



PROPER EXERCISE AND ITS ROLE IN FAT LOSS: #SCI.340.1.60

Instructor: Kevin Clemente, SuperSlow Certified Instructor

Name of Course:	Proper Exercise and Its Role in Fat Loss
Course Number:	SCI.340.1.60: Session 5
Instructor(s):	Kevin Clemente, SuperSlow Certified Instructor
Hours/CEU Credit :	.6 Hours (Four Classes)
Course Start Date:	Thursday, April 1, 2010
Course End Date:	Thursday, April 22, 2010
Pre-Requisite Course: SSZI CEU Course: Discover Your Strengths & the Style of Your Communications (Part I) In order to build and advance your skill, this is a highly interactive course. Eighty percent of this course is practicing speaking about this topic. Discover Your Strengths & Style of Your Communications, Part I, serves as a basis for this course.	
Class Size:	Minimum: 8 Maximum: 10 Class size will be capped for student interaction purposes.
Course Registration Cut Off Date:	Course Cancellation Date: If a minimum of 8 students have not registered by 5:30 pm EST, Monday, March 22, 2010 the course will be cancelled.
REQUIRED TEXT:	<ul style="list-style-type: none"> SuperSlow Technical Manual, 3rd Edition <i>The Cardio-Free Diet</i>, author Jim Karas [available through books stores or Amazon.com]

All Students					
Classes	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)	
Class # 1 (1 hour)	April	Thurs.	4-1-10	Note: Class 1 is one hour and Classes 2, 3 and 4 are 1.5 hours each) Class 1 (60 Minutes) 1:00 pm to 2:00 pm Atlantic 12:00 pm to 1:00 pm Eastern 11:00 am to 12:00 pm Central 9:00 am to 10:00 am Pacific Classes 2, 3 & 4 (90 Minutes Each) 1:00 pm to 2:30 pm Atlantic 12:00 pm to 1:30 pm Eastern 11:00 am to 12:30 pm Central 9:00 am to 10:30 am Pacific	
Class # 2 (1.5 hours)	April	Thurs.	4-8-10		
Class # 3 (1.5 hours)	April	Thurs.	4-15-10		
Class # 4 (1.5 hours)	April	Thurs.	4-22-10		

A. Course Description	<p>In <i>Proper Exercise and Its Role in Reducing Fat</i>, Ken Hutchins shows us that mastering the understanding of the six exercise factors and their relative contribution to an effective fat-loss program, the SuperSlow Instructor becomes more skilled to discuss with clients what does and does not work in an effective fat-loss program in such a way that prospects/clients can easily understand. Additional information from Dr. Doug McGuff and Jim Karas will be used to further deepen the student's knowledge about this topic.</p> <p>In order to ensure students derive optimum classroom experience, each student will be assigned to participate as part of a Teach-Back Team to develop a 10-minute presentation covering one of the six exercise factors that contribute to fat loss effectiveness which is designed for prospective customers and existing clients (all 6 exercise factors will be covered).</p> <p>Each of the Six Exercise Factor presentations will be assessed by the teacher and by class peers for its value based on the Teach-Back standards and criteria, ensuring that key distinctions and concepts are stated in such a way that prospects/clients can easily understand.</p>
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B. Course Purpose:

The purpose of this course is to deepen your understanding of: (1) how SuperSlow Strength Training, along with ensuring discriminated weight loss, are the most important factors in an effective fat-loss program, (2) exploring popular weight-loss myths, and (3) increase your ability to address cardio as it relates to calories and fat loss with clients, physicians, etc., such that your practical knowledge of these topics is enhanced and your capability to speak to your clients about this information is increased.

C. Learning Objectives – The student will learn:

1. To review and deepen these **key concepts**:
 - a. To exercise with the goal of fat loss: exercise and food proportions.
 - b. The truth in 10% dietary contribution to physical conditioning and 10% exercise contribution to fat loss.
 - c. The six factors comprising 10% exercise contribution to fat loss
2. To review and deepen the following **distinctions**:
 - a. Exercise and food proportionate contributions for physical conditioning and or fat loss.
 - b. The goal of physical conditioning: 90% exercise and 10% food: eat one's way to strength.
 - c. The goal of fat loss: 90% food and 10% exercise: exercise to burn off transgressions of caloric excess.
 - d. Six exercise factors contributing to fat-loss effectiveness ranked in order of importance:
 - i. Discriminated Weight Loss
 - ii. Increased Basal Metabolism
 - iii. Improved Body Shape
 - iv. Continued Preoccupation
 - v. Depressed Appetite
 - vi. Increased Caloric Expenditure
3. To review and deepen understanding of cardio and strength as it relates to:
 - a. Cardio's Inherent problems and potential downsides
 - b. Caloric expenditure from cardio vs. strength training
 - c. Average person's muscle loss as they age
 - d. Muscle mass and weight loss
 - e. The value of fat
 - f. Reasons for obesity
 - g. Strength training effect on increased metabolism

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

1. Understand the respective exercise and food proportions to a fat-loss goal.
2. Increase speaking ability about the dichotomy of 10% dietary contribution to physical conditioning and 10% exercise contribution to fat loss.
3. Understand the six exercise factors (and their ranking) contributing to fat loss.
4. Possess the information needed to present the true value of strength training to fat-loss programs.
5. Increase capability to recognize weight-loss myths in the popular press and the ability to discuss them with clients.
6. Understand and better communicate the difference between weight loss and fat loss.
7. Understand and better communicate about cardio, cardio exercise effect, strength training and resting metabolism
8. Understand and how to speak about the math in relation to calories burned during different types of exercise



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E. Topics

1. Discriminated Weight Loss – This Is Your Client’s Answer ... Finally!
2. Muscle – Underpinning For Increased Basal Metabolism
3. Muscle – Basis For Improved Body Shape
4. Confronting Continued Preoccupation
5. Depressed Appetite Controls
6. Increased Caloric Expenditure – Value Hiding In Plain Sight

Key Learning Point(s)

1. Placing the role of exercise in a fat loss goal into proper perspective.
2. The general principle of exercise and food proportions for physical conditioning.
3. Alfred Goldberg’s important discovery of the fundamental biological priority of muscle growth for human survival.
4. Importance of muscle to attain and retain desired physical appearance.
5. The six exercise factors ranked in order of importance to their contribution to fat loss.

The Cardio-Free Diet, author Jim Karas

F. Topics

1. Examples of so-called ‘cardio ’exercise and their inherent problems.
2. The bodyweight equation.
3. Basal Metabolism-what it is and how it affects weight loss.
4. 3 ways to achieve a caloric deficit.
5. Sarcopenia research and the effect of strength training.
6. Downsides of progressing a ‘cardio’ program.
7. Downsides of a ‘cardio ’program combined with strength training.

The Cardio-Free Diet - Key Learning Point(s)

1. Calories in minus calories out =bodyweight.
2. (Food) minus (resting metabolism & activity) = bodyweight.
3. Resting metabolic rate=daily calories required without activity.
4. 60-70% of daily caloric expenditure goes towards resting metabolic rate.
5. Variations in resting metabolism between equally active individuals is minimal.
6. Study shows strength training can increase metabolism by as much as 15%.
7. Weight loss requires a caloric deficit.
8. Caloric deficit is created by 1- eating less 2-increasing your activity or 3-elevating one’s metabolic rate.
9. Learn how many calories are burned in a strength training session.
10. Amount of an average person’s muscle loss as he/she ages.

Body Fat, Hard Facts About Soft Tissue, M. Doug McGuff, M.D.

G. Topics

1. Downsides of a ‘cardio ’program combined with strength training.



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2. Why fat storage is necessary for survival.
3. Why increased activity is not a solution to obesity.
4. Understanding why calories burned during so-called 'cardio' exercise is ineffective for weight loss.
5. Why increased muscle mass is effective for weight loss.

Key Learning Point(s)

1. Fat storage is a sign of good health even though an overabundance of body fat is unhealthy.
2. The main reason for modern day obesity is food abundance and overeating rather than a reduced level of physical activity.
3. Understanding the math in relation to calories burned during different types of exercise.

H. Class Structure:

Teleconference Classes:

- Class # 1 (60 minutes): 70% Class Leader Presentation – 30% of Student Discussion
- Class # 2 (90 minutes): 30% Class Leader Presentation – 70% of Student Discussion
- Class # 3 (90 minutes): 30% Class Leader Presentation – 70% of Student Discussion
- Class # 4 (90 minutes): 30% Class Leader Presentation – 70% of Student Discussion

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

Total Hours <u>Teleconference Class</u> (Distance Learning): .60	Before Class 1: Reading/Preparation Appx. 60 - 90 mins.	Total Class Hours: 5.5 + Prep Time: Appx. 30-40 mins. each Class 2-4: Study Team Work Session	Total Evaluation Time: Appx. 15 mins.
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Important Note: Preparation before Class One required for successful class participation	Prior to Class:	Assignment(s) before Class One:
	Preparation Before Class 1: Pre-Class Assignment and Class Courseware (Emailed to you after registration)	Fax (24/7, no cover sheet required) Fax Number: 1-(866) 687-7585 <input type="checkbox"/> Return Completed Pre-assignment to registrar by date indicated on the assignment

J. 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: Included in your courseware.

K. COURSE FEE – INCLUDES COURSEWARE (Sent to you in a pdf attachment)

COURSE FEE & COURSEWARE: \$195 per student

Required Course Books:

- SuperSlow: The Ultimate Exercise Protocol – 3rd Edition – \$65.00**
If you need to order: See registration form below or contact registrar at registrar@superslowzone.com
- Jim Karas, *The Cardio-Free Diet*: you purchase direct from or Amazon.com or other bookstore (many local bookstores carry this.)**



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L. 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>

M. 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.



CEU COURSE DESCRIPTION & ENROLLMENT

SuperSlow Zone Institute



An SSZI IACET COMPLIANT CEU COURSE – CHAPTER 34 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

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ENROLLMENT FORM

Send Pages 6 & 7 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	Proper Exercise and Its Role in Fat Loss
F. Course Number	SCI.340.1.60-Session 3
G. Instructor(s)	Kevin Clemente, SuperSlow Certified Instructor
H. CEU Credits	.60 (4 Classes)
I. Course Start/End Date	Start: Thurs., 4-1-10 End: Thurs.,4-22-10
J. Class Size Requirements	<p>▪ Minimum: 8 Students ▪ Maximum 12 Students</p> <p>(If a minimum of 8 students have not registered by 5:30 pm EDT, Mon., March 22, 2010 the course will be cancelled.)</p>
K. Tele-class Schedule	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
L. Pre-Requisite Course:	<p>Important: Check below</p> <p><input type="checkbox"/> I have already taken the pre-requisite course Discover Your Strengths & Style of Your Communications, Part I</p>
M. Tele-class Conference Bridge & Pin #	TBA Conference Bridge and PIN number will be included with course material
N. COURSE FEE & MATERIALS	
1. Total Cost For Registration + Courseware	<input type="checkbox"/> \$195.00 (Includes courseware to be emailed as a PDF file.)
REQUIRED TEXTS:	
2. If you need to purchase: SuperSlow: The Ultimate Exercise Protocol 3rd Edition Technical Manual (Shipped separately from courseware-allow 10 days for delivery)	<input type="checkbox"/> \$65 USD (Includes postage and handling) <input type="checkbox"/> \$___ International (For international orders, please contact registrar@sszi.com for shipping cost (calculated depending on destination))
3. Jim Karas, <i>The Cardio-Free Diet</i>	<p>You purchase direct from Amazon.com or Other Book Store: Publisher: Simon Spotlight Entertainment Reprint edition (December 30, 2008) ISBN-10: 1416961011 Paperback: 288 pages</p>
4. ENTER TOTAL:	\$
5. For Check Payment Mark This Box: <input type="checkbox"/> <i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	<p>Make your check PAYABLE to: SuperSlow Zone, LLC Please mail your check to: SuperSlow Zone, LLC, Continuing Education 1326 Palmetto Avenue, Winter Park, FL 32789</p>



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6. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:		
7. Expiration Date			
8. Security Code			
9. Name as it appears on the credit card			
10. Amount Authorized			
11. Billing Address (where your credit card statement is sent) <i>Please print legibly!</i>	Street:		
	City:	State:	Zip:
12. If Courseware is to be mailed to an address other than the one provided above, please indicate:	Street:		
	City:	State:	Zip:
15. Your Signature – <i>Required</i> <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;">Your Signature Required Above</p>		

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