



# CEU COURSE DESCRIPTION & ENROLLMENT

A SuperSlow Zone® Institute CEU Course



A SSZI IACET COMPLIANT CEU COURSE

**ABOUT SARCOPENIA & OSTEOPOROSIS - #SCI.358.1.40**

TEACHER: PAM KIRSHER, SUPER SLOW ZONE® CERTIFIED INSTRUCTOR, LEVEL I, II & LEVEL III QUALIFIED CERTIFIER

Name of Course:	ABOUT SARCOPENIA & OSTEOPOROSIS	
Course Number:	#SCI.358.1.40 : SESSION 2	
Instructor(s):	Pam Kirscher, SuperSlow Zone Certified Level I, Level II & Level III Qualified Certifier	
Hours/CEU Credit :	.4 (4 Classes)	
Course Start Date:	Monday, January 17, 2011	
Course End Date:	Monday, February 7, 2011	
Class Size:	Minimum: 8	Maximum: 10 Class size will be capped at 10 for student interaction purposes.
<b>IMPORTANT :</b>	<b>Discover Your Strengths &amp; Style of Communications, Part I</b>	
<b>Pre-Requisite Course:</b>		
Course Registration Cut Off Date:	Course Cancellation Date: If a minimum of 8 students have not registered by 5:30 pm EST, <b>Thursday, January 6, 2011</b> the course will be cancelled.	
REQUIRED TEXT:	SuperSlow Technical Manual, 3 <sup>rd</sup> Edition	

## Course Dates and Times:

All Students				
Classes	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)
Class # 1 (1 hour)	Jan.	Monday	1-17-11	2:00 pm to 3:00 pm ET 1:00 pm to 2:00 pm CT 12:00 pm to 1:00 pm MT 11:00 am to 12:00 pm PT
Class # 2 (1 hour)	Jan.	Monday	1-24-11	
Class #3 (1 hour)	Jan.	Monday	1-24-11	
Class # 4 (1 hour)	Feb.	Monday	2-7-11	

## About This Course:

<b>A. Course Description/ Purpose</b>	<p>Many existing and potential clients are seeking your help with their existing sarcopenia and /or osteoporosis, or the prevention of it. This is at the heart of their concern. Clients may <i>not</i> know the term 'sarcopenia' but they know the negative consequences of it in their daily living and may fear its impact as they age. While osteoporosis is a more common distinction, clients want to know <i>what to do about it</i> that may not involve medication.</p> <p>Despite Sarcopenia being named by the <a href="http://www.cdc.gov">Centers for Disease Control</a> (CDC) as one of the top five biggest health risks facing the US population and healthcare costs estimated to be \$11.8 - \$26.2 billion in the USA alone, people do not know this distinction. The excess healthcare expenditures were \$860 for every sarcopenic man and \$933 for every sarcopenic woman. A 10% reduction in Sarcopenia prevalence would result in savings of \$1.1 billion (dollars adjusted to 2000 rate) per year in U.S. healthcare costs. [Source:<a href="http://www.ncbi.nlm.nih.gov/pubmed/14687319">http://www.ncbi.nlm.nih.gov/pubmed/14687319</a>] Sarcopenia still remains widely unknown outside of professional medical circles.</p> <p>Osteoporosis currently affects 10 million Americans and is responsible for more than 1.5 million fractures annually. The financial burden of osteoporosis is substantial, with annual direct medical</p>
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costs estimated at 17 to 20 billion dollars.

[Source: <http://www.ncbi.nlm.nih.gov/pubmed/20425518>]

Increasing your knowledge about sarcopenia and osteoporosis is essential to your professional development as a Certified SuperSlow® Instructor.

Equally important is increasing your knowledge of and your ability to speak to clients/prospects in an accurate and compelling manner about sarcopenia, osteoporosis, and why SuperSlow® is THE best exercise protocol to help them prevent muscle loss and increase bone density. As you know, this means speaking so that *they* can understand based on fact and science. This gives you an opportunity to stress the importance of exercise and the superiority of the SuperSlow protocol in increasing muscular strength as well as bone density

You will learn the relationship between osteoporosis and sarcopenia and ***practice ways to discuss these topics with your clients of all ages, especially your older clients.*** You will also learn practical examples regarding working with senior clients. However, as you well know, the BEST approach is for *people of all ages* to begin effective strength training, SuperSlow®, early enough in their life, and keep doing it, so that they do not become 'one of your senior clients' who needs to reverse either of these conditions. This could depend in part on your ability to speak to clients about these topics in a compelling way that they understand. But if they do find themselves as one of your 'senior clients', you will have increased knowledge and skill for helping them help themselves.

Eighty percent of Americans do nothing for exercise, two-thirds of Americans are overweight and on average, only 19% of employees take part in Corporate Wellness. Because of these trends, the potential number of clients for you is increasing.

This is a four part course designed to deepen your knowledge of sarcopenia-age related muscle loss and osteoporosis-bone loss.

Increasing your knowledge of, and speaking skills with, these topics is an exciting opportunity!

## **B. Learning Objectives – The student will learn:**

1. The rate of muscle loss as one ages and the importance of exercise.
2. How muscle loss affects activities of daily living as one ages (ADL).
3. The effects of muscle loss on degenerative conditions.
4. Myths and facts about training older adults.
5. About osteopenia and osteoporosis.

## **C. Learning Outcomes – at course completion, the student will:**

1. Increase your skill to speak effectively about the fundamentals of sarcopenia and osteoporosis.
2. Increase your knowledge of muscle loss (sarcopenia) and its impact over the years.
3. Increase your knowledge of sarcopenia and osteoporosis.
4. Increase your skills in discussing with prospects and clients the benefits of increasing muscle and bone mass with SuperSlow® exercise vs. other types of exercise such as walking.
5. Increase your skill to speak effectively to clients, and others, about the SuperSlow® exercise protocol and its positive impact on sarcopenia and osteoporosis.
6. Increase your skill to speak effectively to, and train, senior clients.
7. Learn guidelines for training seniors such that, through practicing, you can *increase* your competence and confidence in training seniors, clients with osteopenia and osteoporosis.



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## D. Topics

1. **Sarcopenia: Foundation and understanding of Sarcopenia**
  - a. Definition and cause.
  - b. What is the rate of muscle loss between age 20 and 70?
  - c. What degenerative conditions are associated with the aging process?
  - d. How can muscle loss increase pain after some injuries?
  - e. Muscle fibers and how they relate to sarcopenia.
  - f. Why high intensity SuperSlow® training is superior to other types of training to increase muscular strength and bone density and is the safest protocol and most effective exercise.
2. **Osteopenia/Osteoporosis**
  - a. Definition of osteopenia, osteoporosis, osteoblasts & osteoclasts.
  - b. The relationship of osteoporosis and sarcopenia.
  - c. Ken Hutchins: osteoporosis study and how to discuss it with clients.
  - d. Osteoporosis risk factors, screening techniques, how diagnosed, basic understanding of bone building, drugs and their dangers.
  - e. What can reverse or slow down osteoporosis.
  - f. Discuss the effectiveness of SuperSlow® exercise with these clients and prospects and the superiority of SuperSlow® exercise in building bone density.
3. **Training Seniors in SuperSlow Exercise**
  - a. Myths and facts about strengthening in older adults (see handout).
  - b. Training an older adult with SuperSlow® high intensity – do we go easy on them?
  - c. Tips on training and working with seniors and exercises to prevent falls.
  - d. SuperSlow® exercise: The best and safest exercise for seniors to build bone and muscle mass.

## E. Class Structure:

### Teleconference Classes:

- Class 1 (60 minutes): 50% Class Leader Presentation – 50% of Student Discussion
- Classes 2, 3, 4 (60 minutes): 75% Class Leader Presentation – 25% of Student Discussion

## F. Course Teleconference Class Hours: (Important Class Preparation Notice)\*

<b>Total Hours</b> <b>Teleconference Class</b> (Distance Learning):	<b>Before Class 1:</b> Reading/Preparation Appx. 60 Min	<b>Total Class Hours: 4</b> Prep Time: Appx. 30-40 mins. each	<b>Total Evaluation Time:</b> Appx. 15 mins.
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<b>Important Note:</b> <b>Preparation before Class One required for successful class participation</b>	<b>Prior to Class:</b> Preparation Before Class 1: Pre-Class Assessment and Class Courseware (Emailed to you after registration)	Assignment(s) <u>before</u> Class One:
		<input type="checkbox"/> Return Completed Pre-Assessment to Registrar by date indicated on the assignment

### 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.

## G. COURSE FEE (Includes Courseware -Sent to you by email in a pdf attachment)

COURSE FEE & COURSEWARE: \$152.00 Per Student

### Required Course Book:

SuperSlow: The Ultimate Exercise Protocol – 3<sup>rd</sup> Edition – \$65.00

If you need to order: Contact registrar at [registrar@superslowzone.com](mailto:registrar@superslowzone.com)



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## H. 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>1. 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.

## I. 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.

## J. 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.

## K. 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 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.

## L. 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.



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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.

### **M. 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 Debriefers, and student-to-instructor engagement through 'hot lightening 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.

