



EQUIPMENT NOMENCLATURE & CONVENTIONS: #SCI.350.1.20

Instructor: Ryan Womack, SuperSlow Master/Faculty

Name of Course:	Equipment Nomenclature & Conventions
Course Number:	SCI.350.1.20: Session 3
Instructor(s):	Ryan Womack, SuperSlow Master Instructor/Faculty
Hours/CEU Credits:	2 Hours (2 Classes)
Course Start Date:	First Class: Wednesday, March 24, 2010 (Note: No Class on March 31 or April 7, 2010)
Course End Date:	Second Class: Wednesday, April 14, 2010
Pre-Requisite Course:	Not Applicable
Class Size:	Minimum: 8 Maximum: 15
Course Registration Cut Off Date:	Course Cancellation Date: If a minimum of 8 students have not registered by 5:30 pm EST, Monday, March 15, 2010. (Minimum of 8 students required for this course.)
REQUIRED TEXT:	SuperSlow Technical Manual, 3 rd Edition - (See Enrollment Form if you need to order)

Specific Course Dates – Please Mark Your Calendar

All Students

Classes	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)
Class # 1	March	Wed.	3-24-10	2:30 pm to 3:30 pm Atlantic 1:30 pm to 2:30 pm Eastern
<p>Note: No class on Wed., March 31 or Wed., April 7, 2010</p>				12:30 pm to 1:30 pm Central
Class # 2	April	Wed.	4-14-10	10:30 am to 11:30 am Pacific

A. Course Description	<p>Learning the value of consistently and accurately adhering to <i>Equipment Nomenclature & Conventions</i> may only be possible after becoming a student of this important course. Previously, if deemed a factor at all, it would only occur after negative consequences of charting standards were disregarded – in effect – missing. Sadly, the typical SS instructor may never be aware anything is amiss – until the client is no longer a client. Illustrative of the consequences of lack of understanding about cause and effect is the 14th century proverb, <i>For Want of a Nail</i>, which illustrates how small actions can result in large consequences. The proverb describes how a situation permitting a <u>seemingly</u> small undesirable situation takes on a life of its own perpetuating a gradual and ever-worsening condition...until the kingdom was lost.</p> <p>Ken Hutchins provides a roadmap for certified SuperSlow instructors to successfully and consistently deliver an effective and efficient exercise experience to clients, which awaits your discovery and mastery in Chapter 29, <i>Equipment Nomenclature & Conventions</i>.</p>
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B. Course Purpose:	<p>The purpose of this course is to deepen the certified SS Instructor's understanding of the relevance and importance of equipment nomenclature and conventions to successfully and consistently delivering efficient and effective SuperSlow exercise experience to clients. Mastering the practical knowledge and development of accurate charting and recording best practice standards enhances their capability to evaluate client progress over time and then confidently convey their results to them in a meaningful way.</p>
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Learning Objectives

C. The student will learn:	To review and deepen these key concepts:
1. a.)	Your required actions (session-to-session) to ensure a consistent client experience each and every workout.



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- b.) Importance of the SS staff's ability to:
 - 1.) Develop and consistently perform to best charting practices specific to your facility.
 - 2.) Gain a shared understanding and agreement to develop and implement a proper protocol for receiving/conveying value about a client's hometown progress chart (which may include different equipment and nomenclature than you use), if a visiting or transferring client arrives with their records.

Examples of the value about that the client's hometown chart may provide for the client's first session with you:

- i. Pattern of past strength gains.
- ii. Ability of the client to inroad.
- iii. Orientation to help you gauge starting strength levels on your equipment ...although different... it serves as a basis for your orientation on this set of equipment.

- 2. To review and *deepen* foundation knowledge the following **distinctions**:
 - a. charting nomenclature specific to your facility
 - b. knowing the value of:
 - respectfully receiving visitor training cards
 - reviewing charting history notes for the visitor's initial set-up cues and clues even if different equipment and nomenclature were utilized
 - c. charting legibility
 - d. setting indicators
 - e. importance of equipment setting order

- 3. Provide the opportunity to enhance your skills speaking to clients about their progress, when applicable, about these concepts and distinctions through interaction with a SuperSlow Master and other SS instructor throughout the U.S.

Expected Outcomes

D. At course completion, the student will:

- 1. Understand and better communicate to clients, when applicable, how standardization of progress charting and nomenclature may affect client safety and/or difficulty in performing the exercise in a results-producing SuperSlow[®] session.
- 2. Recognize why your level of success as a certified SuperSlow instructor and that of your facility to deliver consistent client experience is in large part due to consistently accurate practice standards established surrounding equipment nomenclature and conventions.
- 3. Benefit from the opportunity to work in teams to share/discuss each other's standard charting practice to learn to recognize possible indicators underlying your ability to ensure a client's progress, satisfaction and retention.
- 4. Develop skills to understand attention to consistent/accurate charting and executing detail increase the true value of the SS instructor's ability to detect where and how variances affect safety and effectiveness in exercise.
- 5. Understand the value of effectively charting client progress provides you with information you need to effectively motivate client progress.

E. Topics

- 1. Method and order of notation
- 2. Setting indicators
- 3. Continuity of client charting equals safe and productive exercise



CEU COURSE DESCRIPTION & ENROLLMENT

SuperSlow Zone Institute



An SSZI IACET COMPLIANT CEU COURSE – CHAPTER 29 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

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4. Charting nomenclature and convention habits – not just meaningless paperwork
5. Charting legibility

Key Learning Point(s)	1. Standardization of progress charting nomenclature as related to the importance of the overall client experience.
	2. Equipment adjustments and setting indicators
	3. Settings and adjustment order for workout efficiency and client focus
	4. What to do when equipment setting labels are not present.
	5. Importance of foot placement and orientation

F. Class Structure:

Two 1-hour Teleconference Classes:

- Class # 1: 50% Class Leader Presentation – 50% of Student Discussion
- Class # 2: 50% Class Leader Presentation – 50% of Student Discussion

G. COURSE TELECONFERENCE CLASS HOURS (Important Class Preparation Notice)*

Total Hours Teleconference Class (Distance Learning): 2 CEUs	Before Class 1: Reading/Pre-Assignment Appx. 45-60 min. Read Chap. 29 – Equipment Nomenclature & Conventions in The SuperSlow Technical Manual 3rd Edition	Total Class Hours: 2 + Prep Time: Appx. 30-45 min. Study Buddy Assignment: Appx. 45-60 min.	Total Evaluation Time: Appx. 10 min.
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Important Note: Preparation Before Class required for successful class participation	Prior to Class: Preparation Before Class: After registration you will receive Pre-Class Assignment and will be assigned a Study Buddy. The Registrar will email contact information for scheduling your Study Buddy appointment before Class 1. You will hold your Study Buddy appointment between classes 1 & 2.	Assignment(s) before Class One: Fax (24/7, no cover sheet required) Fax Number: (866) 687-7585
		<input type="checkbox"/> Return Completed Pre-assignment to registrar by the date indicated on assignment sheet (will be sent to you by email.)

H. For this class you will need the Following:

Hardware Requirements: Computer Email Telephone

Software Application Requirements: Everything Below Applies – You Must Have Some or All of The Following

- I Have Word For Windows I Have Acrobat Reader for My PDF

Teleconference Course Number: Call: TBA PIN #: TBA then press #

I. COURSE FEE & REQUIRED COURSEWARE:

- COURSE FEE \$85 per student (includes courseware sent to you by email with pdf attachment)**

Required Course Materials

J. REQUIRED TEXT:

- SuperSlow: The Ultimate Exercise Protocol - 3rd Edition \$65.00**
If you need to purchase contact SSZ Registrar: registrar@superslowzone.com
- \$65 USD (Includes postage and handling)
- \$65 International (For international orders, please contact SSZ Registrar for shipping cost (calculated depending on destination))



K. CEU Course Policies and Procedures

<p>1. What if I need to cancel taking this course?</p>	<p>If you are unable to take a CEU Course that you have registered and paid for, then you must cancel 2 weeks (14 calendar days) before the first class or forfeit the entire class fee.</p>
<p>2. How to cancel taking this course – What to do:</p>	<p>1. Email: registrar@superslowzone.com 2. The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.</p>
<p>3. Confirmation of your Course Cancellation</p>	<p>You will receive a confirmation by email or regular mail that your cancellation has been received, and you will be asked to acknowledge that you have received this notice.</p> <ul style="list-style-type: none"> ▪ If sent by email, we will use the email address that we have on file for you when you registered unless otherwise indicated.
<p>4. Administrative Fee (for your course registration, un-registration, class logistics, coordination with instructor, etc):</p>	<p>There is a non-refundable \$35 administrative fee for each course that is cancelled regardless of when the cancellation is made.</p>
<p>5. Rescheduling Fee (rescheduling from one to another, logistics, coordination with instructor, etc.)</p>	<p>If you <u>reschedule</u> a substitute course <u>at the time you cancel your course</u>, you will pay only the rescheduling fee (\$25) and <u>not</u> incur the Administrative Fee above.</p>
<p>6. Refund Policy: This course is refundable – See Refund Terms</p>	<p>Refund Terms: If a refunded course fee is applicable, you will receive your refund within 30 calendar days of your cancellation notice. Not all courses are refundable.</p>

J. CEU Course Evaluation REQUIRED

In compliance with IACET guidelines, prior to issuing your Continuing Education Units (CEUs), the SuperSlow Zone Institute (SSZI) is required to receive your completed assessment of the course you registered for and participated in. Your evaluation will be placed in your student file and a copy will be sent to Dr. Scott Preissler, Compliance Officer. Additionally your assessment will be used to give each instructor feedback on how registrants perceive him/her in teaching excellence. The confidential results of all evaluations will be tabulated and made available to faculty, through Continuing Education and Compliance (CECI) division of SSZI to help monitor the quality and outcomes of this instructional experience.



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ENROLLMENT FORM

Send Page 5 Only for Enrollment Purposes

Fax To: (866) 687-7585 (No Cover Sheet Required-Fax Available 24 Hours a Day)

If you prefer to e-mail your enrollment print, complete and scan it or create a PDF and e-mail to: registrar@superslowzone.com

A. Your Name: Please print legibly			
B. Today's Date			
C. Phone # where we can easily reach you about this course			
D. Your Email Address			
E. Name of Course	Equipment Nomenclature & Conventions		
F. Course Number/CEU Credits	SCI.350.1.20: Session 3	CEU Credits: .20	
G. Instructor	Ryan Womack, SuperSlow Master/Faculty		
H. Course Start/End Date	Start: Wed., 3-24-10	End: Wed., 4-14-10	
	Note: No class on Wed., April 7, 2010		
I. Class Size Requirements	▪ Minimum: 8 Students ▪ Maximum 15 Students (If a minimum of 8 students have not registered by 5:30 pm EDT, Monday, March 15, the course will be cancelled.)		
J. Tele-class Schedule	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.		
K. Tele-class Conference Bridge and Pin #	TBA Conference Bridge and PIN number will be included with course material		
L. COURSE FEE & MATERIALS			
1. Course & Courseware Registration Fee:	<input type="checkbox"/> Registration + Courseware \$85 USD (Courseware to be sent by email = PDF file)		
2. If You Pay By Check Check Here <input type="checkbox"/> Check Mailed on: _____ <i>Enter Date</i> Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation	Please mail your check payable to <u>SuperSlow Zone, LLC</u> and mail to: SuperSlow Zone, LLC, Continuing Education 1326 Palmetto Avenue Winter Park, FL 32789		
3. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:		
4. Expiration Date			
5. Security Code			
6. Name as it appears on the credit card			
7. Billing Address (where your credit card statement is sent) <i>Please print legibly!</i>	Street:		
	City:	State:	Zip:
15. Your Signature – <u>Required</u> <i>My signature also acknowledges that I will be prepared for the course by completing my course pre-assignments and evaluation as indicated. Failure to do so will result in forfeiture of class with no refund.</i>	<input type="checkbox"/> Yes! Enroll me:  _____ <div style="text-align: right;">Your Signature Required Above</div>		