



CEU COURSE DESCRIPTION & ENROLLMENT

A SuperSlow Zone Institute CEU Course



A SSZI IACET COMPLIANT CEU COURSE – CHAPTER 44 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

MISCELLANEOUS HINTS, HELPS, ETHICS #SCI.351.1.40

TEACHER: KEVIN CLEMENTE, LEVEL I, LEVEL II CERTIFIED SUPER SLOW INSTRUCTOR & LEVEL III QUALIFIED CERTIFIER

B. Learning Objectives – The student will learn:

1. To review and deepen these **key concepts**:
 - a. To review, refine and deepen the key concepts, distinctions and principles found in the SS Technical Manual, 3rd Edition, Chapter 44, Miscellaneous Hints, Helps & Ethics.
 - b. Enhance your ability to speak about key concepts and distinctions to clients and other SSZ Instructors/peers.

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

1. As a SuperSlow Instructor working with clients, deepen your knowledge of, and enhance your communication skills about, hints, helps and tips so that you continuously improve educating and training your client's to their optimal skill in performing SuperSlow.
2. As a SuperSlow Instructor speaking with fellow SuperSlow Instructor colleagues, improve your ability to communicate effectively and professionally with other SuperSlow Instructors about these topics to strengthen the relationships of the Instructor staff.

D. Topics

1. See topics listed below: Chapter 44, Miscellaneous Hints, Helps & Ethics – SS Technical Manual, 3rd Edition, Pages 243-264.
2. The topics from Chapter 44 (listed below) are covered based on student teach back presentations. This is a fun and highly interactive format.

Topics from Chapter 44: Miscellaneous Hints, Helps & Ethics:

- | | | | |
|--|--|---|---|
| (1) Plateaus | (25) Different Perspectives To Development as an Instructor | (48) The Nautilus Should Machines | (72) Swinging Feet |
| (2) The Wiggles | (26) 14. Neck Soreness = Headache | (49) Count Down by Twos | (73) One-Rep Maximum |
| (3) Recovery System Fragility | (27) Return from Layoff | (50) "Push..." "I am"..."You're not pushing if you say you are." | (74) 12. Advanced Techniques |
| (4) Falling Through | (28) "Just do It" | (51) Neck Exercise: TSC Only | (75) Mental Video Clip |
| (5) Don't Just Turn Off The Switch | (29) Use of Gloves & Wrist Straps | (52) Restless Leg Syndrome | (76) Waving |
| (6) Secure Eye Glasses During A Workout or Remove Them | (30) Infimetric Rotary Neck | (53) Say "How" | (77) Tag Teams |
| (7) "Going Back" | (31) Headaches are Part of Learning | (54) Charlie Horse | (78) Relief of Menstrual Cramps |
| (8) Middle Repetitions: Best | (32) Typical People are Achievement-Oriented, Not Results-Oriented | (55) More Antics in the Gym: Stretching | (79) Make the Instructor Hustle |
| (9) Premature Turnaround | (33) March Tempo | (56) Opportunity to Explore "I'm hurt and I shouldn't workout today." | (80) Replacement Parts |
| (10) The Squeeze Technique | (34) Up-Down, Up-Down | (57) Are Squats Safe? | (81) Normal Course of Events |
| (11) Throwing Tomatoes at the Wall | (35) Identify What You Feel | (58) Maintain Predictability of Motion | (82) Scratching |
| (12) Clipboards on Equipment | (36) Pull Your Shoulders Down | (59) Transient Pain | (83) Equipment Layout |
| (13) Touching Equipment | (37) True Understanding: Manually Resisted Exercise | (60) Gripping and Grimacing | (84) "I don't want to exercise my calves and make them bigger." |
| (14) Get Things Out of Your Hands | (38) Australian Sloths | (61) Yelling & Screaming Grunting & Groaning | (85) SuperSlow – A Kind of IQ Test |
| (15) Avoid Calf Exercises Loaded Through the Shoulders | (39) Be Sneaky | (62) Don't point | (86) Sudden Failure – A Sign of Inroading Efficiency |
| (16) Remind & Remind & Remind | (40) Firing Out of the Stretch on Short-Stroke Movements | (63) Never Allow Help | (87) Misunderstanding the "Last Repetition" |
| (17) First Names Only | (41) Alpha Subjects | (64) Don't | (88) Completing the Last Repetition |
| (18) Bless You/Gesundheit | (42) The Jonesian Germ of Exercise vs Recreation | (65) Four Stages of Learning is Defining Rude | (89) Allowing the "First Repetition" |
| (19) Hang Your Jaw Off The Front of Your Face | (43) Surprise Negative | (66) Everybody says one side is harder, except it is randomly both sides. | (90) It Goes Both Ways |
| (20) Write Out Workouts First | (44) Smooth vs Low Friction | (67) TSC = Steady-State? | (91) "Please Don't Increase The Resistance." |
| (21) Body Parts Trained Last, Felt the Longest | (45) "You Don't Have Enough Money" | (68) Letting Rules Slide | (92) Children & Exercise |
| (22) Get Between Subjects | (46) Working Hard For Ken | (69) Narcissism Leads to Low TULs | (93) "Emphasize the Upper Abdominals" |
| (23) Work the Most Important Areas First | (47) Economy of Words | (70) Safer than Lying in Bed | (94) Point of Diminishing Returns |
| (24) Dead lift Dangers | | (71) Butting Up Against the Ceiling | (95) Indirect Effect |
| | | | (96) Safety vs. Danger |
| | | | (97) Nausea |



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TEACHER: KEVIN CLEMENTE, LEVEL I, LEVEL II CERTIFIED SUPER SLOW INSTRUCTOR & LEVEL III QUALIFIED CERTIFIER

E. Class Structure:			
Teleconference Classes:			
<ul style="list-style-type: none"> ▫ Class # 1 (45 minutes): 75% Class Leader Presentation – 25% of Student Discussion ▫ Class # 2 (90 minutes): 20% Class Leader Presentation – 80% of Student Discussion ▫ Class # 3 (90 minutes): 20% Class Leader Presentation – 80% of Student Discussion 			
F. COURSE TELECONFERENCE CLASS HOURS (Important Class Preparation Notice)*			
Total Hours <u>Teleconference Class</u> (Distance Learning): .4	Before Class 1: Reading/Preparation Appx. 60 - 90 mins.	Total Class Hours: 3 hours 45 min. Prep Time: Appx. 30-40 mins. each	Total Evaluation Time: Appx. 15 mins.
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)		<input type="checkbox"/> Return Completed Pre-Assessment to registrar by date indicated on the assignment
G. 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.			
H. COURSE FEE – INCLUDES COURSEWARE (Sent to you in a pdf attachment)			
<input type="checkbox"/> COURSE FEE & COURSEWARE: \$130 per student			
Required Course Book:			
<input type="checkbox"/> SuperSlow: The Ultimate Exercise Protocol – 3rd Edition			
I. 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:	<ol style="list-style-type: none"> 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	<ul style="list-style-type: none"> ▫ 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. 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.		



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J. 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.

K. 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.

L. 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 then, 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.

M. 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.

N. 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.



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ENROLLMENT FORM

Miscellaneous Hints, Helps & Ethics, Chapter 44

How to Enroll: Preferred Method- Enroll using email announcement OR

If you prefer to e-mail your enrollment print, complete and scan it or create a PDF and e-mail to: registrar@superslowzone.com

IMPORTANT NOTE: Pre-Requisite Course: SSZI CEU Course: Discover Your Strengths & the Style of Your Communications (Part I)

A. Your Name: Please print legibly	
B. Today's Date	
C. Telephone Number	
D. Your Email Address	
E. Name of Course	Miscellaneous Hints, Helps & Ethics, Chapter 44
F. Course Number/CEU Credits	#SCI.351.1.40: Session 3 .4 CEU Credits (3 Classes)
G. Instructor(s)	Kevin Clemente, SuperSlow Certified Instructor
H. Course Start/End Date	Start: Tues, 03-08-11 End: Tues, 03-22-11
I. Class Size Requirements	<ul style="list-style-type: none"> ▪ Minimum: 8 Students ▪ Maximum 10 Students (If a minimum of 8 students have not registered by 5:30 pm EDT, Mon, 02-28-11 the course will be cancelled.)
J. IMPORTANT Pre-Requisite Course & SDI/Communication Style:	<p>Important: Check and Complete Below:</p> <p><input type="checkbox"/> I have already taken the pre-requisite course Discover Your Strengths & Style of Your Communications, Part I</p> <p><input type="checkbox"/> My SDI/Communication Style is: ____ - ____ - ____ (enter sequence)</p>
K. Tele-class Schedule	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
L. COURSE FEE & MATERIALS	
1. Total Cost For Registration + Courseware	<input type="checkbox"/> \$130.00 (Includes courseware to be emailed as a PDF file.)
2. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:
3. Expiration Date/Security Code	Expiration Date: _____ Security Code: _____
4. Name as it appears on the credit card	
5. Amount Authorized	\$ _____
6. Billing Address (where you receive your credit card statement) <i>Please print legibly!</i>	Street: _____
	City: _____ State: _____ Zip: _____
7. 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</p> <p>Please mail your check to:</p> <p>SuperSlow Zone, LLC, Continuing Education 501 N Orlando Avenue, Suite 313-278 Winter Park, FL 32789</p>
M. Your Signature – <u>Required</u>	<input type="checkbox"/> Yes! Enroll me: _____ <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>