



CEU COURSE DESCRIPTION & ENROLLMENT



A SuperSlow Zone Institute CEU Course

A SSZI IACET COMPLIANT CEU COURSE – CHAPTER 30 – SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

CHARTING & TRACKING PERFORMANCE #SCI.352.1.20

TEACHER: ALLI DEJESUS, LEVEL I CERTIFIED SUPER SLOW INSTRUCTOR & LEVEL II CANDIDATE

Name of Course:	Charting & Tracking Performance, Chapter 30		
Course Number:	#SCI.352.1.20 - Session 1		
Instructor(s):	Alli DeJesus, SuperSlow Certified Instructor		
Hours/CEU Credit :	.2 CEU Hours (Two Classes)		
Course Start Date:	Tuesday, May 18, 2010		
Course End Date:	Tuesday, May 25, 2010		
Class Size:	Minimum: 8	Maximum: 10	Class size will be capped at 10 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, May 10, 2010 the course will be cancelled.		
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)	May	Tues.	5-18-10	Class 1 12:00 to 1:00 pm ET 11:00 am to 12:00 pm CT 10:00 am to 11:00 am MT 9:00 am to 10:00 am PT
Class # 2 (1 hour)	May	Tues.	5-25-10	

About This Course:

A. Course Description/ Purpose	<p>Each Certified SuperSlow Instructor <i>KNOWS</i> that effectively progressing clients in their exercise is in large part based on the Instructor's skill to accurately <i>register, chart and track</i> their client's performance. Being brilliant with these basics is critical to optimizing the sequence of your client's exercises for each work out.</p> <p>In the course, you will refresh and deepen your technical skills for registering and charting and increase your ability to make effective assessments of your client's performance, or 'tracking,' so that you do your part in your client's progress. Your excellence with these fundamentals is also essential to having other Instructor's effectively train your clients.</p> <p>Additionally, reviewing TUL for the novice, veteran and very-advanced clients may help you progress your current clients differently than you are.</p> <p>Designed as a highly interactive course, students will maximize their skills development. A totally different class from Equipment Nomenclature & Conventions but essential to being an exceptional SuperSlow Instructor.</p>
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B. Learning Objectives – The student will learn:

1. Refresh and deepen your technical skills for registering and charting and increase your ability to make effective assessments of your client's performance, or 'tracking,' so that you optimize the sequence of your client's exercises each work out.
 - a) Ensure that you have high standards in the fundamentals stated in #1, above, so that other Instructor's can effectively train your clients.
 - b) Review TUL for the novice, veteran and very-advanced clients which may help you progress your current clients differently than you are.



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- c) Role play talking to your clients in an effective and creative way about their progress based on these fundamentals.

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

1. Deepen your knowledge of, and enhance your ability to, effectively and consistently chart and track your client's performance as the basis of effectively progressing them through their sequence of exercises because you have a sound and accurate basis for their strength gains.
2. Renew your commitment to, and respect for, fulfilling high professional standards to accurately chart and track clients work outs; ensure you are an asset to other instructors because you do this.
3. Refresh your knowledge of TULs for three groups of clients [e.g. novice, veteran and very-advanced]. Increase your skills to talk to clients in an effective and creative way about their progress based on these fundamentals.

D. Topics

1. Charting and Tracking Performance

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**:

- a) Registering, charting and tracking performance
- b) Why Charting Nomenclature?
- c) Progress Chart
- d) Maintenance and Control of Records
- e) Symbols and Operational Procedures
- f) The Weight Triangle and the TUL Triangle
- g) Exceptions to the Performance Box
- h) Other Conventions
- i) Suggested TULs
- j) Criticism & Analysis of Sample Progress Charts

E. Class Structure:

Teleconference Classes:

- Class # 1 (60 minutes): 50% Class Leader Presentation – 50% of Student Discussion
- Class # 2 (60 minutes): 75% Class Leader Presentation – 25% of Student Discussion

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

Total Hours Teleconference Class (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.
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)		Fax (24/7, no cover sheet required) Fax Number: 1-(866) 687-7585 <input type="checkbox"/> Return Completed Pre-Assessment to registrar by date indicated on the assignment



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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 in a pdf attachment)

COURSE FEE & COURSEWARE: \$80.00 per student

Required Course Book:

SuperSlow: The Ultimate Exercise Protocol – 3rd 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.**

- 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 reschedule a substitute course at the time you cancel your course, you will pay only the rescheduling fee (\$25) and not 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 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.



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ENROLLMENT FORM

Charting & Tracking Performance, Chapter 30

Return Page 5 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

A. Your Name: Please print legibly	
B. Today's Date	
C. Telephone Number	
D. Your Email Address	
E. Name of Course	Charting & Tracking performance, Chapter 30
F. Course Number/CEU Credits	#SCI.352.1.20: Session 1 .2 CEU Credits (2 Classes)
G. Instructor(s)	Alli DeJesus, SuperSlow Certified Instructor
H. Course Start/End Date	Start: Tues., May 18, 2010 End: Tues., May 25, 2010
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, Monday, May 10, 2010 the course will be cancelled.)
J. Tele-class Schedule	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
K. COURSE FEE & MATERIALS	
1. Total Cost For Registration + Courseware	<input type="checkbox"/> \$80.00 (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>
L. 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>