



CEU COURSE DESCRIPTION & ENROLLMENT



A SuperSlow Zone Institute CEU Course

A SSZI IACET COMPLIANT CEU COURSE - SUPER SLOW TECHNICAL MANUAL (3RD EDITION)

THE NEED FOR NON VARIATION IN EXERCISE - CHAPTER 22 –TEACHER: TIM RANKIN, CERTIFIED SUPER SLOW ZONE LEVEL I & LEVEL II INSTRUCTOR - #SCI.356.1.30 - Session 2

Name of Course:	The Need for Non-Variation in Exercise, Chapter 22		
Course Number:	#SCI.356.1.30 - Session 2		
Instructor(s):	Tim Rankin, SuperSlow Certified Level I & Level II Instructor		
Hours/CEU Credit :	.3 CEU Hours (Three Classes)		
Course Start Date:	Wednesday, February 23, 2011		
Course End Date:	Wednesday, March 9, 2011		
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 3:00 pm ET, Monday, February 14, 2011 the course will be cancelled.		
Pre-Requisite Course:	Discover Your Strengths and Style of Your 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)	Feb.	Wed.	2-23-11	3:00 pm to 4:00 pm Eastern 2:00 pm to 3:00 pm Central 1:00 pm to 2:00 pm Mountain 12:00 pm to 1:00 pm Pacific
Class # 2 (1 hour)	Mar.	Wed.	3-2-11	
Class #3 (1 hour)	Mar.	Wed.	3-9-11	

About This Course:

A. Course Description/ Purpose	The subject of 'exercise variation' is a predominant theme in the exercise market meaning the need, assumption and/or demand for 'a lot of 'variation.' The need for 'non-variation' is not a voice often heard, understood or valued.
	Sharpen your ability to speak to your client's, and other's, automatic desire for variation in their SuperSlow exercise and increase your skill to not vary, or vary, their exercise based on your competence in understanding and speaking your decision.
	Refresh your understanding of the values and principles of an effective work out that does not have a lot of variation and the value this can be for effective skill and strength progression for your clients.

Deepen your value for, "just get subjects to learn a few basic exercises, but with perfect execution and deep concentration and ultimate intensity" as a critical component of being an exceptional SuperSlow Instructor.



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B. Learning Objectives – The student will learn:

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

1. What does the 'need for non-variation in exercise' mean? Brief review of the history of the SuperSlow philosophy.
2. When to vary a clients work out and why
3. When not to vary a client's work out and why
4. How is non-variation essential for the novice regarding their 'learning effect', safety and being productive in their work out?
5. If client's have stagnation in performance, how do you assess this and what are your options?
6. What does "just get subjects to learn a few basic exercises, but with perfect execution and deep concentration and ultimate intensity" mean?
7. What are the creative and effective ways you address the concern, "I am bored" if your client says this? What might you change and what might they change, if anything?
8. Brief review/discussion to refresh your understanding of the principles behind the a, b, and c routines as they apply to variation/non-variation in exercise.

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

1. Increase your skill to speak competently and creatively about the need for non-variation in SuperSlow exercise from the points of view of the Technical Manual, as a Certified SuperSlow Instructor, your client and from the 'exercise marketplace.'
2. Refresh and renew your understanding of, and ability to speak to, when you do and do not need to vary a client's work outs.
3. Effectively re-examine 'the six-week syndrome'.
4. Expand your repertoire and increase your skill for how to address "I am bored" if your clients say this.
5. Refresh understanding of the principles behind the a, b, and c routines as they apply to variation/non-variation in exercise.

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. What does the 'need for non-variation in exercise' mean from the SuperSlow Technical Manual point of view?
2. When to vary a clients work out and why; what are two valid reasons stated in the Technical Manual?
3. When not to vary a client's work out and why; what are two good reasons stated in the Technical Manual for this?
4. How is non-variation essential for the novice regarding their 'learning effect', safety and being productive in their work out?
5. If client's have stagnation in performance, how do you assess this and what are your options?
6. What does "just get subjects to learn a few basic exercises, but with perfect execution and deep concentration and ultimate intensity" mean?
7. 'The six-week syndrome':
 - a) What are two reasons given in the Technical Manual why instructors vary the client's routine?
 - b) What are the six components of this syndrome specified in the Technical Manual?



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- 8. What are the creative and effective ways you address the concern, “I am bored” if your client says this? What might you change and what might they change, if anything?
- 9. Brief review/discussion to refresh your understanding of the principles behind the a, b, and c routines as they apply to variation/non-variation.
- 10. When do you introduce each one of these routines in your client’s program [a, b, and c], if you do?
- 11. What is the technical basis for your own work out?

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)*

Total Hours Teleconference Class (Distance Learning): .3	Before Class 1: Reading/Preparation Appx. 60 Min	Total Class Hours: 3 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 Review Courseware: Emailed to you prior to course		<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: Included in your courseware.

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

- COURSE FEE & COURSEWARE: \$130.00 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

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| 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 | <p>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.</p> <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. |



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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.

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.

