



UNILATERAL LOADING #SCI.300.1.20

INSTRUCTOR: RICH BROWN, SUPER SLOW MASTER

IACET COMPLIANCE COURSE– SUPER SLOW TECHNICAL MANUAL (3RD EDITION) CHAPTER 26

Name of Course	Unilateral Loading – SuperSlow Technical Manual, Chapter 26
Course Number	SCI.300.1.20 – Session 9
Instructor(s)	Rich Brown, SuperSlow Master
Hours/CEU Credit	.20 (Two Classes)
Course Start Date	Thursday, August 6, 2009
Course End Date	Thursday, August 13, 2009
Class Size	Min: 8 Max: 15
Course Registration Cut Off	(If a minimum of 8 students have not registered by 5:30 pm EDT, Monday, July 27, 2009 the course will be cancelled.)

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	August	Thurs.	8-6-09	3:00 pm to 4:00 pm Atlantic
				2:00 pm to 3:00 pm Eastern
				1:00 pm to 2:00 pm Central
Class #2	August	Thurs	8-13-09	12:00 pm to 1:00 pm Mountain
				11:00 am to 12:00 pm Pacific (& Arizona)
				*Effective During Daylight Saving Time 03/08/09 to 11/01/09

A. Course Description This course was designed to educate the student that Unilateral Loading is a danger to be avoided not only in exercise, but also that it is commonly encountered in daily life itself.

B. Course Purpose The purpose of this course is to greatly improve student understanding of the dangers of Unilateral Loading and deepen the knowledge of inherent risks in any load that is not balanced.

C. Learning Objectives

- Learn how SuperSlow improves, but does not eliminate, the dangers of Unilateral Loading.
- Learn which exercise equipment and exercises to avoid.
- Learn about the dangers of uneven loading.

D. Expected Outcomes

- Learners should better understand what Unilateral Loading is why it is important to discourage the use of exercise equipment with Unilateral Loading.
- Learners with knowledge about Unilateral Loading improve safety of an exercise where unilateral loading cannot be avoided.
- Learners should be able to recognize uneven loading situations.

E. Topics

- Discussion of Unilateral Loading – Chapter 26.
- Timed Static Contractions
- Other uneven loading situations.
- Force and Injury
- Dr Louis Pack article and photos.



UNILATERAL LOADING #SCI.300.1.20

INSTRUCTOR: RICH BROWN, SUPERSLOW MASTER

IACET COMPLIANCE COURSE– SUPERSLOW TECHNICAL MANUAL (3RD EDITION) CHAPTER 26

6. Interactive Brainstorming

Key Learning Point(s)	1. Dangers of Unilateral Loading
	2. Recognize uneven loading situations

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 TELE-CLASS HOURS

Total Hours Tele-classes (Distance Learning): .2 CEU	Approx. Reading/Preparation Approx.1 hour	Total Class Hours: 2	Total Evaluation Time: Approx. 15 min.
---	--	-------------------------	---

Pre-Class Assignment: Questionnaire – Will be emailed to registrants prior to class

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
- I **DO NOT** have Acrobat Reader for My PDF so I will purchase a hard copy of the course material.

Hardware Requirements: Computer High Speed Data (DSL, Broadband, Satellite, etc.) Telephone

Tele-Course Conference Call Phone Number: Call: TBA PIN #: TBA

H. COURSE FEE AND MATERIALS

COURSE FEE

- Course Fee: \$75 per student (Does not include course materials)
- *Repeat Course Fee: For Credit \$75 per student (Does not include course materials)
*Repeat Course means that **you did not previously pass/complete**
- **AUDIT Course: For **NO** Credit \$75 per student (Does not include course materials)
**** By permission and when class size permits. Listening and not participating in the class.**

Cost for Audio Class Makeup: See Policies and Procedures....Does Not Apply

- USA \$N/A USD (includes shipping) International \$N/A USD (includes shipping)

Required Course Materials: Courseware provided by SSZI.

Required Courseware:

- Courseware: \$15 per student - (Courseware sent by US Mail or Electronically)
- International Shipping*: Confirm with the Registrar (registrar@superslowzone.com) at the time of enrollment to confirm cost.

Required Text for Class:

- \$65: **SuperSlow Technical Manual - 3rd Edition** See Enrollment Form below to order with your course materials. (If you already have a copy you are not required to purchase.)
- International Shipping*: Confirm with the Registrar at the time of enrollment to confirm cost. (registrar@superslowzone.com)



UNILATERAL LOADING #SCI.300.1.20

INSTRUCTOR: RICH BROWN, SUPER SLOW MASTER

IACET COMPLIANCE COURSE– SUPER SLOW TECHNICAL MANUAL (3RD EDITION) CHAPTER 26

I. CEU Course Policies and Procedures	
1. What if I need to cancel taking this course?	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.
2. How to cancel taking this course – What to do:	<ol style="list-style-type: none"> Contact: registrar@superslowzone.com The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.
3. Confirmation of your Course Cancellation	<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.
4. Administrative Fee (for your course registration, un-registration, class logistics, coordination with instructor, etc):	There is a non-refundable \$35 administrative fee for each course that is cancelled regardless of when the cancellation is made.
5. Rescheduling Fee (rescheduling from one to another, logistics, coordination with instructor, etc.)	If you reschedule a substitute course <u>at the time you cancel your course</u> , you will pay only the rescheduling fee (\$25) and not incur the Administrative Fee above.
6. Refund Policy: This course is refundable – See Refund Terms	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.

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.



UNILATERAL LOADING #SCI.300.1.20
INSTRUCTOR: RICH BROWN, SUPER SLOW MASTER
IACET COMPLIANCE COURSE– SUPER SLOW TECHNICAL MANUAL (3RD EDITION) CHAPTER 26

ENROLLMENT –Submit Page 4 Only for Enrollment Purposes
Fax To: (866) 687-7585 (24/7 – No Cover Sheet Required)

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 Number (Best Number to Reach You)			
D. Your Email Address			
E. Name of Course	Unilateral Loading – SuperSlow Technical Manual, Chapter 26		
F. Course Number – CEU Credits:	#SCI.300.1.20-Session 9 – Two One-Hour Classes		
G. Instructor(s)	Rich Brown, SuperSlow Master		
H. CEU Credits	.20 (Two One-Hour Classes)		
I. Course Start/End Date: (2 Classes)	Start: Thursday, August 6 , 2009 & Thursday, August 13, 2009 Enrollment Cut-Off Date: Monday, July 27, 2009		
J. COURSE FEE & MATERIALS			
1. Course Fee	<input type="checkbox"/> Registration Fee USD \$75 per student:		
2. Required Courseware Cost	<input type="checkbox"/> Courseware: \$15 USD (Courseware sent by US Mail or Electronically) (Includes US postage and handling)		
3. Total Cost For Registration + Courseware	<input type="checkbox"/> Registration + Courseware \$90.00 USD		
4. International Cost For Registration + Courseware	<input type="checkbox"/> Registration + Courseware - International \$90.00 USD (<i>Exclusive of</i> additional International Shipping*)		
5. International Shipping *	<input type="checkbox"/> International Registration and Shipping: At the time of enrollment email Registrar at registrar@superslowzone.com to confirm additional cost.		
6. If you need to purchase: SuperSlow 3rd Edition Technical Manual (Shipped separately from courseware)	<input type="checkbox"/> \$65 USD (Includes postage and handling) <input type="checkbox"/> \$65 International (For international orders, please contact registrar@superslowzone.com for shipping cost (calculated on destination))		
7. Total Cost For Class + Materials	Enter Amount: \$		
8. If You Pay By Check: <i>Please Note This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	Make your check PAYABLE to: SuperSlow Zone, LLC Please mail your check to: SuperSlow Zone, LLC, Attn: Cont. Educ., 1326 Palmetto Avenue, Winter Park, FL 32789		
9. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:		
10. Expiration Date	Expiration Date		
11. Name as it appears on credit card			
12. Credit Card Billing Address (where statement is sent) <i>Please print legibly!</i>	Street:		
	City:	State:	Zip:
13. If Courseware is to be mailed to an address other than the one provided above, please indicate:	Street:		
	City:	State:	Zip:
14. 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: _____ <p style="text-align: right;"><i>Your Signature</i></p>		