



# ELITE

# NUTRITIONIST

COURSE GUIDE



**CHANGE YOUR HEALTH, CAREER & LIFE!**

# 1

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.



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 VAST powered by Clean Health Elite Nutritionist program is the most comprehensive initial qualification available, to get you qualified as a fully accredited and insured nutritionist.

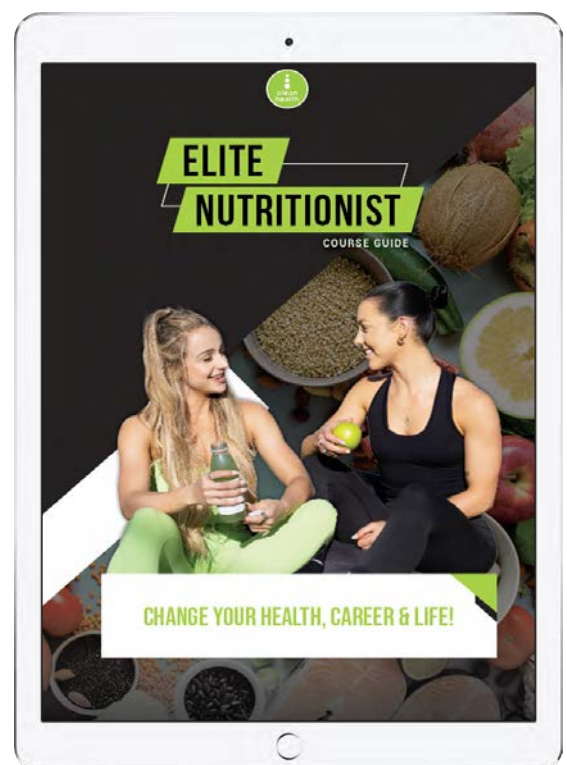
### ONCE DEEMED COMPETENT YOU WILL BE ELIGIBLE TO LEGALLY PRACTICE WITHIN AUSTRALIA

This program is made up of Nationally Recognise Qualification (11046NAT Certificate IV in Nutrition) in addition to 4 Industry Endorsed courses.

The **11046NAT Certificate IV in Nutrition**, a Nationally Recognised Training qualification, crafted by peak body **Nutrition Council Australia**, was meticulously designed to fill the training gap in the Australian nutrition landscape below the university level. This means that 9 of the 14 units contained within this course were designed to educate students in areas that were previously not available for students without attending university.

These units are exclusive to this course and will not be found in any other course in Australia. By focusing exclusively on nutrition knowledge and skills, we've eliminated unrelated units that do not directly relate to nutrition or working with clients. This laser-sharp focus ensures that you receive a complete and comprehensive nutrition education, empowering you to work with a diverse range of clients who have different goals - be it nurturing a healthier relationship with food, body composition targets such as fat loss or muscle gain, or enhancing athletic performance.

Whether you have ambitions to become the next go-to nutrition coach, compliment your PT services, start a side-hustle or simply help yourself and your loved ones live a healthier lifestyle, there is simply no better qualification available on the market today.



## NATIONALLY RECOGNISED QUALIFICATION

### 11046NAT CERTIFICATE IV IN NUTRITION



Clean Health is proud to own and operate the Vast Fitness Academy Pty Ltd (RTO41564). Through this acquisition, we continue to offer nationally recognized 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.

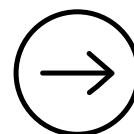
## 4 INDUSTRY ENDORSED COURSES

1. Performance Nutrition Coach Level 1 (PNC1)
2. PT Business Essentials (PTBE)
3. Evidence Based Reverse Dieting (ERD)
4. Clean Health Live 2023 Virtual (CH23)

In summary, the Elite Nutritionist program will provide you with everything you need to set yourself apart from the pack and to soak up decades of our industry leading knowledge in record breaking time, allowing you to jump start your career in nutrition!



# NATIONALLY RECOGNISED QUALIFICATION



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

• 11046NAT Certificate IV in Nutrition

*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 1

11046NAT CERTIFICATE IV IN NUTRITION

Unit Code	Unit Name
<b>NAT11046001</b>	Promote the Concepts of Health and Wellbeing in Relation to Nutrition
<b>NAT11046002</b>	Apply the Fundamentals of Nutrition to Meet a Client's Dietary Needs
<b>NAT11046003</b>	Design a Nutritional Plan for an Individual
<b>NAT11046004</b>	Assist in Establishing Positive Digestive Health
<b>NAT11046005</b>	Analyse and Apply Principles of Psychology and Behaviour Management
<b>NAT11046006</b>	Advise Customers on the Use of Nutritional Supplements and Ergogenic Aids
<b>HLTAAP001*</b>	Recognise Healthy Body Systems
<b>HLTAAP002*</b>	Confirm Physical Health Status

\* The two units of competency indicated above are combined to accelerate your studies. The two units of competency will reflect on a student's official statement of attainment upon successful completion of these combined units.



### ELECTIVE UNITS INCLUDED

#### ELECTIVE STREAM ONE: SPORTS NUTRITION COACH

Unit Code	Unit Name
<b>NAT11046007</b>	Provide Nutrition Information to Clients for Exercise-Related Goals
<b>NAT11046008</b>	Design a Diet to Assist Clients in Achieving Exercise-Related Goals
<b>NAT11046009</b>	Apply Sports Psychology Principles in a Nutrition Coaching Context

#### ELECTIVE STREAM TWO: HEALTH AND WELLNESS COACH

Unit Code	Unit Name
<b>CHCCSL001</b>	Establish and Confirm the Counselling Relationship
<b>CHCCSL007</b>	Support Counselling Clients in Decision-Making Processes
<b>CHCCSL011</b>	Assess And Promote Social, Emotional and Physical Wellbeing



## **THE QUALIFICATION INCORPORATES DETAILED INFORMATION ON SUBJECTS INCLUDING**

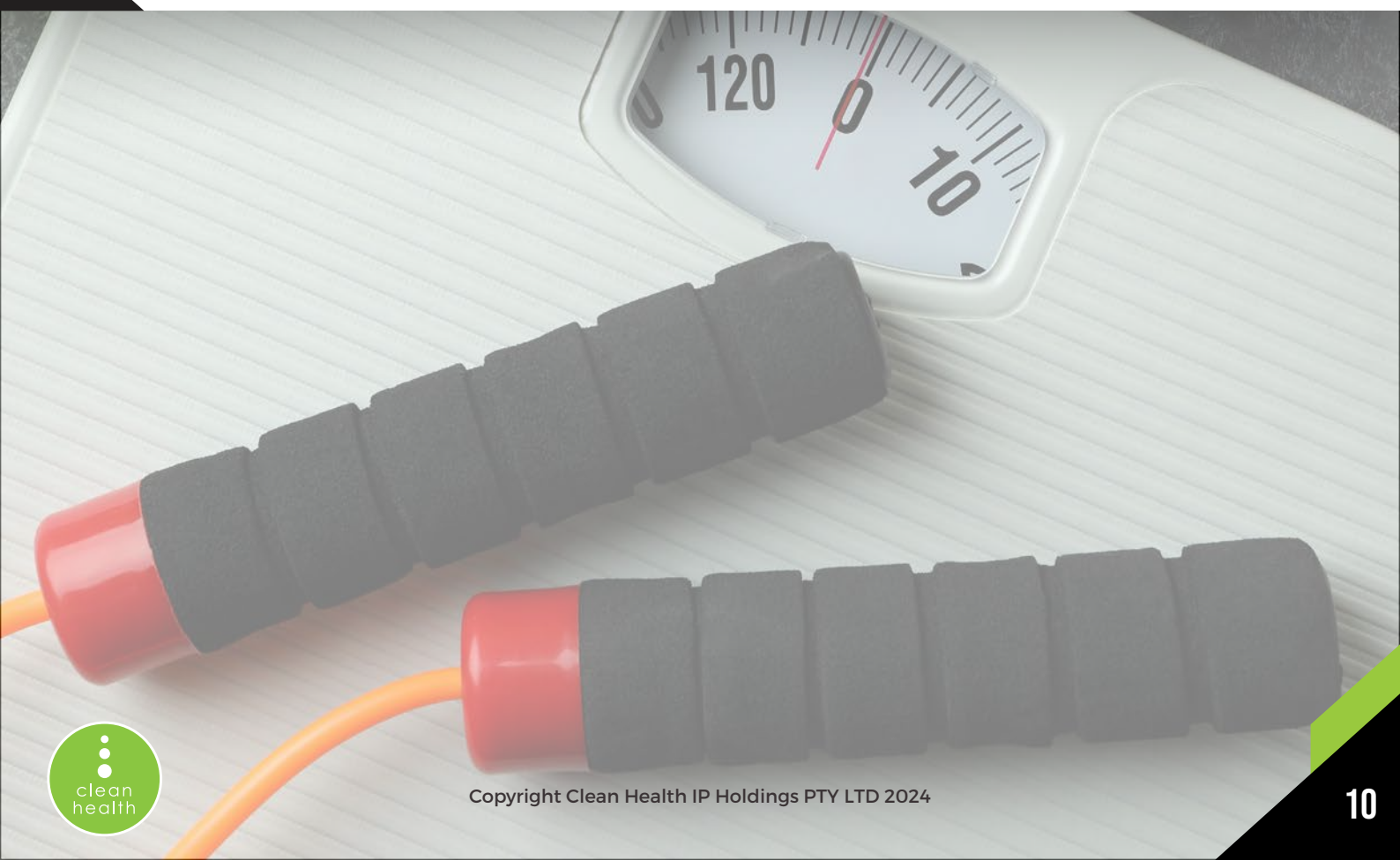
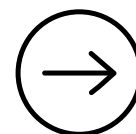
- Provision of nutritional advice to healthy individuals
- The conduct of pre-screen assessments
- Development of individual nutritional plans to healthy individuals
- The integration of nutritional supplements and ergogenic aids within nutritional plans
- The importance of digestive health and the need to refer clients as required

It is suitable for the general demographic of health and fitness coaches, supplement sales staff, personal trainers and sports coaches/managers that work in the frontline of the health, nutrition and fitness industry.

You will learn how to identify all the factors contributing to overall health and wellness. These units provide you with an in-depth understanding of the human body's inner workings, including biology, chemistry, anatomy, and physiology.



# ADDITIONAL INDUSTRY ENDORSED COURSES



Unit Code	Unit Name
<b>CHPNC11</b>	The Obesity Epidemic
<b>CHPNC12</b>	The Art of Nutrition Coaching
<b>CHPNC13</b>	The Fundamentals of Macronutrients
<b>CHPNC14</b>	Base Nutritional Program Design
<b>CHPNC15</b>	Understanding Popular Nutrition Systems
<b>CHPNC16</b>	The Art of Nutritional Periodisation
<b>CHPNC17</b>	Understanding Micronutrients
<b>CHPNC18</b>	Building your Nutrition Coaching Business
<b>CHPNC19</b>	The Latest Technology to Optimise Client Wellness

### 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 how to set up an additional income stream or side hustle as a nutrition coach.

Unit Code	Unit Name
<b>ERD1</b>	The Science of Reverse Dieting
<b>ERD2</b>	The Reverse Diet Program
<b>ERD3</b>	Coaching the Reverse Diet
<b>ERD4</b>	Next Steps as a Nutrition Coach



### KEY LEARNING OUTCOMES

1. You'll learn the science of nutrition, especially regarding reverse dieting, refeeds and diet breaks.
2. You'll learn elite-level nutritional strategies to maximise fat loss for general population clients through elite-level physique athletes.
3. You'll learn a specific reverse diet system that you can apply with any client to help them "recover" from poor dietary advice and choices.
4. You'll learn how to coach compliance to optimise your client's adherence to your dietary advice.
5. You'll learn how to integrate nutrition coaching and the specialist of reverse dieting into your business to grow your client results and brand together.



Unit Code	Unit Name
<b>PTBE1</b>	How to Be More Productive as a PT
<b>PTBE2</b>	How to Become a Subject Matter Expert
<b>PTBE3</b>	How to Build a World-Class Fitness Brand
<b>PTBE4</b>	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
<b>CH231</b>	How to Set up the Ultimate Diet for Fat Loss with Dr Layne Norton
<b>CH232</b>	The Flexible Dieting Myth with Jackson Peos PhD
<b>CH233</b>	Program Design for Female Transformations with Hattie Boyle
<b>CH234</b>	Building the Ultimate Strength Athlete with Sebastian Oreb
<b>CH235</b>	How to Earn \$10k per month as an Online PT with Brian Mark
<b>CH236</b>	5, 6 and then 7 Figures as an Online Coach with Hattie Boyle
<b>CH237</b>	From Near Dear to Success, the Story of My Last 12 Months with Jackson Peos
<b>CH238</b>	How to Build a 1mil+ Followers organically on Social Media with Cole Da Silva
<b>CH239</b>	How to Get Gen Pop Clients Photoshoot Ready in 12 Weeks with Layne Norton
<b>CH2310</b>	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 INDUSTRY ENDORSED COURSES DURATION

The industry endorsed courses component of this program total approximately 300 hours of course content through online learning, the average completion time for the industry endorsed courses are as follows:

Study Hours Per Week	Approximate Time to Complete
5 Hours	10-12 Months
10 Hours	5-8 Months
15 Hours	4-6 Months
20 Hours	3-4 Months
40 Hours	2-3 Months

### YOUR FUTURE JOB POSSIBILITIES

Sports nutrition coach	Corporate wellness coach
Health and wellness coach	Hospitality consultant
Nutrition consultant	Health food store retailer
Recipe developer	Supplement store retailer
Content creator	Online nutrition coach

A graduate of the 11046NAT – Certificate IV in Nutrition will qualify for Nutrition Council Australia registration.

Registration allows access to Allied Health Professional Indemnity/Public Liability insurance through AON Insurance.

This registration allows graduates to legally practise as Nutritionists under the Nutrition Council Australia Scope of Practice. Nutritionists work with clients to identify their specific needs and goals and provide them with detailed nutritional advice and individually tailored meal plans to assist the client in achieving those needs and goals.





## 6 THE NUTRITION COUNCIL OF AUSTRALIA

Nutrition Council Australia (NCA) is a collaborative industry association that promotes positive nutritional information and healthy lifestyle practices within Australia. NCA has developed the nationally recognised and accredited 11046NAT – Certificate IV in Nutrition qualification and the associated Scope of Practice and Risk Stratification Screening Tool.



Vast Fitness Academy is the current authorised Registered Training Organisation responsible for delivering this qualification.



## WHAT INSURANCE DOES A NATIONALLY RECOGNISED NUTRITIONIST REQUIRE?

Nationally Recognised Nutritionist (NRN's) and work directly with clients within the the NCA endorsed Scope of Practice, are required to have Professional Indemnity and Public Liability and Products insurance.

A Nutritionist provides advice and counselling in relation to diet, food, and nutrition. Most clients will take on this advice and achieve great results. However, there is always a chance that a client may experience an unforeseen reaction to the advice or misinterpret part of the plan, which could lead to them holding the Nutritionist legally liable and ask for payment for damages.

## WHAT INSURANCE PROVIDER DOES NUTRITION COUNCIL AUSTRALIA RECOMMEND?

AON is the approved insurance broker for Nutrition Council Australia, and can provide graduates with insurance cover, risk advice and claims support.

## THE AON HEALTH COMBINED PROFESSIONAL INDEMNITY AND PUBLIC AND PRODUCTS LIABILITY INSURANCE FOR NUTRITIONISTS INCLUDES:

- Flexible Professional Indemnity cover limits
- Unlimited retroactive date
- Run off cover
- 2 hours complimentary legal advice per policy, annually

## 7 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, interest free options today!**

**FIND OUT HOW ZIP PAY WORKS!**

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**BOOK A FREE CONSULT**

Or you can simply call us at  
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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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