



THE CLEAN HEALTH MASTER PERSONAL TRAINER™

COURSE GUIDE

THE WORLD'S LEADING EVIDENCE BASED PERSONAL TRAINING QUALIFICATION

WE BUILD INDUSTRY GIANTS.
NOW IT'S YOUR TURN.

TRAINING PROVIDED BY CLEAN HEALTH RTO HOLDINGS: 40538

NATIONALLY RECOGNISED
TRAINING



WHY CHOOSE US

Since 2008, Clean Health™ has been regarded as Australia's top fitness industry educator and personal training organization.

We have certified over 30,000 personal trainers and fitness professionals in over 35 countries, across our live events and since 2019 via our cutting-edge online e-learning platform.

In 2012, we opened our first high-end training studio and opened two more in 20-2015-2016. During this period, we developed a global reputation for results and excellence. As part of our personal training business, we facilitated over 250,000 personal training sessions.



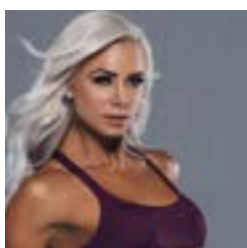
Today, Clean Health are pioneers in digital education in the health and fitness industry globally.

True to our legacy, our course content is designed by the trainers for the trainers.

Stand on the shoulders of giants. Learn with Clean Health.



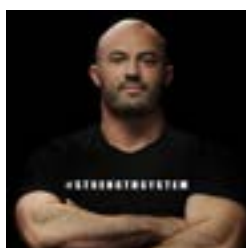
LAYNE NORTON PHD WITH OUR STUDENTS AT CH CHATSWOOD



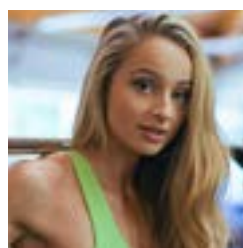
LAUREN SIMPSON
WBFF PRO



LAYNE NORTON
PHD



SEBASTIAN OREB
STRENGTH COACH



MARIA BIROVA
WBFF PRO



BILL CAMPBELL
PHD

COURSE OVERVIEW

The Clean Health Master Personal Trainer Program™ (CHMPT™) is the most advanced personal training qualification in the world today.

With 10 courses in total, CHMPT™ includes 2 nationally recognized qualifications and 8 industry-leading certifications across both training and nutrition.

Combined, they will help you develop all the skills you need to become an expert personal trainer 100% remotely online if you choose!

Your CHMPT™ program contains an information packed 82 modules of learning across 10 courses...

QUALIFICATIONS:

1. Prerequisites units of SIS30315 Certificate III in Fitness (Gym Instructor) *
2. SIS40215 Certificate IV in Fitness (Personal Trainer)

CERTIFICATIONS:

3. Performance Nutrition Coach Level (PNC1)
4. Performance Nutrition Coach Level (PNC2)
5. Performance Nutrition Coach Level 3 (PNC3)
6. Performance PT Coach Level 1 (PPT1)
7. Performance PT Coach Level 2 (PPT2)
8. Performance PT Coach Level 3 (PPT3)
9. Strength System International Certification Level 1 (SSIC1)
10. Advanced Nutrition for Fat Loss (ANFL)

* Please note if you would like to receive a Certificate III instead of a Statement of Attainment - The additional units can be purchased in an upgrade pack



COACHING TOOLS:

11. iNutrition Pro Coaching Software with Nutrition Insurance

**Completing this program will make you eligible to provide dietary advice within Australia as a nutritionist if you meet the requirements, an industry first. Click the button below for more information.*

iNutritionPRO

POWERED BY



In summary, the CHMPT™ program will provide you with everything you need to separate yourself from the pack and to soak up decades of our industry leading knowledge in record breaking time. Allowing you to turn your passion for fitness into a profitable and sustainable career.



WHAT YOU WILL LEARN

Course 1 of 10: Certificate III in Fitness – Gym Instructor (SIS30315)

| # | UNIT CODE | UNIT OF COMPETENCY |
|----|------------|--|
| 1 | SISFFIT001 | Provide Health Screen and Fitness Orientation |
| 2 | SISSFIT006 | Conduct Fitness Appraisals |
| 3 | SISSFIT005 | Provide Healthy Eating Information |
| 4 | SISXCCS001 | Provide Quality Service |
| 5 | SISFFIT004 | Incorporate Anatomy and Physiology Principles into Fitness |
| 6 | SISFFIT003 | Instruct Fitness Programs |
| 7 | SISFFIT002 | Recognise and Apply Exercise Considerations for Specific Populations |
| 8 | SISFFIT014 | Instruct Exercise to Older Clients |
| 9 | SISFFIT011 | Instruct Approved Community Fitness Programs |
| 10 | SISFFIT007 | Instruct Group Exercise Sessions |
| 11 | SISXCAI006 | Facilitate Groups |
| 12 | HLTWHS001 | Participate in Workplace Health and Safety |
| 13 | BSBRK401 | Identify Risk and Apply Risk Management Processes |
| 14 | SISXFAC001 | Maintain Equipment for Activities |
| 15 | SISXIND001 | Work Effectively in Sport, Fitness and Recreation Environments |
| 16 | HLTAID003 | Provide First Aid (This unit is not included) |



Key Learning Outcomes:

1. You will learn how to properly assess and screen clients so that you can design effective, results-based programs in a group exercise setting.
2. You will understand anatomy and physiology of the human body and how to prescribe exercises based on client limiting factors.
3. You will be able to audit, identify and optimise workplace conditions effectively in sport, fitness and recreation environments.

Course 2 of 10: Certificate IV in Fitness – Personal Trainer (SIS40215)

| # | UNIT CODE | UNIT OF COMPETENCY |
|----|------------|--|
| 1 | SISFFIT018 | Promote Functional Movement Capacity |
| 2 | SISSFIT025 | Recognise the Dangers of Providing Nutrition Advice to Clients |
| 3 | SISSFIT026 | Support Healthy Eating Through the Eat for Health Program |
| 4 | SISSFIT016 | Provide Motivation to Positively Influence Exercise Behaviour |
| 5 | SISSFIT015 | Collaborate with Medical and Allied Health Professionals in a |
| 6 | SISFFIT019 | Incorporate Exercise Science Principles into Fitness |
| 7 | SISFFIT017 | Instruct Long-Term Exercise Programs |
| 8 | SISFFIT023 | Instruct Group Personal Training Programs |
| 9 | SISFFIT021 | Instruct Personal Training Programs |
| 10 | SISFFIT020 | Instruct Exercise Programs for Body Composition Goals |
| 11 | SISFFIT013 | Instruct Exercise to Young People Aged 13 to 17 years |
| 12 | SISSTC301A | Instruct Strength and Conditioning Techniques |
| 13 | SISSTC402A | Develop Strength and Conditioning Programs |
| 14 | ICTICT203 | Operate Application Software Packages |
| 15 | SISXIND001 | Work Effectively in Sport, Fitness and Recreation Environments |
| 16 | SISXRES001 | Conduct Sustainable Work Practices in Open Spaces |
| 17 | BSBSMB401 | Establish Legal and Risk Management Requirements of |
| 18 | BSBSMB404 | Undertake Small Business Planning |
| 19 | BSBSMB403 | Market the Small Business |
| 20 | BSBSMB406 | Manage Small Business Finances |

Key Learning Outcomes:

1. Understand exercise principles and how to utilise them to create short- and long-term programs for general population clients.
2. Understand how to properly coach and cue key exercise movements required to facilitate personal training services.
3. Understand how to set up your personal training business or relevant career path as a fitness professional.

Course 3 of 10: Performance Nutrition Coach Level 1 (CHPNC1)

| # | MODULE CODE | MODULE NAME |
|---|-------------|---|
| 1 | CHPNC11 | The Obesity Epidemic |
| 2 | CHPNC12 | The Art of Nutrition Coaching |
| 3 | CHPNC13 | The Fundamentals of Macronutrients |
| 4 | CHPNC14 | Base Nutritional Program Design |
| 5 | CHPNC15 | Understanding Popular Nutrition Systems |
| 6 | CHPNC16 | The Art of Nutritional Periodization |
| 7 | CHPNC17 | Understanding Micronutrients |
| 8 | 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 we break down each nutritional system, the pros and cons and arm you with evidence when it comes to these diets. You will learn when or when not to apply them depending on client physiology, goals and overall psychology.
3. You will learn about the periodisation of nutrition, Zig-Zag cycle, micro-cycles, macro-cycles, undulating periodization and how to structure diets over weekly, monthly and quarterly to maximize client goals and more.

Course 4 of 10: Performance Nutrition Coach Level 2 (CHPNC2)

| # | MODULE CODE | MODULE NAME |
|---|-------------|--|
| 1 | CHPNC28 | The Physiology of Fat Loss |
| 2 | CHPNC29 | The Fundamentals of Gut Health & The Microbiome |
| 3 | CHPNC210 | Stress & Lifestyle Management for Peak Performance |
| 4 | CHPNC211 | Advanced Nutrition Principles for Client Wellness |
| 5 | CHPNC212 | Advanced Supplementation Considerations |
| 6 | CHPNC213 | Nutritional Strategies for Peak Week in Physique Athletes & Client Photoshoots |



Key Learning Outcomes:

1. You will learn the science and physiology of fat loss. This will involve a detailed analysis on the interactions between lipolysis, fatty acid transportation, fat oxidation, adrenoreceptors and stubborn fat protocols. Plus, plenty more when it comes to optimising client health, results and overall wellbeing.
2. You will learn in depth all about the structure of the digestive system. Along with the physiology behind it, giving you a greater understanding of what actually happens to the food and liquid consumed once it enters the body.
3. You will learn in depth the impact that stress and negative lifestyle choices have on client brain function, the immune system, the cardiovascular system, digestive system, sleep/wake cycles, blood sugar management, inflammation and much more. We give you the tools you can use immediately to reduce your clients total body stress burden overnight!

Course 5 of 10: Performance Nutrition Coach Level 3 (CHPNC3)

| # | MODULE CODE | MODULE NAME |
|---|-------------|--|
| 1 | CHPNC315 | Understanding Endocrinology for Optimising Client Health |
| 2 | CHPNC316 | Understanding Detoxification for Optimising Client Health |
| 3 | CHPNC317 | Optimising Brain Chemistry for Optimising Client Performance |
| 4 | CHPNC318 | Understanding Lab Analysis for Optimising Client Health |
| 5 | CHPNC319 | The Science of Behavioural Change |

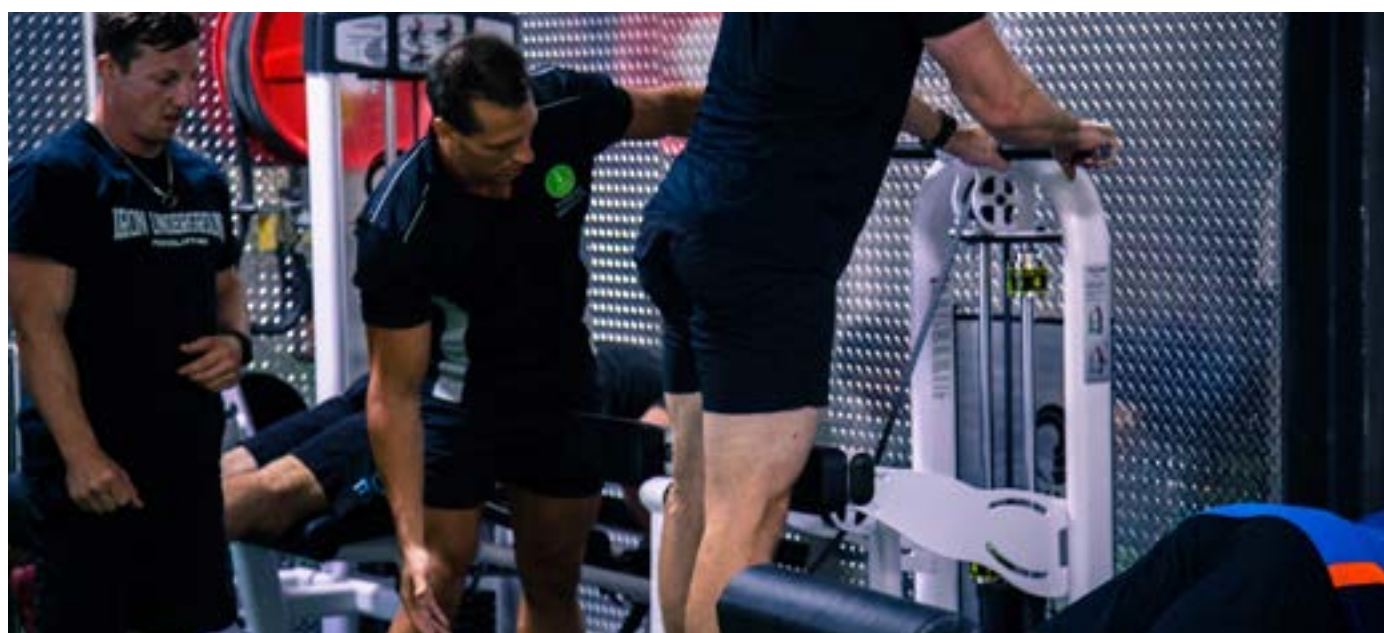


Key Learning Outcomes:

1. You will learn how to optimise your clients results and how to aid them in achieving peak HPL (High performance lifestyle), ensuring a balanced state of both mental and physical fitness.
2. You will learn the latest in the field of methylation and epigenetics and how this influences everything in the body, from detoxification to brain chemistry. You will learn what lab tests to run and how to identify potential roadblocks in advance for clients before they occur.
3. You will learn the latest research and tools in the fields of human psychology and behaviour change. Then how to apply the principles of becoming a truly industry leading coach that is able to optimise client compliance, whilst maintaining client mental fitness and health overall.

Course 6 of 10: Performance PT Coach Level 1 (CHPPT1)

| # | MODULE CODE | MODULE NAME |
|---|-------------|---|
| 1 | CHPPT11 | Mastering The Initial Consultation |
| 2 | CHPPT12 | Structural Balance Assessment for All Populations |
| 3 | CHPPT13 | Corrective Exercise Prescription |
| 4 | CHPPT14 | Fundamentals of Program Design |
| 5 | 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 how to prescribe corrective exercise for both prehab and rehab, giving you tools to safely and effectively build customised training programs for clients of all levels, genders and backgrounds.
3. You will learn how to master over 100 key strength exercises that are crucial to developing specific, tailored and results-oriented programs for fat loss, hypertrophy and body re-composition goals.

Course 7 of 10: Performance PT Coach Level 2 (CHPPT2)

| # | MODULE CODE | MODULE NAME |
|---|-------------|---|
| 1 | CHPPT21 | Advanced Program Design for Strength |
| 2 | CHPPT22 | Advanced Program Design for Hypertrophy |
| 3 | CHPPT23 | Advanced Program Design for Fat Loss |
| 4 | CHPPT24 | Energy Systems Training for Fat Loss |
| 5 | CHPPT25 | Modified Strongman Training |

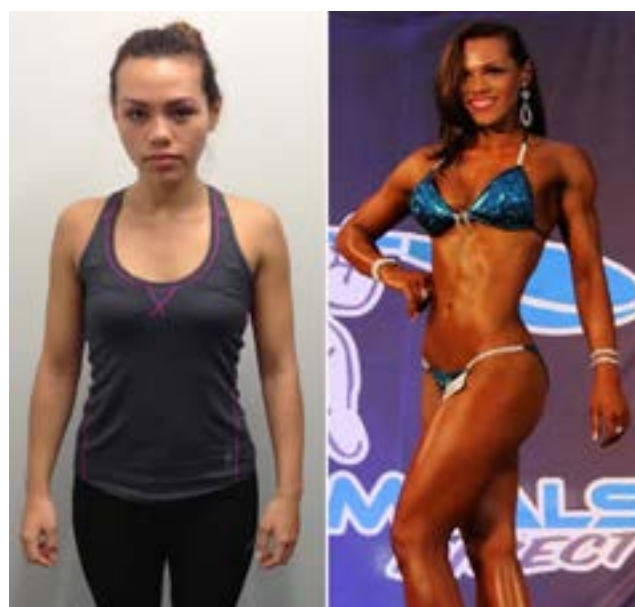


Key Learning Outcomes:

1. You will learn advanced program design and periodization strategies for all intermediate to advanced clientele for fat loss, hypertrophy, strength, rehab and more!
2. You will learn advanced cardiovascular methods that you can utilise to maximise fat loss for general population and elite level athletes alike, giving you a unique and dynamic skill set as a results producing personal trainer.
3. You will learn over 50 different training systems and templates that you can plug and play into your fitness business. These can be used to streamline processes and overall results for your business, thus increasing your revenue and retention of clientele.

Course 8 of 10: Performance PT Coach Level 3 (CHPPT3)

| # | MODULE CODE | MODULE NAME |
|---|-------------|--|
| 1 | CHPPT31 | Applied Muscle Testing |
| 2 | CHPPT32 | Advanced Periodization for Athletic Performance |
| 3 | CHPPT33 | Advanced Periodization for Physique Athletes |
| 4 | CHPPT34 | Advanced Body Part Specialization Techniques |
| 5 | CHPPT35 | Program Design Peaking for Physique Shows & Photo-shoots |



Key Learning Outcomes:

1. You will learn advanced methods to assess, strengthen and instantly increase mobility, flexibility and strength, similar to what kinesiologists, osteopaths and remedial massage specialists can apply, using our own unique system.
2. You will learn cutting edge, evidence-based periodisation modalities that can be used to revolutionise your results for physique athletes, strength athletes and much more.
3. You will learn how to peak clients for world leading transformation shoots, which can be revolutionary for your business via the way of testimonials, allowing you to be a globally recognised results producer!

Course 9 of 10: Strength System International Certification Level 1 (SSIC1) by Sebastian Oreb

| # | MODULE CODE | MODULE NAME |
|---|-------------|---|
| 1 | SSIC11 | Assessing Structural Balance for Strength Development |
| 2 | SSIC12 | Technique Fundamentals for the Key Lifts |
| 3 | SSIC13 | Principles of Periodization for Strength Development |
| 4 | SSIC14 | Principles of Recovery for Strength Development |
| 5 | SSIC15 | Nutrition for Sports Performance |



Key Learning Outcomes:

1. You will learn how to safely and effectively conduct physical assessments with clients. Allowing you to design tailor made and specific programs that maximise strength and minimise injury risk.
2. You will learn how to coach and execute the key lifts needed for athletic performance, along with periodization methods that you can use to develop short- and long-term specific programs for all levels of athlete.
3. You will learn key, evidence-based sports nutrition principles that must be applied when working with athletes.

Course 10 of 10: Advanced Nutrition for Fat Loss (ANFL) by Layne Norton PhD

| # | MODULE CODE | MODULE NAME |
|---|-------------|---|
| 1 | ANFL1 | Nutrition for Fat Loss |
| 2 | ANFL2 | Advanced Nutritional Methodologies |
| 3 | ANFL3 | Training for Fat Loss |
| 4 | ANFL4 | Preparing Clients for Physique Contests |
| 5 | ANFL5 | The Science of Peak Week |
| 6 | ANFL6 | Show Day Essentials |
| 7 | ANFL7 | The Art of Post-Competition Programming |



Key Learning Outcomes:

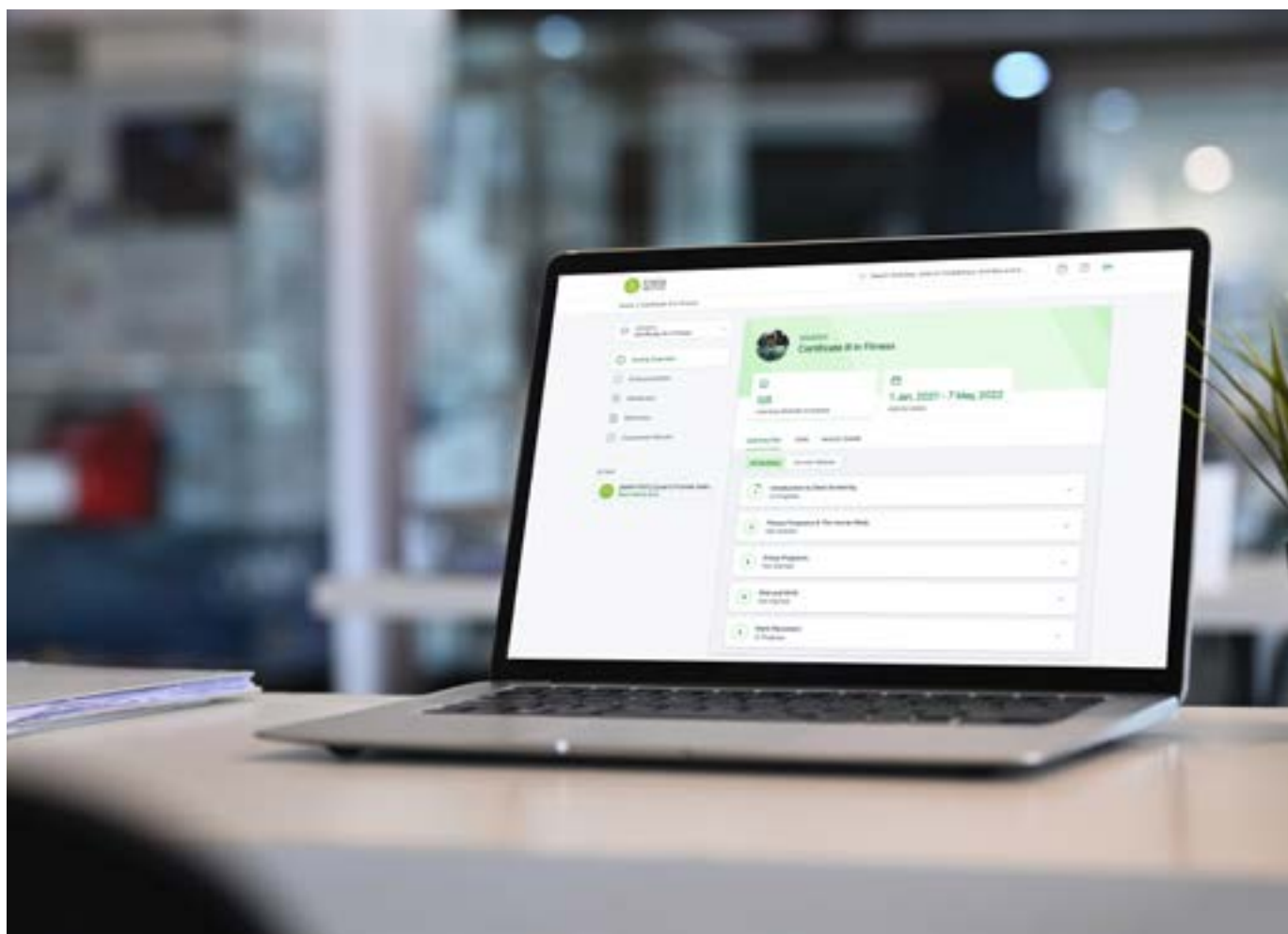
1. You will learn advanced nutritional strategies to maximise fat loss for general population clients, all the way through to elite level physique athletes competing on stage or for photoshoots.
2. You will learn training methods that you can integrate into your diet design to maximise fat loss results with all clientele.
3. You will learn how to peak clients or athletes for photo-shoots, with a systematic, repeatable process designed to not only have clients looking their best but feeling their best on the inside and out.

PROGRAM LEARNING EXPERIENCE

The CHMPT™ Program can be done at your own pace, from anywhere and at any time.

Our online learning experience has been researched extensively to focus on optimising your learning journey. Helping you complete your course in flying colours.

From the day you sign up, you will be assigned your very own Clean Health Master Coach, who will be available to you throughout your program to help mentor you into an industry leading personal trainer.



The program itself is delivered via a combination of interactive videos, presentation slides, online textbooks, weekly webinars that are recorded for your convenience. Our online student group will provide a platform that allows you to easily engage with our Master Coaches.



PROGRAM LEARNING EXPERIENCE

The CHMPT™ program has approximately 350 hours of course content to go through, so average student times from our surveys and student feedback are as follows:

| STUDY HOURS PER WEEK | APPROXIMATE TIME TO COMPLETION |
|----------------------|--------------------------------|
| 5 Hours | 12-14 Months |
| 10 Hours | 6-8 Months |
| 15 Hours | 4-6 Months |
| 20 Hours | 3-4 Months |
| 40 Hours | 2-3 Months |

You have 24 months to complete this program, taking no more than 12 months for the SIS30315 Certificate III in Fitness (Gym Instructor) before allowing another 12 months for the SIS40215 Certificate IV in Fitness (Personal Trainer).

There are practical assessments that are required for this course. Your assessor will help coach you on the requirements you need. These are to be done locally at your gym.

This makes up your 'practical' and blended hours, which are required by Australian government regulations to become an accredited and qualified personal trainer.

YOUR FUTURE JOB POSSIBILITIES

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

You will be able to work at gyms, men's and women's health clubs and spas, fitness studios, cruise liners, resorts, and other fitness related businesses around the world.

As a globally accredited fitness institute, we have campus sites in the Middle East, North America, Asia, and Australia, allowing us to provide our students with career pathway options with some of the world's leading gyms and personal training studios.



CAREER INVESTMENT OPTIONS

We have multiple payment options to suit your budget from upfront payments to 2-year payment plans to help suit your circumstances.

We have also partnered up with Zip Pay, allowing you to buy now with **\$0 down, 12 months interest free options today!**



Up to 12 months interest free
Click here Find out how Zip works!

Please speak to one of our career advisors to find out more information by clicking the button below to book in your **FREE** advisory call today!

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The content of this course guide is to serve as an educational resource on matters of interest in relation to nutrition, training and overall 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 IP Holdings Pty Ltd.

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