



An SSZI IACET COMPLIANT CEU COURSE – CHAPTERS 8 & 24 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

INTENSITY VS WORK IN EXERCISE & MUSCULAR SORENESS: #SCI.320.1.30

INSTRUCTOR: DAN CARTER, SUPER SLOW MASTER/FACULTY

Name of Course:	INTENSITY VS WORK IN EXERCISE & MUSCULAR SORENESS		
Course Number:	SCI.320.1.30: Session 5		
Instructor(s):	Dan Carter, SuperSlow Master Instructor/Faculty		
Hours/CEU Credit :	3 CEU Hours		
Course Start Date:	January 20, 2010		
Course End Date:	February 3, 2010		
Class Size:	Minimum: 8	Maximum: 15	
Course Registration	Course Cancellation Date: If a minimum of 8 students have not registered by 5:30 pm EST, Friday, January 8, 2010 the course will be cancelled.		
REQUIRED TEXT:	SuperSlow Technical Manual, 3 rd Edition		

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	Jan.	Wed.	1-20-10	12:00 to 1:00 pm Atlantic 11:00 am to 12:00 pm Eastern
Class # 2	Jan	Wed.	1-27-10	10:00 am to 11:00 pm Central 9:00 am to 10:00 am Mountain 8:00 am to 9:00 am Pacific
Class # 3	Feb.	Wed.	2-3-10	

A. Course Description	<p>In the story <i>Acres of Diamonds</i>, a man obsessed with diamonds sells his property and travels the world in a futile search for the shiny gems, while the new owner discovers a rich diamond mine located right on the property.</p> <p>In <i>Exercise versus Work in Exercise</i>, Ken Hutchins shows us that the secret to increasing intensity and safety while conserving the body’s recovery resources can be found in our own SuperSlow Technical Manual.</p> <p>We will also pay a short visit to <i>A Brief Discussion on the Cause of Muscular Soreness</i>. Analyzing individual perceptions and responses, common myths and misconceptions, then ending with the sure cure for delayed onset muscular soreness.</p>
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B. Course Purpose:	The purpose of this course is for the certified SS Instructor to deepen their understanding of intensity vs. work in exercise and increase their ability to discuss of the topic of muscular soreness in the SuperSlow exercise protocol, such that their practical knowledge of these topics are enhanced and their capability to speak about this to their clients is increased.
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Intensity vs. Work – Chapter 8

C. Learning Objectives – The student will learn:	
1.	<p>To review and deepen these key concepts:</p> <ul style="list-style-type: none"> ▪ Exercise Stimulus and the Growth Response Mechanism ▪ Electricity as a analogy for stimulus and growth response ▪ Intensity = Inroad/Time ▪ Deep Muscular Stimulation and Minimum Rest



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- Workout Scenarios 1 and 2 as it Relates to High Intensity Exercise
 - Total Work Performed and Body Recovery
2. To review and deepen the following **distinctions**:
- Total tonnage theory
 - Exercise Stimulus
 - Growth Response Mechanism
 - Intensity, Inroads and Time
 - Fresh Strength, Starting Strength, Ending Strength, Inroad Influence, Depth of Inroad, Weight x Repetitions, and Amount of Work
 - The Recovery System Force as a Critical Component
3. Deepen your understanding of how SS exercise protocol provides the optimal muscular stimulation for increasing strength.
4. Enhance your ability to speak these concepts and distinctions to your clients, when applicable.

Intensity vs. Work – Chapter 8

D. Expected Outcomes – at course completion, the student will:

1. Understand and better communicate why more rest between exercises, unwarranted weight increases, and/or additional exercises are not favorable to a results-producing SuperSlow® session.
2. Understand and better communicate that intense exercise and more exercise cannot be achieved simultaneously.
3. Understand and better communicate the definitions of intensity and work relative to productive exercise.
4. Possess skills needed to present several practical examples of intensity vs. work in exercise.
5. Possess a collection of tips to motivate and maximize individual exercise and overall exercise session intensity.
6. Deepen your ability to better communicate how increasing intensity results less force, shorter recovery, and added safety.

Cause of Muscular Soreness – Chapter 24

E. Learning Objectives – The student will learn:

1. To review and deepen these **key concepts**:
 - a. Delayed onset of muscular soreness (DOMS), inconsistencies, and a wide range of individual responses.
 - b. What is the challenge about muscular soreness semantics:
 - (1) Two types of feeling: emotional and physical
 - (2) Two physical feeling categories: good feelings and bad feelings (or pain)
 - c. Eliminating muscular soreness
2. To review and deepen the following **distinctions**:
 - a. Delayed onset soreness
 - b. Soreness
 - c. Common notions:
 - (1) Deconditioned and highly-conditioned subjects
 - (2) Good workout
 - (3) Lactic acid
 - (4) Grandmother says: “You got sore from using different muscles”
 - (5) Micro-tears



Cause of Muscular Soreness – Chapter 24

F. Expected Outcomes – at course completion, the student will:

1. Understand and better communicate aspects of muscular soreness to clients: delayed onset of muscular soreness (DOMS), inconsistencies, and a wide range of individual responses and the potential impact on results-producing SuperSlow exercise.
2. Understand challenges about muscular soreness semantics in order to better communicate with clients specifically about:
 - a. Two types of feeling: emotional and physical
 - b. Two physical feeling categories: good feelings and bad feelings (or pain)
3. Understand and better communicate the importance of eliminating muscular soreness when required relative to productive exercise.
4. Deepen your ability to discuss common notions in exercise:
 - a. Deconditioned and highly-conditioned subjects
 - b. Good workout
 - c. Lactic acid
 - d. Grandmother says: “You got sore from using different muscles”
 - e. Micro-tears

Intensity vs. Work – Chapter 8

G. Topics

1. The “More is Better” Misunderstanding
2. The Definition of Work in Exercise
3. The Definition of Intensity in Exercise
4. Scenario #1, **Incorrect**: Resting Between Exercises
5. Scenario #2, **Correct**: No Rest Between Exercises
6. Comparing Scenario #1 to Scenario #2
7. Summary: Putting It All Together
8. Tips for Maximizing Intensity

Cause of Muscular Soreness – Chapter 24

H. Topics

1. Aspects of muscular soreness
2. Challenges about muscular soreness semantics
3. Eliminating soreness in exercise
4. Common muscular soreness notions in exercise

Intensity vs. Work – Chapter 8

Key Learning Point(s)

1. Why more rest between exercises, more weight, and/or additional exercises are not favorable to a results producing SuperSlow session.
2. Intense exercise and more exercise cannot be achieved simultaneously.
3. Definitions of intensity and work relative to productive exercise.
4. Practical examples of intensity vs. work in exercise.



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	5. Tips and tricks to maximize individual exercise and overall exercise session intensity.
	6. How increasing intensity results less force, shorter recovery, and added safety.
	Cause of Muscular Soreness – Chapter 24
Key Learning Point(s)	1. Why muscular soreness is not evidence of a results-producing SuperSlow exercise.
	2. Learning to navigate muscular soreness semantics.
	3. Importance of preventing extreme soreness in exercise.
	4. Tips and techniques to minimize individual soreness from exercise <i>without</i> sacrificing intensity.
	5. How to increase client communication about soreness between sessions when necessary.

I. Class Structure:

Three 1-hour Teleconference Classes:

- Class # 1: 50% Class Leader Presentation – 50% of Student Discussion
- Class # 2: 50% Class Leader Presentation – 50% of Student Discussion
- Class # 3: 50% Class Leader Presentation – 50% of Student Discussion

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

Total Hours Teleconference Class (Distance Learning): .3 CEU	Before Class 1: Reading/Preparation Appx. 60 min.	Total Class Hours: 3 + Prep Time: Appx. 60 min.	Total Evaluation Time: Appx. 15 min.
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Important Note: Preparation before Class 1 required for successful class participation	Prior to Class:	Assignment(s) before Class One:
	Preparation Before Class: Pre-Class Assignment (Emailed to you after registration) <i>Read Intensity vs. Work in Exercise and A Brief Discussion on the Cause of Muscular Soreness in The SuperSlow Technical Manual 3rd Edition</i>	Fax (24/7, no cover sheet required) Fax Number: (866) 687-7585 <input type="checkbox"/> Fax Completed Pre-assignment to registrar by 5:00 pm EDT on Fri., Jan. 15, 2010.

K. 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 #

L. COURSE FEE –INCLUDES COURSEWARE

- Course Registration Fee: \$85 per student (Includes Courseware sent by email in a pdf attachment)**

Required Course Text:

- Courseware: Included in registration fee**
- SuperSlow: The Ultimate Exercise Protocol - 3rd Edition - \$65.00**
(See Enrollment Form to Order-Allow 10 days for delivery)



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M. 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 reschedule a substitute course at the time you cancel your course, 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>

N. 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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7. Security Code			
8. Name as it appears on the credit card			
9. Billing Address (where your credit card statement is sent) <i>Please print legibly!</i>	Street:		
	City:	State:	Zip:
10. If Courseware is to be mailed to an address other than the one provided above, please indicate:	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: 		
	Your Signature Required Above		

Enrollment Form Return Instruction Options:

- 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