





# 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

TEACHERS: KEVIN CLEMENTE, LEVEL I CERTIFIED SUPER SLOW INSTRUCTOR OR BRIAN ROATS, LEVE I CERTIFIED SUPER SLOW INSTRUCTOR

#### 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, 3<sup>rd</sup> 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. Expected 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, 3<sup>rd</sup> 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  | (26) 14. Neck Soreness = Headache                                  | (50) "Push..." "I am..." "You're not pushing if you say you are."         | (75) 12. Advanced Techniques                                    |
| (2) The Wiggles   | (27) Return from Layoff  | (51) Neck Exercise: TSC Only  | (76) Mental Video Clip  |
| (3) Recovery System Fragility                               | (28) "Just do It"  | (52) Restless Leg Syndrome  | (77) Waving   |
| (4) Falling Through   | (29) Use of Gloves & Wrist Straps                                  | (53) Say "How"  | (78) Tag Teams  |
| (5) Don't Just Turn Off The Switch                          | (30) Infimetric Rotary Neck  | (54) Charlie Horse  | (79) Relief of Menstrual Cramps                                 |
| (6) Secure Eye Glasses During A Workout or Remove Them      | (31) Headaches are Part of Learning                                | (55) More Antics in the Gym: Stretching                                   | (80) Make the Instructor Hustle                                 |
| (7) "Going Back"  | (32) Typical People are Achievement-Oriented, Not Results-Oriented | (56) Opportunity to Explore "I'm hurt and I shouldn't workout today."     | (81) Replacement Parts  |
| (8) Middle Repetitions: Best                                | (33) March Tempo   | (57) Are Squats Safe?   | (82) Normal Course of Events                                    |
| (9) Premature Turnaround                                    | (34) Up-Down, Up-Down  | (58) Maintain Predictability of Motion                                    | (83) Scratching   |
| (10) The Squeeze Technique                                  | (35) Identify What You Feel  | (59) Transient Pain   | (84) Equipment Layout   |
| (11) Throwing Tomatoes at the Wall                          | (36) Pull Your Shoulders Down                                      | (60) Gripping and Grimacing   | (85) "I don't want to exercise my calves and make them bigger." |
| (12) Clipboards on Equipment                                | (37) True Understanding: Manually Resisted Exercise                | (61) Yelling & Screaming Grunting & Groaning                              | (86) SuperSlow – A Kind of IQ Test                              |
| (13) Touching Equipment                                     | (38) Australian Sloths   | (62) Don't point  | (87) Sudden Failure – A Sign of Inroading Efficiency            |
| (14) Get Things Out of Your Hands                           | (39) Be Sneaky   | (63) Never Allow Help   | (88) Misunderstanding the "Last Repetition"                     |
| (15) Avoid Calf Exercises Loaded Through the Shoulders      | (40) Firing Out of the Stretch on Short-Stroke Movements           | (64) Don't  | (89) Completing the Last Repetition                             |
| (16) Remind & Remind & Remind                               | (41) Alpha Subjects  | (65) Four Stages of Learning is Not Included in this Topic Set            | (90) Allowing the "First Repetition"                            |
| (17) First Names Only                                       | (42) The Jonesian Germ of Exercise vs Recreation                   | (66) Defining Rude  | (91) It Goes Both Ways  |
| (18) Bless You/Gesundheit                                   | (43) Surprise Negative   | (67) Everybody says one side is harder, except it is randomly both sides. | (92) "Please Don't Increase The Resistance."                    |
| (19) Hang Your Jaw Off The Front of Your Face               | (44) Smooth vs Low Friction  | (68) TSC = Steady-State?  | (93) Children & Exercise  |
| (20) Write Out Workouts First                               | (45) "You Don't Have Enough Money"                                 | (69) Letting Rules Slide  | (94) "Emphasize the Upper Abdominals"                           |
| (21) Body Parts Trained Last, Felt the Longest              | (46) Working Hard For Ken  | (70) Narcissism Leads to Low TULs   | (95) Point of Diminishing Returns                               |
| (22) Get Between Subjects                                   | (47) Economy of Words  | (71) Safer than Lying in Bed  | (96) Indirect Effect  |
| (23) Work the Most Important Areas First                    | (48) The Nautilus Should Machines                                  | (72) Butting Up Against the Ceiling                                       | (97) Safety vs. Danger  |
| (24) Dead lift Dangers                                      | (49) Count Down by Twos  | (73) Swinging Feet  | (98) Nausea   |
| (25) Different Perspectives To Development as an Instructor |  | (74) One-Rep Maximum  |   |



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### E. Class Structure:

#### Teleconference Classes:

- 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)\*

<b>Total Hours Teleconference Class (Distance Learning): .3</b>	<b>Before Class 1:</b> Reading/Preparation Appx. 60 - 90 mins.	<b>Total Class Hours: 3</b> Prep Time: Appx. 30-40 mins. each	<b>Total Evaluation Time:</b> Appx. 15 mins.
<b>Important Note: Preparation before Class One required for successful class participation</b>	<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)		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

### G. 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.

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

COURSE FEE & COURSEWARE: \$130 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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### 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:**

1. **Email:** [registrar@superslowzone.com](mailto: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.

### 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. 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

#### Miscellaneous Hints, Helps & Ethics, Chapter 44

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](mailto:registrar@superslowzone.com)

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

<b>A. Your Name: Please print legibly</b>	
<b>B. Today's Date</b>	
<b>C. Telephone Number</b>	
<b>D. Your Email Address</b>	
<b>E. Name of Course</b>	Miscellaneous Hints, Helps & Ethics, Chapter 44
<b>F. Course Number/CEU Credits</b>	#SCI.351.1.40: Session 1 .4 CEU Credits (3 Classes)
<b>G. Instructor(s)</b>	Kevin Clemente, SuperSlow Certified Instructor
<b>H. Course Start/End Date</b>	<b>Start:</b> Thurs., 5-27-10 <b>End:</b> Thurs., 6-10-10
<b>I. Class Size Requirements</b>	<ul style="list-style-type: none"> <li>▪ <b>Minimum: 8 Students</b> <span style="float: right;">▪ <b>Maximum 10 Students</b></span></li> <li>(If a minimum of 8 students have not registered by 5:30 pm EDT, Thurs., May 13, 2010 the course will be cancelled.)</li> </ul>
<b>J. IMPORTANT Pre-Requisite Course &amp; SDI/Communication Style:</b>	<p><b>Important: Check and Complete Below:</b></p> <p><input type="checkbox"/> I have already taken the pre-requisite course Discover Your Strengths &amp; Style of Your Communications, Part I</p> <p><input type="checkbox"/> My SDI/Communication Style is: ____ - ____ - ____ (enter sequence)</p>
<b>K. Tele-class Schedule</b>	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
<b>L. COURSE FEE &amp; MATERIALS</b>	
<b>1. Total Cost For Registration + Courseware</b>	<input type="checkbox"/> \$130.00 (Includes courseware to be emailed as a PDF file.)
<b>2. If You Pay By Credit Card</b> (AmX, Discover, Visa, MasterCard)	<b>List your credit card number below:</b>
<b>3. Expiration Date/Security Code</b>	Expiration Date: _____ Security Code: _____
<b>4. Name as it appears on the credit card</b>	
<b>5. Amount Authorized</b>	\$ _____
<b>6. Billing Address (where you receive your credit card statement)</b> <i>Please print legibly!</i>	Street: _____
	City: _____ State: _____ Zip: _____
<b>7. For Check Payment Mark This Box:</b> <input type="checkbox"/> <i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	<p><b>Make your check PAYABLE to: SuperSlow Zone, LLC</b></p> <p><b>Please mail your check to:</b></p> <p>SuperSlow Zone, LLC, Continuing Education 501 N Orlando Avenue, Suite 313-278, Winter Park, FL 32789</p>
<b>M. Your Signature – Required</b>	<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>