



**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 7
Instructor(s):	Kevin Clemente, SuperSlow Certified Instructor
Hours/CEU Credit :	.6 Hours (Four Classes)
Course Start Date:	Wednesday, July 21, 2010
Course End Date:	Wednesday, August 11, 2010
<b>Pre-Requisite Course: SSZI CEU Course: Discover Your Strengths &amp; the Style of Your Communications (Part I)</b> 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, July 12, 2010 the course will be cancelled.
REQUIRED TEXT:	<ul style="list-style-type: none"> <li>SuperSlow Technical Manual, 3<sup>rd</sup> Edition</li> <li><i>The Cardio-Free Diet</i>, author Jim Karas [available through books stores or Amazon.com]</li> </ul>

All Students					
Classes	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)	
<b>Note: Class 1 is one hour and Classes 2, 3 and 4 are 1.5 hours each)</b>					
Class # 1 (1 hour)	July	Wed.	7-21-10	<b>Class 1 (60 Minutes)</b>  1:00 pm to 2:00 pm ET 12:00 pm to 1:00 pm CT 10:00 am to 11:00 am PT	<b>Classes 2, 3 &amp; 4 (90 Minutes Each)</b>  1:00 pm to 2:30 pm ET 12:00 pm to 1:30 pm CT 10:00 am to 11:30 am PT
Class # 2 (1.5 hours)	July	Wed.	7-28-10		
Class # 3 (1.5 hours)	August	Wed.	8-4-10		
Class # 4 (1.5 hours)	August	Wed.	8-11-10		

<b>A. Course Description</b>	<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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<p><b>B. Course Purpose:</b></p>	<p>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.</p>
<p><b>C. Learning Outcomes– The student will learn:</b></p>	
<p>1.</p>	<p>To review and deepen these <b>key concepts</b>:</p> <ul style="list-style-type: none"> <li>a. To exercise with the goal of fat loss: exercise and food proportions.</li> <li>b. The truth in 10% dietary contribution to physical conditioning and 10% exercise contribution to fat loss.</li> <li>c. The six factors comprising 10% exercise contribution to fat loss</li> </ul>
<p>2.</p>	<p>To review and deepen the following <b>distinctions</b>:</p> <ul style="list-style-type: none"> <li>a. Exercise and food proportionate contributions for physical conditioning and or fat loss.</li> <li>b. The goal of physical conditioning: 90% exercise and 10% food: eat one’s way to strength.</li> <li>c. The goal of fat loss: 90% food and 10% exercise: exercise to burn off transgressions of caloric excess.</li> <li>d. Six exercise factors contributing to fat-loss effectiveness ranked in order of importance:             <ul style="list-style-type: none"> <li>i. Discriminated Weight Loss</li> <li>ii. Increased Basal Metabolism</li> <li>iii. Improved Body Shape</li> <li>iv. Continued Preoccupation</li> <li>v. Depressed Appetite</li> <li>vi. Increased Caloric Expenditure</li> </ul> </li> </ul>
<p>3.</p>	<p>To review and deepen understanding of cardio and strength as it relates to:</p> <ul style="list-style-type: none"> <li>a. Cardio’s Inherent problems and potential downsides</li> <li>b. Caloric expenditure from cardio vs. strength training</li> <li>c. Average person’s muscle loss as they age</li> <li>d. Muscle mass and weight loss</li> <li>e. The value of fat</li> <li>f. Reasons for obesity</li> <li>g. Strength training effect on increased metabolism</li> </ul>
<p><b>D. Expected Outcomes – at course completion, the student will:</b></p>	
<p>1.</p>	<p>Understand the requirement for effective fat loss as it relates to: 1) for respective exercise and 2) food proportions to a fat-loss goal.</p>
<p>2.</p>	<p>Increase your ability to speak about two critical distinctions 1) the dichotomy of 10% dietary contribution to physical conditioning and 2) 10% exercise contribution to fat loss.</p>
<p>3.</p>	<p>Understand the six exercise factors (and their ranking) contributing to fat loss.</p>
<p>4.</p>	<p>Possess the six essential distinctions needed to present the true value of strength training to fat-loss programs.</p>
<p>5.</p>	<p>Increase capability to recognize weight-loss myths in the popular press and the ability to discuss them with clients.</p>
<p>6.</p>	<p>Understand and better communicate a minimum of two different ways to talk about difference between weight loss and fat loss with your clients.</p>
<p>7.</p>	<p>Understand and better communicate about four commonly known concepts relating to weight loss: 1) cardio 2) cardio exercise effect 3) strength training 4) resting metabolism.</p>
<p>8.</p>	<p>Understand and be able to effectively speak about the math in relation to calories burned during different types of exercise.</p>



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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

<b>Key Learning Point(s)</b>	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. Basil 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.



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

**G. Topics**

1. Downsides of a 'cardio' program combined with strength training.
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)\***

<b>Total Hours Teleconference Class (Distance Learning): .60</b>	<b>Before Class 1:</b> Reading/Preparation Appx. 60 - 90 mins.	<b>Total Class Hours: 5.5 +</b> Prep Time: Appx. 30-40 mins. each Class 2-4: Study Team Work Session	<b>Total Evaluation Time:</b> Appx. 15 mins.
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<b>Important Note: Preparation before Class One required for successful class participation</b>	<b>Prior to Class:</b>	<b>Assignment(s) before Class One:</b>
	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 to Receive Course Material as PDF  Telephone for Teleconference Classes  I Have Acrobat Reader for My PDF
- I have reviewed the required technology and have these requirements

**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**



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**Required Course Books:**

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

**L. CEU Course Policies and Procedures**

<b>1. What if I need to cancel taking this course?</b>	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.
<b>2. How to cancel taking this course – What to do:</b>	<ol style="list-style-type: none"> <li><b>Email:</b> <a href="mailto:registrar@superslowzone.com">registrar@superslowzone.com</a></li> <li>The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.</li> </ol>
<b>3. Confirmation of your Course Cancellation</b>	<p>You will receive a confirmation by email or regular mail that your cancellation has been received, and <b>you will be asked to acknowledge that you have received this notice.</b></p> <ul style="list-style-type: none"> <li>▪ If sent by email, we will use the email address that we have on file for you when you registered unless otherwise indicated.</li> </ul>
<b>4. Administrative Fee</b> (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.
<b>5. Rescheduling Fee</b> (rescheduling from one to another, logistics, coordination with instructor, etc.)	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.
<b>6. Refund Policy:</b> This course is refundable – See Refund Terms	<b>Refund Terms:</b> 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.

**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 within three (3) business days of completing your course. 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 regarding 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 of learner’s outcomes of their instructional experience.

**N. SSZI Staff and CEU Course Instructors Maintain Professional Standards of Conduct**

All SSZI Staff and Instructors will ensure they fulfill the highest professional standards of professional conduct and do not discriminate against learners in any way whatsoever. SSZI Members will evaluate these standards at the end of each Post Course Evaluation.

**O. Notice To, And Agreement With, CEU Course Instructors And SSZI Members Regarding Intellectual Property Rights**

The only authorized use of the CEU course materials, in whole or part, is The SuperSlow Zone, LLC®. No part of the CEU course material or the materials contained therein may be used for any commercial application or to generate income or profit for any individual or organization without written permission from The SuperSlow Zone, LLC. In 2004, The SuperSlow Zone, LLC became the exclusive licensor of the SuperSlow® registered trade mark and was awarded by United States Registered Trademarks The SuperSlow Zone, LLC registered trade mark. Since the, The SuperSlow Zone, LLC has carefully protected these marks, the CEU course materials and other intellectual property, by displaying the registered trademark seals on each document.

The name SuperSlow® and The SuperSlow Zone, LLC® are an integral part of each CEU course and are registered trademarks and as



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such are protected by federal law. In addition, all of our materials are federally registered with current copyrights. This agreement prevails in its entirety should the CEU course instructor quit teaching for SSZI and/or if the SSZI Member quits being a member of SSZI. Any audio recordings of our classes are strictly prohibited with the exception of audio recordings by The SuperSlow Zone, LLC which use these for quality assurance purposes.

#### **P. Notice To SSZI Members About Your Records**

Each student's permanent records for attending, and successful completion of the CEU course, or not, will be updated throughout the course by the Administrator as student's fulfill the CEU completion requirements stated in the CEU course description and enrollment form and course material.

At the completion of the CEU course, student's permanent records, their transcript, will be updated within five (5) business days as to a successful completion of the CEU course, or not. The Administrator will email each student: 1) CEU course information 2) the percentage of one CEU awarded 3) a CEU course completion certificate.

The above state information will become part of the student's permanent record. The student may request a copy of each CEU course completion information by contacting the Registrar [registrar@superslowzone.com](mailto:registrar@superslowzone.com). Allow up to three business days for a response from the Registrar.

If a student fails to fulfill all of the standards required for a successful CEU completion, the email to the student will state: 1) the required CEU completion standards and 2) which of the standards the student failed to fulfill.

#### **Issuance of Student' Transcripts:**

The student can request a copy of their transcript with a signed letter requesting this by faxing Registrar at (866) 687-7585.

Please state your name and the dates or date ranges for the requested transcript. Allow up to three business days for a response from the Registrar. The student's transcript will only be issued to the student of record.

#### **Q. CEU Course Instructor's Effective Feedback To Students**

CEU course instructors will give effective feedback to each student to the standards stated in the course material. One objective of our CEU course design is to have highly interactive courses in with student-to-student interactions such as Teach Back presentations, Study Buddy Session and Debrief, and student-to-instructor engagement through 'hot lightning round', randomly calling on students with questions, feedback, etc., . This design facilitates the learner achieving their learning outcomes and enables the instructor do their part in assisting the learner in achieving their learning outcomes. Effective feedback, based on the standards stated in each CEU course material, from student-to-student and from instructor-to-student, is essential for assisting the students in achieving their learning outcomes.



# 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](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>	Proper Exercise and Its Role in Fat Loss
<b>F. Course Number</b>	SCI.340.1.60-Session 7
<b>G. Instructor(s)</b>	Kevin Clemente, SuperSlow Certified Instructor
<b>H. CEU Credits</b>	.60 (4 Classes)
<b>I. Course Start/End Date</b>	<b>Start:</b> Wed., 7-21-10 <b>End:</b> Wed., 8-11-10
<b>J. Class Size Requirements</b>	<p>▪ <b>Minimum: 8 Students</b>      ▪ <b>Maximum 12 Students</b></p> <p>(If a minimum of 8 students have not registered by 5:30 pm EDT, Mon., July 12, 2010 the course will be cancelled.)</p>
<b>K. Tele-class Schedule</b>	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
<b>L. Pre-Requisite Course:</b>	<p><b>Important: Check below</b></p> <p><input type="checkbox"/> I have already taken the pre-requisite course <b>Discover Your Strengths &amp; Style of Your Communications, Part I</b></p> <p><b>My SDI/Communication Style is: ___-___-___ (Example: B-R-G)</b></p>
<b>M. Tele-class Conference Bridge &amp; Pin #</b>	TBA Conference Bridge and PIN number will be included with course material
<b>N. COURSE FEE &amp; MATERIALS</b>	
<b>1. Total Cost For Registration + Courseware</b>	<input type="checkbox"/> \$195.00 (Includes courseware to be emailed as a PDF file.)
<b>REQUIRED TEXTS:</b>	
<b>2. 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"/> \$___ International (For international orders, please contact <a href="mailto:registrar@sszi.com">registrar@sszi.com</a> for shipping cost (calculated depending on destination))
<b>3. Jim Karas, The Cardio-Free Diet</b>	<p><b>You purchase direct from Amazon.com or Other Book Store:</b> Publisher: Simon Spotlight Entertainment  Reprint edition (December 30, 2008)  ISBN-10: 1416961011 Paperback: 288 pages</p>
<b>4. ENTER TOTAL:</b>	\$
<b>5. For Check Payment Mark This Box:</b> <input type="checkbox"/> <i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	<p><b>Make your check PAYABLE to: SuperSlow Zone, LLC</b></p> <p><b>Please mail your check to:</b>  SuperSlow Zone, LLC, Continuing Education</p>



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		501 N Orlando Ave, Suite 313-278, Winter Park, FL 32789		
<b>6. If You Pay By Credit Card</b> (AmX, Discover, Visa, MasterCard)	<b>List your credit card number below:</b>			
<b>7. Expiration Date</b>				
<b>8. Security Code</b>				
<b>9. Name as it appears on the credit card</b>				
<b>10. Amount Authorized</b>				
<b>11. Billing Address (where your credit card statement is sent)</b> <i>Please print legibly!</i>	Street:			
	City:	State:	Zip:	
<b>12. If Courseware is to be mailed to an address other than the one provided above, please indicate:</b>	Street:			
	City:	State:	Zip:	
<b>15. 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:**

- **Return by Email OR**
- Fax To: (866) 687-7585 (24/7) – No cover sheet required
- If you prefer to e-mail your enrollment print, reply to email course announcement and send, or complete and scan it or create a PDF and e-mail to: [registrar@superslowzone.com](mailto:registrar@superslowzone.com)