



[JOIN OUR VIP EMAIL LIST FOR ACADEMY UPDATES - CLICK HERE](#)

Unit	Module 1 – Foundations of Personal Training
1.1	Mastering The Basics Of Human Metabolism - What You Need To Know As A Trainer
1.2	Selecting The Right Nutrition Approach For Your Client
1.3	How To Set Up A Habit Based Programme
1.4	Supplementation & Recommendations - What Is Backed By Research & What Isn't
1.5	Nutrition Programming For Fat Loss & Muscle Gain - What's The Difference?
1.6	Mastering The Client Consultation Process
1.7	Breaking Down Barriers, Setting Goals & Focusing On The Process
1.8	Upper Body Progression & Progressions
1.9	Lower Body Progressions & Progressions
1.10	Mastering The Basics of Programme Design
1.11	Programming For Your Typical Gym Users, In A Gym Setting
1.12	Programming For Special Populations - The Newbie, Elderly & Previously Injured
1.13	Programming For Small Group/Semi-Private Training
1.14	Energy Systems Training
1.15	Programme Considerations For Endurance Events
1.16	Female Training & Nutrition Considerations
1.17	Client Adherence Strategies & Creating A Community
1.18	Developing The Critical Mind-Set & Analysing Research
Unit	Module 2 – Coaching for Physique Athletes (Eric Helms)
2.1	Coaching Physique Competitors – Introduction To Being A Physique Competitor Coach
2.2	Pre Planning For Contest Preparation – Setting Up Your Clients For Success Before Prep Begins
2.3	Adherence And Consistency – The Most Important Aspects Of Any Diet
2.4	Energy Balance And Macronutrition – Intro To Energy Balance And Where Energy Comes From
2.5	Micronutrition, Nutrient Timing And Supplementation – Finishing Touches Of The Nutrition Plan
2.6	Resistance Training For Bodybuilding – Putting Resistance Training In Context For Bodybuilding
2.7	Training Periodization – The Importance Of Having A Plan
2.8	Acute Variables Of Training – The Process Of Designing Training Plans
2.9	Cardiovascular Training For Bodybuilding – Putting Cardio Into Context For Bodybuilding
2.10	Competition Day And Post Contest – The Big Day, Highs And Lows Of Finishing A Season
Unit	Module 3 – Coaching for Powerlifters (Dr Mike Zourdos)
3.1	Powerlifting Structure, Importance, Federations, And Journey
3.2	Skeletal Muscle Plasticity/Endocrine Adaptations And Rest Intervals
3.3	Concurrent Training Analysis And Recommendations
3.4	Warm-Up Considerations
3.5	Periodization Theory, Research And Types
3.6	Integration Of Periodization Models
3.7	Periodization Throughout A Macrocycle
3.8	Assistance Work, Training Adjustments, And Overreaching/Supercompensation
3.9	Teaching The Lifts: Squat, Bench & Deadlift
3.10	Meet Day Preparation, Expectations, And Attempt Selection
Unit	Module 4 – Setting up your Fitness Business (Luke Johnson)
4.1	Building A Brand & Knowing Your Avatar
4.2	Gym Floor/Offline Client Acquisition Strategies
4.3	Social Media & Content Strategy
4.4	Online Marketing Strategies
4.5	Setting Up Efficient Online Coaching Systems & Hybrid Coaching
4.6	Planning For Long Term Success In The Fitness Industry

