

## Course Overview - Part Four



Module 1  
**Introduction &  
Key Concepts**



Module 2  
**Exposome**



Module 3  
**GI Disorders**



Module 4  
**HPA Axis**



Module 5  
**FX. Blood  
Chem**



Module 6  
**Practice  
Management**

In the fifth unit, we'll talk about functional blood chemistry. We'll understand why conventional lab ranges are problematic, I'll teach you how to interpret blood chemistries from a functional perspective, we'll talk about why functional blood chemistry should be, in my opinion, always included in a new patient workup, which markers are the most important, and then how to use the results to guide your treatment protocols.

Finally, we'll talk about practice management—how to structure your practice for maximum patient satisfaction and to minimize clinician burnout; how to leverage the latest technology to create a lean, efficient, profitable practice model; and to project confidence and expertise to patients and your local community.



**51 Weeks**  
*3 One-week breaks*



**Content Delivery**  
*3 Categories*



**Content Formats**  
*Slideshow, Video, Audio, Transcripts & Handouts*



**On Demand**  
*You watch and consume on your own time*

Let's finish up by taking about how the content is delivered, and the schedule. The course is 51 weeks long with three one-week breaks, at week 13, week 26 and week 39. The content is dripped out, or delivered sequentially, each week. It's broken into three categories or "tracks": the Exposome is one track, Functional Medicine is another and Practice Management is the third. Each week there is a unit on Functional Medicine, because this comprises the majority of the content of the course, and then every other week a unit is delivered on either the Exposome or Practice Management. The contents is a combination of the slideshow, video, audio, transcripts and handouts, so we're addressing all of the various learning styles and maximizing retention because of that. This also means that you can watch and consume the content on your own time. You can do it on your mobile device, while you're working out at the gym, or you can watch the videos from your computer — whatever suits you based on your schedule and your particular preferences.



**Brief Homework Assignments**



**Low-Stakes Quizzes**



**Additional Resources**  
*Blog, Podcast, Books, Articles, Case studies*

Also there will be occasional brief homework assignments and low-stakes quizzes, and these are not designed to give you a hard time or even necessarily test what you know. As I said, I studied a

lot of learning theory as I prepared this course, and what I discovered was that re-reading material, highlighting it—the things that we were typically taught to do to retain information—are not effective at all. What is effective is engaging in the work, like doing brief homework assignments or case assignments, for example, and also low-stakes quizzes, which force you to recall the material that you learn, and this recall is what really helps to solidify the memory and help you to retain the material. There are studies that show that even just one quiz throughout a semester of material a week can improve retention by over 50 percent, which is a really big deal, so we'll be offering these low-stakes quizzes as you go, and it's not, again, any kind of high-pressure type of thing. It's just simply a learning tool to aid your retention.

Then we'll have extensive additional resources—curated blog posts, podcasts, books, other articles, studies, and things that support the core curriculum for each week and can help you go deeper if you want more information.

OK, that's it for now. I hope you enjoyed the presentation and it helped answer some of your questions about what the ADAPT Framework Level One Course is all about, and I'm really looking forward to working with you. See you soon.