



Tai Ji Quan: Moving for Better Balance®

Continuing Education Credits (CECs)

In September 2017, the TJQMBB community instructor training program and courses were approved by the American College of Sports Medicine's (ACSM) Professional Education Committee. ACSM grants "Exercise Alternatives" as ACSM Approved Provider Status (2017 – December 2020) (*Providership # 806114*).



Currently, CECs are available for courses offered at the Oregon Research Institute

- 15 CECs are awarded for a 2-day training workshop
- 2 CECs for a refresher course

Note: Each certificate costs \$25.