



CEU COURSE DESCRIPTION & ENROLLMENT

A SuperSlow Zone Institute CEU Course



A SSZI IACET COMPLIANT CEU COURSE – CHAPTER 39 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)
THE TEN REQUIREMENTS OF FULL RANGE EXERCISE –TEACHER: BUDDY KIDDER, CERTIFIED LEVEL I
INSTRUCTOR AND LEVEL II CANDIDATE - #SCI.354.1.20 - Session 1

Name of Course:	The Ten Requirements of Full Range Exercise	
Course Number:	#SCI.354.1.20 - Session 1	
Instructor(s):	Buddy Kidder, SuperSlow Certified Instructor & Level II Candidate	
Hours/CEU Credit :	.2 CEU Hours (Two Classes)	
Course Start Date:	Thursday, July 22, 2010	
Course End Date:	Thursday, July 29, 2010	
Class Size:	Minimum: 6	Maximum: 8 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, July 12, 2010 the course will be cancelled.	
Pre-Requisite Course:	Discover Your Strengths and Style of Communications, Part 1	
REQUIRED TEXT:	SuperSlow Technical Manual, 3 rd 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)	July	Thurs.	7-22-10	1:00 pm to 2:00 pm Eastern 12:00 pm to 1:00 pm Central
Class # 2 (1 hour)	July	Thurs.	7-29-10	11:00 am to 12:00 pm Mountain 10:00 am to 11:00 am Pacific (Arizona)

About This Course:

A. Course Description/ Purpose	<p>Deepen your knowledge of the historical and current distinctions you can use for exercise and equipment analysis. Enhance your skill understanding of how these relate to effective muscular loading and efficient inroading. Throughout the class discussion, we will consistently link what you have learned, and/or deepened what you already know, to relevant discussions in your work with clients about this topic.</p> <p><u>From SuperSlow Master, Dan Carter: on the value knowing of the ten requirements of full-range exercise:</u></p> <p>In my opinion the 10 requirements of full-range exercise are about exercise equipment contribution to the efficiency of muscular loading and thorough inroad.</p> <p>Thorough inroad is achieved by fatiguing the muscle as deeply and quickly as possible. How can this be achieved most efficiently?</p> <ol style="list-style-type: none"> 1. The subject's (client's) responsibility to thorough inroad efficiency is minimizing discrepancies therefore minimizing rest in order to maximize muscular loading during exercise. 2. <i>Understanding the remaining requirements of full-range exercise, helps in designing, choosing, and using exercise equipment that is also most efficient at maximizing muscular loading.</i> 3. When subject and equipment are operating most efficiently, muscular loading and thorough inroad can be optimal.
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B. Learning Objectives – The student will learn:

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

1. Rotary Resistance
2. Direct Resistance
3. Variable Resistance
4. Balanced Resistance
5. Positive Work
6. Negative Work
7. Stretching
8. Pre-Stretching
9. Resistance in the Position of Full Muscular Contraction
10. Unrestricted Speed of Motion

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

1. Increase your skill to speak effectively about analyzing all types of exercise and exercise equipment to clients to ensure you can have them better understand the value of their SuperSlow work out.
2. Increase your skill to speak effectively to clients, and others, about the impact of 'no negative work potential'.
3. Increase your skill to speak effectively to clients, and others, about the value of 'full-range exercise' principles.
4. Increase your skill to speak effective examples to your clients about what SuperSlow Master Dan Carter has to say about this topic, stated above in the 'Course Purpose'.

D. Topics

The teacher will use a variety of teaching options 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. Why did Arthur Jones invent the distinctions that comprise his 'ten requirements of full-range exercise'?
2. Why did Ken Hutchins list them as he did?
3. What does each of these mean according to the Tech Manual [i.e. not in your words, rather as stated in the Technical Manual] and are they, or are they not, valid today?
 - a. Rotary Resistance
 - b. Direct Resistance
 - c. Variable Resistance
 - d. Balanced Resistance
 - e. Positive Work
 - f. Negative Work
 - g. Stretching
 - h. Pre-Stretching
 - i. Resistance in the Position of Full Muscular Contraction

4. Rotary Resistance:

- a. _____ joints enable us _____ and what is their function?
- b. Many conventional exercise tools operate how and why is this a problem for efficient inroading?
- c. When you view a joint and limb in their plane of rotation, the rotation proscribes what and how does this mislead your perception?
- d. According to Ken Hutchins, is there such a thing as 'rotary resistance': why or why not?
- e. What are we really talking about that rotary resistance was trying to get at and what does it mean according to the Tech Manual?
- f. It is proper to say an exercise such as a pullover provides _____ - _____.



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5. **Direct Resistance:**
 - a. In many conventional exercises, the targeted musculature is what and why?
 - b. With a 'chin-up,' what muscles are you trying to target, what muscles do you actually target, and why, and what is this called?
 - c. How do you solve the problem of indirect resistance?
6. **Variable Resistance:**
 - a. Why must a proper exercise machine vary the resistance?
 - b. What is the real problem that almost all exercise equipment has regarding variable resistance?
7. **Balanced Resistance:**
 - a. Why is not enough to say that variable resistance is required in an exercise?
 - b. Most, if not all exercises do vary the resistance but inappropriately to the needs of what [two things]?
 - c. Properly balanced resistance can only occur with what?
8. **Positive Work**
 - a. This is also known as what and means what according to the Tech Manual?
 - b. What is the muscle doing in this work?
 - c. Do most exercises have this?
9. **Negative Work**
 - a. What is the result of exercise equipment devoid of negative work potential [two things]?
 - b. This is also known as what and means what according to the Technical Manual?
 - c. When doing this work, a muscle is said to what?
 - d. Why is negative work included in SuperSlow important?
 - e. To what type of client/patient is negative work especially important?
 - f. Without the potential for negative work in an exercise, which of the ten requirements would be obviated?
10. **Stretching**
 - a. Under what conditions does true muscular stretching as a result of exercise occur?
 - b. What does not occur if negative work is missing in an exercise machine?
11. **Pre-Stretching**
 - a. What does this 'brief twitch' evoke in the body and then activates what?
 - b. Why is negative work in an exercise machine important to pre-stretching?
12. **Resistance in the Position of Full Muscular Contraction:**
 - a. What level of resistance does the targeted musculature have when in a fully-contracted position?
 - b. Does the potential for meaningful resistance occur for the targeted musculature when fully-contracted with rotary-form exercises and, if so, why?
 - c. What happens in a rotary-form exercise about this if there is no presence of negative work potential?
13. **Unrestricted Speed of Movement:**
 - a. Why is the requirement 'not so secure' and open to debate?
 - b. From your experience of working with clients, what do you think about this requirement remaining or not remaining and why?
 - c. What is the philosophy of isokinetic and why are we opposed to it?
14. **Connections To Note:**
 - a. Simple Movements = Single-Joint Movements = Rotational Movements = Possibility To Satisfy Full-Range Requirements: what does this mean and why does the possibility for full-range exercise exist?
 - b. Compound Movements = Multiple-Joint Movements = Linear Movements = no Possibility for Full- Range Requirements: what does this mean and why doesn't the possibility for full-range exercise exist?

E. Class Structure:

Teleconference Classes:

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



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

Total Hours <u>Teleconference Class</u> (Distance Learning): .2	Before Class 1: Reading/Preparation Appx. 60 Min	Total Class Hours: 2 Prep Time: Appx. 30-40 mins. each	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 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: <input checked="" type="checkbox"/> Computer <input checked="" type="checkbox"/> Email <input checked="" type="checkbox"/> Telephone
Software Application Requirements: Everything Below Applies – You Must Have Some or All of The Following
<input type="checkbox"/> I Have Word For Windows <input type="checkbox"/> I Have Acrobat Reader for My PDF
Teleconference Course Number: Included in your courseware.

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

<input type="checkbox"/> COURSE FEE & COURSEWARE: \$80.00 per student
Required Course Book:
<input type="checkbox"/> SuperSlow: The Ultimate Exercise Protocol – 3 rd Edition – \$65.00 If you need to order: Contact registrar at registrar@superslowzone.com

H. CEU Course Policies and Procedures

1. What if I need to cancel taking this course?	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.
2. How to cancel taking this course – What to do:	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.
3. Confirmation of your Course Cancellation	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. <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.
4. Administrative Fee (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.
5. Rescheduling Fee (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.
6. Refund Policy: This course is refundable – See Refund Terms	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.

I. CEU Course Evaluation REQUIRED

In compliance with IACET guidelines, prior to issuing your Continuing Education Units (CEUs), the SuperSlow Zone Institute (SSZI) is



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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.

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. 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 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.

