





**HEAT PRODUCTION & DISSIPATION – #SCI.310.1.20**

Instructor: Lou Abato, SuperSlow Master

6. About safety issues regarding water bottles in the workout area.

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

1. Understand:
  - a. How the degree of muscularity affects heat production during exercise.
  - b. How the body dissipates heat.

**Demonstrate understanding and problem solving (during situational role playing during study/buddy assignment and group discussions) about the:**

- a. Environmental factors and the body’s ability to dissipate heat.
- b. Body’s ability to dissipate heat has on a subject’s ability to exercise with maximum intensity.
- c. Subject’s workout attire has on his ability to exercise with maximum intensity.

2. Practice putting into action skills to synthesize and be able to express information clearly, in a conversational way, to clients about topics including:
  - a. The prevalent misunderstanding or unawareness of the dangers of exercising in a heated environment.
  - b. Hydration needs during SuperSlow workouts.
  - c. Safety issues regarding water bottles in the workout area.

**E. Topics**

1. Heat production and heat dissipation by the exercising subject.
2. How heat dissipation is best accomplished and why this is important.
3. Incorrect thinking by the general public regarding exercise or physical activity in heated environments.
4. Hydration during exercise; water bottles in the workout area; exceptions to rules.

**Key Learning Point(s)**

1. Understanding the true impact of environmental factors on high intensity exercise.
2. Ensuring correct multi-factorial conditions exist to assist heat dissipation.
3. Recognizing requirements either meet or prevent administering a workout.
4. Identifying situations and practicing skills to share effective client information for optimum safety and results surrounding heat production and dissipation.

**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)\***

<b>Total Hours Teleconference Class (Distance Learning): .2 CEUs</b>	<b>Before Class 1: Reading/Preparation Appx. 30-45 mins.</b>	<b>Total Class Hours: 2 + Prep Time: Appx. 30-45 mins. Study Buddy Assignment: Appx 45 min.</b>	<b>Total Evaluation Time: Appx. 15 min.</b>
--	--	---	---

<b>Important Note: Preparation <u>Before</u> Class required for successful class participation</b>	<b>Prior to Class:</b>		<b>Assignment(s) <u>before</u> Class One:</b>	
	<p><b>Preparation Before Class:</b> 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 do your assignment with your Study Buddy between classes 1 &amp; 2.</p>		<p><b>Fax (24/7, no cover sheet required) Fax Number: (866) 687-7585</b></p> <p><input type="checkbox"/> Fax Completed Pre-assignment to registrar by 5:30 pm EDT on Tues., 10/6/09.</p>	





**HEAT PRODUCTION & DISSIPATION – #SCI.310.1.20**

Instructor: Lou Abato, SuperSlow Master

ENROLLMENT FORM

All Information Below Required for Registration

Send Pages 4 & 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](mailto:registrar@superslowzone.com)

<b>A. Your Name: Please print legibly</b>	
<b>B. Today's Date</b>	
<b>C. Phone # where we can easily reach you about this course</b>	
<b>D. Your Email Address</b>	
<b>E. Name of Course</b>	<b>Heat Production &amp; Dissipation (SS Technical Manual, Chapter 25)</b>
<b>F. Course Number</b>	SCI.310.1.20: Session 6
<b>G. Instructor(s)</b>	Lou Abato, SuperSlow Master
<b>H. CEU Credits</b>	.2 (Two One-Hour Classes)
<b>I. Course Start/End Date</b>	<b>Start:</b> Sat., Oct. 10, 2009 <b>End:</b> Sat., Oct. 17, 2009
<b>J. Class Size Requirements</b>	▪ <b>Minimum: 8 Students</b> ▪ <b>Maximum 15 Students</b> (If a minimum of 8 students have not registered by 5:30 pm EDT, Mon., Sept. 28, 2009 the course will be cancelled.)
<b>K. Tele-class Schedule</b>	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
<b>L. Total Hours Tele-classes</b> ▪ Distance Learning ▪ Tele-class	▪ Two 1-hour Teleconference classes ▪ Approximately 30-45 minutes Total Prep Time ▪ Study Buddy Work Session 1 hour
<b>M. Teleconference Bridge and Pin #</b>	TBA Conference Bridge and PIN number will be included with course material
<b>N. COURSE FEE &amp; MATERIALS</b>	
<b>1. Total Registration/Courseware Fee</b>	<input type="checkbox"/> <b>Registration/Courseware Fee USD \$85 per student</b>
<b>2. Required Courseware:</b>	<input type="checkbox"/> Courseware included in registration cost: Courseware to be sent electronically
<b>3. International Cost For Registration + Courseware</b>	<input type="checkbox"/> Registration + Courseware - International \$90.00 USD <b>Exclusive of</b> International Shipping*
<b>4. International Shipping</b>	<input type="checkbox"/> International Registration Courseware and Handling: Email Registrar to confirm cost at the time of enrollment.
<b>O. REQUIRED TEXT:</b>	
<b>5. If you need to purchase: SuperSlow: The Ultimate Exercise Protocol 3<sup>rd</sup> Edition Technical Manual</b> (Shipped separately from courseware-allow 10 days for delivery)	<input type="checkbox"/> \$65 USD (Includes postage and handling) <input type="checkbox"/> \$65 International (For international orders, please contact registrar for shipping cost (calculated depending on destination))
<b>6. ENTER TOTAL:</b> Please Indicate: <input type="checkbox"/> Paying by Credit Card <input type="checkbox"/> Paying by Check	\$ _____



**HEAT PRODUCTION & DISSIPATION – #SCI.310.1.20**

Instructor: Lou Abato, SuperSlow Master

<b>8. If You Pay By Check</b>	<b>Make your check <u>PAYABLE</u> to: <u>SuperSlow Zone, LLC</u></b>		
<i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	<b>Please mail your check to:</b> SuperSlow Zone, LLC Attn: Continuing Education 1326 Palmetto Avenue, Winter Park, FL 32789		
<b>9. If You Pay By Credit Card</b> (AmX, Discover, Visa, MasterCard)	<b>List your credit card number below:</b>		
<b>10. Expiration Date</b>			
<b>11. Security Code</b>			
<b>12. 3 Digit Security Code</b> (located on back of card)			
<b>13. Name as it appears on credit card</b>			
<b>14. Billing Address</b> (where your credit card statement is sent) <i><b><u>Please print legibly!</u></b></i>	Street:		
	City:	State:	Zip:
<b>15. If Courseware is to be mailed to an address other than the one provided above, please indicate:</b>	Street:		
	City:	State:	Zip:
<b>16. Your Signature – <u>Required</u></b> <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:		
	<b>_____ Your Signature Required Above</b>		

**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](mailto:registrar@superslowzone.com)