



# CEU COURSE DESCRIPTION & ENROLLMENT

## A SuperSlow Zone Institute CEU Course



**A SSZI IACET COMPLIANT CEU COURSE – CHAPTER 17 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)  
 CONTRAINDICATIONS TO SUPER SLOW EXERCISE, TEACHER: MATTHEW ROMANS, CERTIFIED  
 LEVEL I INSTRUCTOR AND LEVEL II CANDIDATE - #SCI.355.1.30**

Name of Course:	Contraindications To SuperSlow Exercise		
Course Number:	#SCI.355.1.30 - Session 3		
Instructor(s):	Matthew Romans, SuperSlow Certified Instructor & Level II Candidate		
Hours/CEU Credit :	.3 CEU Hours (Three Classes)		
Course Start Date:	Thursday, January 20, 2011		
Course End Date:	Thursday, February 3, 2011		
Class Size:	<b>Minimum: 6</b>	<b>Maximum: 8</b>	Class size will be capped at 8 for student interaction purposes.
Course Registration Cut Off Date:	Course Cancellation Date: If a minimum of 6 students have not registered by 5:30 pm EST, Monday, January 10, 2011 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.	Thurs.	1-20-11	2:00 pm to 3:00 pm Eastern 1:00 pm to 2:00 pm Central 12:00 pm to 1:00 pm Mountain 11:00 am to 12:00 pm Pacific
Class # 2 (1 hour)	Jan.	Thurs.	1-27-11	
Class # 3 (1 hour)	Feb.	Thurs.	2-3-11	

### About This Course:

<b>1. Course Description/ Purpose</b>	Contraindications to exercise are an important subject to master, requiring your knowledge of the basic standards to guide your actions with your clients. This is a basic course to lay a foundation on this topic.
	This highly interactive course will help you understand how to proactively address specific clients and conditions and/or respond effectively when a situation with your client arises. Additionally, we will review and practice speaking about these principles to guide your actions, and what to do and what not to do, to provide safety for your clients and take a step towards protecting you and your facility, when possible.
	The student's course materials are a blend of Chapter 17, from the Technical Manual <b>and supplemental reading materials which is the transcription and de-construction of a conference call on this topic by Tom Lorren, Physical Therapist and owner of two SuperSlow Zones, and David Penn, Doctor of Physical Therapy and co-owner of a SuperSlow Zone.</b>
	This course does not replace nor fulfill the requirement you have for further information and knowledge about a specific medical diagnosis and/or health condition. It is also not intended to replace your client seeing a physician and/or you talking with a client's physician.

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

To review and deepen these **key concepts, distinction and principles:**



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1. Basic Emergency Criteria For Instructors
2. May Exercise with Physician Notification (Not Necessarily Approval)
3. Do Not Instruct (Absolute Contraindications)
4. Do Not Instruct Client (Absolute Contraindications) & Require Follow-Up with Physician Prior to Initiation or Continuing SS
5. May Exercise if Criteria Met (Requires a Physician Release – Relative Contraindications)

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

1. Review basic emergency criteria for instructors and facilities for the purpose of assessing what they may need to put in place, improve upon and/or practice.
2. Increase your skill to speak competently about, and take proactive action when required, and/or respond to a situation that arises, regarding various type of medical and/or health conditions when working with your clients.
3. Increase your ability to know when to, and when not to, exercise a client in regards to contraindications to exercise.
4. Renew your commitment and increase your skill to work with medical professionals who service your clients.

### D. Topics

The teacher will use a variety of teaching options, including the student's assigned topic of 'Client's Presenting Condition, below, to guide the students through the following topics focusing on 1) accurate and thorough understanding of the topic 2) advancing the students knowledge by having the student relate the topic to their real world of SuperSlow strength training and business.

To review and deepen your understanding of, and communicating about, the following **distinctions and principles:**

1. Basic Emergency Criteria For Instructors
2. May Exercise with Physician Notification (Not Necessarily Approval)
3. Do Not Instruct (Absolute Contraindications)
4. Do Not Instruct Client (Absolute Contraindications) & Require Follow-Up with Physician Prior to Initiation or Continuing SS
5. May Exercise if Criteria Met (Requires a Physician Release – Relative Contraindications)

### E. Class Structure:

#### Teleconference Classes:

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

### F. COURSE TELECONFERENCE CLASS HOURS (Important Class Preparation Notice)\*

<b>Total Hours</b> <u>Teleconference Class</u> (Distance Learning): .3	<b>Before Class 1:</b> Reading/Preparation Appx. 60 Min	<b>Total Class Hours: 3</b> Prep Time: Appx. 30-40 mins. each	<b>Total Evaluation Time:</b> Appx. 15 mins.
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<b>Important Note:</b> Preparation before Class One required for successful class participation	<b>Prior to Class:</b>	<b>Assignment(s) before Class One:</b>
	Preparation Before Class 1: Pre-Class Assessment and Class Courseware (Emailed to you after registration)	Email to Registrar: registrar@superslowzone.com  <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:** Will be included in your courseware.

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



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<input type="checkbox"/> COURSE FEE & COURSEWARE: \$125.00 per student
<b>Required Course Book:</b>
<input type="checkbox"/> SuperSlow: The Ultimate Exercise Protocol – 3 <sup>rd</sup> Edition – \$65.00 If you need to order: Contact registrar at <a href="mailto:registrar@superslowzone.com">registrar@superslowzone.com</a>

### 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>1. Email: <a href="mailto:registrar@superslowzone.com">registrar@superslowzone.com</a></li> <li>2. 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>	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> <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 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.

### 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.



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#### 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.

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 Debrief, 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.

