne Norton PhD, Sebastian Oreb, Brian Mark and our CEO Daine McDonald. The program specialises in biomechanics, advanced program design, nutrition fitness business and more.

It was designed for those wanting to become an expert coach, someone with high academic levels in sports science, nutrition, personal training and more, all wrapped together to impact their clients' lives at a grand scale.

The program gives you decades worth of skills to become an expert personal trainer and nutrition coach working out of a gym or online.

**THE ELITE PERSONAL TRAINER PROGRAM CONTAINS  
2 NATIONALLY RECOGNISED QUALIFICATIONS IN ADDITION TO  
6 INDUSTRY ENDORSED COURSES, BROKEN DOWN AS FOLLOWS** 📌

### 2 NATIONALLY RECOGNISED QUALIFICATIONS

**SIS30321  
CERTIFICATE III IN FITNESS**

**SIS40221  
CERTIFICATE IV IN FITNESS**



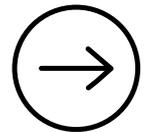
Clean Health is proud to own and operate the Australian Institute of Fitness Pty Ltd (RTO121508). Through this acquisition, we continue to offer nationally recognised fitness and nutrition training alongside our range of top-notch, industry-leading non-accredited programs.  
At Clean Health, our vision is to lead the industry, and we achieve this by working with the best the industry has to offer.

### 6 INDUSTRY ENDORSED COURSES

1. Performance Nutrition Coach Level 1 (PNC1)
2. Performance PT Coach Level 1 (PPT1)
3. Strength System International Certification Level 1 (SSIC1)
4. PT Business Essentials (PTBE)
5. Clean Health Live 2023 Virtual (CH23)



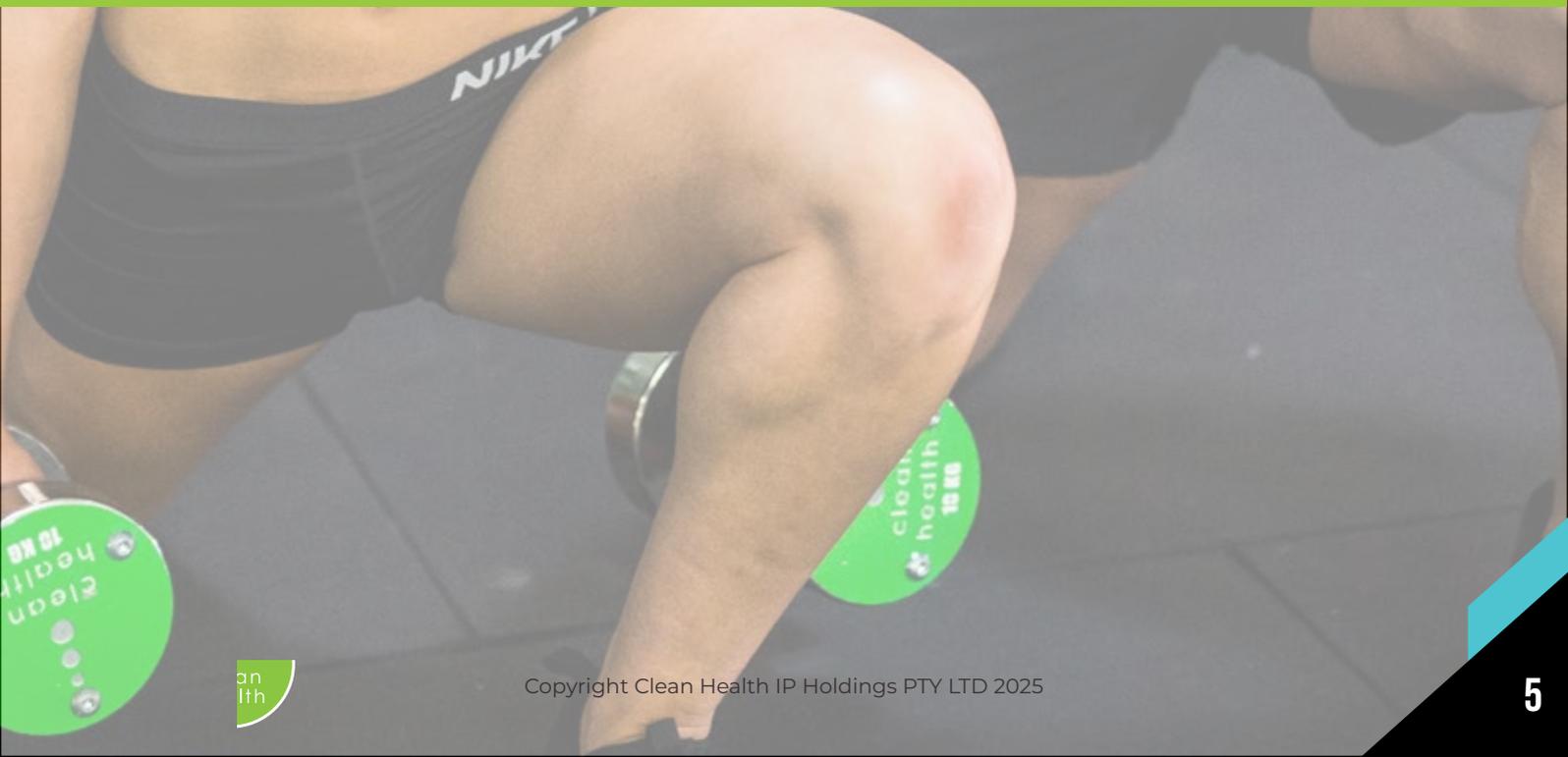
# NATIONALLY RECOGNISED QUALIFICATIONS



You have up to 24 months to complete the Nationally Recognised Qualifications.

- SIS30321 Certificate III in Fitness
- SIS40221 Certificate IV in Fitness

*Terms and Conditions Apply. See our Student Handbook and Refund Policy for further and detailed information.*



## 3 WHAT YOU WILL LEARN

### NATIONALLY RECOGNISED QUALIFICATION 1 OF 2

### SIS30321 CERTIFICATE III IN FITNESS

Unit Code	Unit Name	Elective/ Core
<b>BSBOPS304</b>	Deliver and Monitor a Service to Customers	<b>Core</b>
<b>BSBPEF301</b>	Organise Personal Work Priorities	<b>Core</b>
<b>HLTAID011*</b>	Provide First Aid	<b>Core</b>
<b>HLTWHS001</b>	Participate in Workplace Health & Safety	<b>Core</b>
<b>SISFFIT032</b>	Complete Pre-Exercise Screening & Service Orientation	<b>Core</b>
<b>SISFFIT033</b>	Complete Client Fitness Assessments	<b>Core</b>
<b>SISFFIT035</b>	Plan Group Exercise Sessions	<b>Core</b>
<b>SISFFIT036</b>	Instruct Group Exercise Sessions	<b>Core</b>
<b>SISFFIT040</b>	Develop & Instruct Gym-Based Exercise Programs for Individual Clients	<b>Core</b>
<b>SISFFIT047</b>	Use Anatomy & Physiology Knowledge to Support Safe & Effective Exercise	<b>Core</b>
<b>SISFFIT052</b>	Provide Healthy Eating Information	<b>Core</b>
<b>CHCMHS001</b>	Work With People With Mental Health Issues	<b>Elective</b>
<b>SISXIND009</b>	Respond To Interpersonal Conflict	<b>Elective</b>
<b>CHCDIV001</b>	Work With Diverse People	<b>Elective</b>
<b>SISXDIS001</b>	Facilitate Inclusion For People With A Disability	<b>Elective</b>

*\*To be completed externally*

### KEY LEARNING OUTCOMES

1. You'll learn how to properly assess and screen clients so that you can design effective, results-based programs in a group exercise setting.
2. You'll learn how to understand the anatomy and physiology of the body and how to prescribe exercises based on lever length, injury risk profile and more.
3. You'll learn to effectively audit and optimise workplace conditions in sports, fitness and recreation environments.
4. You'll understand essential dietary advice and healthy eating principles for the general population clientele.
5. You'll learn how to coach and prescribe exercises for group exercise classes within a gym or outdoor environment.



# NATIONALLY RECOGNISED QUALIFICATION 2 OF 2

## SIS40221 CERTIFICATE IV IN FITNESS

### ENTRY REQUIREMENTS

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded by these units:

Unit Code	Unit Name
<b>HLTAID011</b>	Provide First Aid (or a unit that supersedes this unit)
<b>HLTWHS001</b>	Participate in workplace health and safety
<b>SISFFIT032</b>	Complete pre-exercise screening and service orientation
<b>SISFFIT033</b>	Complete client fitness assessments
<b>SISFFIT035</b>	Plan group exercise sessions
<b>SISFFIT036</b>	Instruct group exercise sessions
<b>SISFFIT040</b>	Develop and instruct gym-based exercise programs for individual clients
<b>SISFFIT047</b>	Use anatomy and physiology knowledge to support safe and effective exercise
<b>SISFFIT052</b>	Provide healthy eating information

## NATIONALLY RECOGNISED QUALIFICATION 2 OF 2

### SIS40221 CERTIFICATE IV IN FITNESS

Unit Code	Unit Name	Elective/ Core
<b>BSBESB401</b>	Research & Develop Business Plans	<b>Elective</b>
<b>BSBESB301</b>	Investigate Business Opportunities	<b>Elective</b>
<b>BSBESB404</b>	Market New Business Ventures	<b>Elective</b>
<b>SISXCAI005</b>	Conduct Individualised Long-Term Training Programs	<b>Elective</b>
<b>SIFFIT051</b>	Establish & Maintain Professional Practice For Fitness Instruction	<b>Core</b>
<b>SISFFIT034</b>	Assess Client Movement & Provide Exercise Advice	<b>Elective</b>
<b>SISFFIT041</b>	Develop Personalised Exercise Programs	<b>Core</b>
<b>SISFFIT042</b>	Instruct Personalised Exercise Programs	<b>Core</b>
<b>CHCCOM006</b>	Establish & Manage Client Relationships	<b>Core</b>
<b>SISFFIT050</b>	Support Exercise Behaviour Changes	<b>Core</b>
<b>SISFFIT043</b>	Develop & Instruct Personalised Exercise Programs For Body Composition Goals	<b>Core</b>
<b>SISFFIT053</b>	Support Healthy Eating For Individual Fitness Clients	<b>Core</b>
<b>SISFFIT044</b>	Develop & Instruct Personalised Exercise Programs For Older Clients	<b>Core</b>
<b>SISFFIT049</b>	Use Exercise Science Principles In Fitness Instruction	<b>Core</b>
<b>SISFFIT045</b>	Develop & Instruct Personalised Exercise Programs For Adolescent Clients	<b>Core</b>
<b>SISXICT001</b>	Select & Use Technology For Sport, Fitness & Recreation Work	<b>Elective</b>
<b>SISFFIT046</b>	Plan & Instruct Online Exercise Sessions	<b>Elective</b>

## NATIONALLY RECOGNISED QUALIFICATION 2 OF 2

### SIS40221 CERTIFICATE IV IN FITNESS

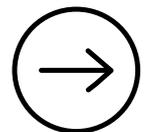
#### KEY LEARNING OUTCOMES

1. Understand exercise principles and how to utilise them to create short and long-term periodised programs for fat loss and hypertrophy.
2. How to coach and mentor clients in a way that optimises compliance and leads to a greater opportunity for them to achieve results.
3. Understand how to properly coach and cue exercise movements to facilitate one-on-one personal training services for general population clients.
4. How to coach strength and conditioning techniques to utilise in a general population environment, including the squat, bench-press, deadlift and more.
5. Understand how to set up your personal training business or relevant career path as a fitness professional.





# ADDITIONAL INDUSTRY ENDORSED COURSES



Unit Code	Unit Name
CHPNC11	The Obesity Epidemic
CHPNC12	The Art of Nutrition Coaching
CHPNC13	The Fundamentals of Macronutrients
CHPNC14	Base Nutritional Program Design
CHPNC15	Understanding Popular Nutrition Systems
CHPNC16	The Art of Nutritional Periodisation
CHPNC17	Understanding Micronutrients
CHPNC18	Building your Nutrition Coaching Business



### KEY LEARNING OUTCOMES

1. You will learn an evidence-based, step-by-step dietary program design system that can produce results with clients for fat loss, hypertrophy, athletic performance or general wellness safely and effectively.
2. You will learn all about the different nutrition systems. So, whether low carb, high carb, ketogenic, IIFYM, intermittent fasting etc., we break down each to give you the pros and cons and provide you with the latest science.
3. You will learn when or when not to apply different nutrition protocols depending on the client's physiology, goals and overall psychology.
4. You will learn about the periodisation of nutrition, Zigzag, undulating periodisation and how to structure diets over weekly, monthly and quarterly periods to maximise client goals.
5. You will learn to set up an additional income stream or side hustle as a nutrition coach.

Unit Code	Unit Name
CHPPT11	Mastering The Initial Consultation
CHPPT12	Structural Balance Assessment for All Populations
CHPPT13	Corrective Exercise Prescription
CHPPT14	Fundamentals of Program Design
CHPPT15	Exercise Technique Mastery



### KEY LEARNING OUTCOMES

1. You will learn how to set your clients up for success from day one with an in-depth consultation and assessment process. This process will identify any mental, physical or lifestyle restrictions that could impede program results.
2. You will learn the fundamentals of behavioural change and how to plan, mentor and teach your clients to optimise compliance and program readiness.
3. You will learn how to prescribe corrective exercises for both prehab and rehab, giving you tools to build customised training programs safely and effectively for clients of all levels, genders and backgrounds.
4. You will learn to master over 100 key strength exercises crucial to developing specific, tailored and results-orientated programs for fat loss, hypertrophy and body re-composition goals.
5. You will learn the core principles of results-based program design for fat loss, hypertrophy, athletic performance and general wellness.

## INDUSTRY ENDORSED COURSE 3 OF 5

### STRENGTH SYSTEM INTERNATIONAL CERTIFICATION LEVEL 1

Unit Code	Unit Name
SSIC11	Structural Balance for Strength Development
SSIC12	Technique Fundamentals for the Key Lifts
SSIC13	Principles of Periodisation for Strength Development
SSIC14	Principles of Recovery for Strength Development



### KEY LEARNING OUTCOMES

1. You will learn how to **effectively conduct structural balance assessments** to maximise strength development with gen pop clients and elite athletes.
2. You will learn how to **prescribe prehab and rehabilitation exercises** to reduce the risk of injury and ensure sustained strength progression.
3. You will learn how to **master strength-specific exercise selection**, including the squat, bench press, deadlift and all their variations for maximal client results.
4. You will learn **the principles of periodisation** for athletic performance and strength development and how to apply them to your program design.
5. You will learn **advanced recovery strategies for strength goals**, including how to program for them, client de-loading protocols and much more!

Unit Code	Unit Name
PTBE1	How to Be More Productive as a PT
PTBE2	How to Become a Subject Matter Expert
PTBE3	How to Build a World-Class Fitness Brand
PTBE4	Sales Mastery for Personal Trainers



## KEY LEARNING OUTCOMES

1. You'll learn how to set goals, create habits and become more productive as a #fitpro to maximise your return on time investment.
2. You will learn how to “learn more to earn more” through making strategic investments with your time and money to become a niche-dominating expert.
3. You will learn the core marketing fundamentals you must master if you wish to be successful as a PT in person, online or in your fitness studio.
4. You will learn a step-by-step process to improve your close rate when prospecting clients, helping you become an expert in selling your product.
5. You will learn about the systems you need to develop as you scale your business to enhance your career, longevity and profitability.

Unit Code	Unit Name
CH231	How to Set up the Ultimate Diet for Fat Loss with Dr Layne Norton
CH232	The Flexible Dieting Myth with Jackson Peos PhD
CH233	Program Design for Female Transformations with Hattie Boyle
CH234	Building the Ultimate Strength Athlete with Sebastian Oreb
CH235	How to Earn \$10k per month as an Online PT with Brian Mark
CH236	5, 6 and then 7 Figures as an Online Coach with Hattie Boyle
CH237	From Near Dear to Success, the Story of My Last 12 Months with Jackson Peos
CH238	How to Build a 1mil+ Followers organically on Social Media with Cole Da Silva
CH239	How to Get Gen Pop Clients Photoshoot Ready in 12 Weeks with Layne Norton
CH2310	How to Never Work Another Day in Your Life as a Personal Trainer with Daine McDonald

### KEY LEARNING OUTCOMES

1. You'll learn the science of nutrition, dietary systems, female transformation and fat loss for gen pop and athletes.
2. You'll learn how to create results-based programs for strength athletes at the amateur and professional levels.
3. You'll learn how to grow a successful online fitness business from scratch using the power of social media.
4. You'll learn how to overcome adversity and turn your life around in 12 months using the power of free will, choice and habits to create your new reality.
5. You'll learn how never to work another day in your life and create a life on your terms that is impactful, fulfilling and profitable.

## 4 PROGRAM SUPPORT AND EXPERIENCE

The program has no intake or start date, meaning it can be done at your own pace, anywhere and at any time as a self-paced online course.

From the day you sign up, you will get access to our online student community, where you will:

1. Get access to our master coaches, that can assist you through your study
2. Get the ability to join our 3 x per week live tutorials and masterclasses (Not compulsory to finish)
3. Get access to our gym and online coaching partners worldwide, where our team can help you secure employment (or your own start-up business) before you finish!
4. The ability to jump on a 121 phone/zoom call with our mentors if you need it for extra assistance

The program is delivered via interactive online videos, presentation slides, online textbooks and virtual live classes (that are also recorded) so that you can study offline if needed.

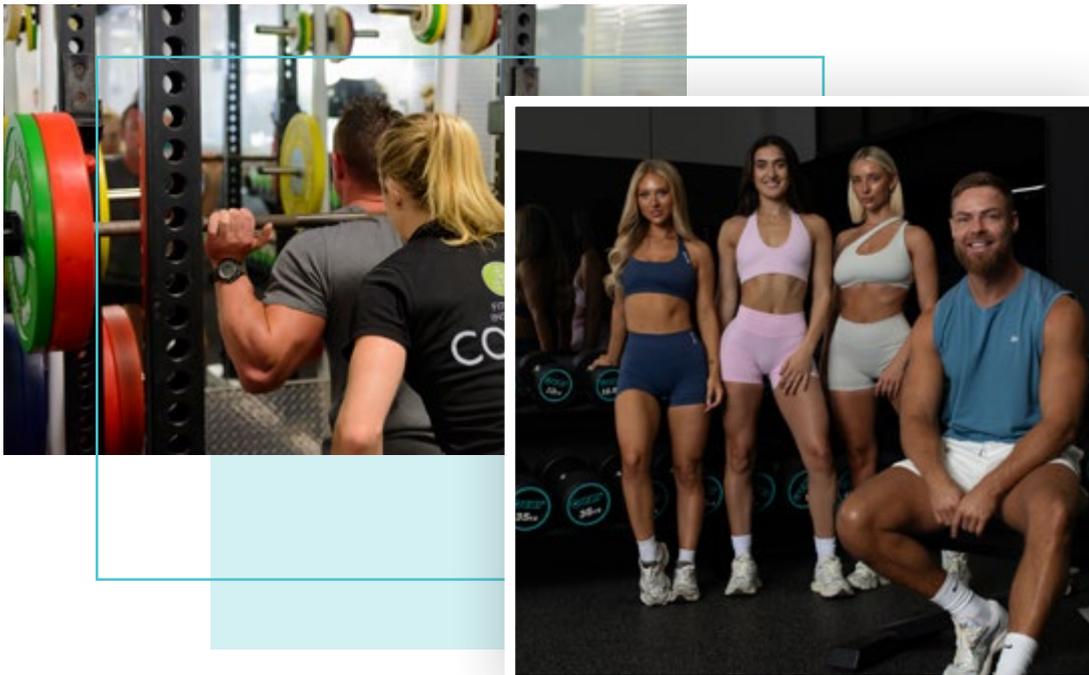
All you need to start is a desktop computer or laptop, and you're good to go; it's that simple!



## 5 COURSE DURATION AND PRACTICAL HOURS

The industry endorsed industry led program has approximately 340 hours of course content to be completed through both online and through practical application. From our feedback and student surveys, the average completion times are as follows:

Study Hours Per Week	Approximate Time to Complete
5 Hours	12-14 Months
10 Hours	7-9 Months
15 Hours	5-7 Months
20 Hours	4-5 Months
40 Hours	3-4 Months



In terms of practical hours, you will need to demonstrate in a registered fitness environment your skills as they develop, we can provide you with a list of our preferred partner sites or assist you if needed.

## 6 YOUR FUTURE JOB POSSIBILITIES

After you're qualified, you can work at gyms, health clubs and spas, fitness studios, cruise liners and other fitness-related businesses worldwide.

Enabling you to have career pathway options where you can earn upwards of 6 figures per annum, including:

1. Personal Trainer
2. Strength Coach
3. Nutrition Coach
4. Online Personal Trainer
5. Personal Training/Gym Manager
6. Group Fitness Instructor
7. Gym Owner



As a globally accredited fitness institute, we have over 1000+ partners across the UAE, North America, the UK, Asia, and Australia. This allows us to provide our student's career pathway options with some of the world's leading gyms, personal training studios and online coaching businesses, as seen below.

**BFT** BODY FIT  
TRAINING

**REVL**  
TRAINING

**F** fitness first

**Goodlife.**  
HEALTH CLUBS

**EMF** FITNESS  
CENTRE

**ANYTIME**  
FITNESS

## 7 CAREER INVESTMENT OPTIONS

We have multiple payment options to suit your budget, from upfront to 2-year payment plans to help serve your cash flow and budgetary requirements.



WE HAVE ALSO PARTNERED WITH ZIP PAY,  
ALLOWING YOU TO BUY NOW WITH \$0  
DOWN, INTEREST-FREE OPTIONS TODAY!

So, please speak to one of our career advisors to find out more information by clicking the button below to book your FREE careers advisory call today!

ENQUIRE NOW





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The content of this course guide is to serve as an educational resource on matters of interest concerning nutrition, training and general personal training advice given under the scope of practice as a legally certified and insured personal trainer through your national governing body.

It is not intended to be comprehensive to non-qualified fitness professionals and personal trainers, nor does it constitute medical advice in any way. This course guide is a compilation of research, ideas, concepts, ideologies, philosophies and opinions of the author, Clean Health RTO Holdings Pty Ltd.

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You accept sole responsibility for the outcomes if you adopt and use the systems, methods, ideas, concepts, and opinions within the content of this e-resource.

### Publisher

Clean Health RTO Holdings Pty Ltd  
[www.cleanhealth.edu.au](http://www.cleanhealth.edu.au)