

Process and Qualifications for Becoming a TJQMBB Trainer (Version 3, 2019)

General Information

There are two phases of training for a potential candidate to become a TJQMBB Trainer. In Phase 1, the candidate is expected to fulfill a series of initial requirements, after which Trainer-in-Training status will be granted. In Phase 2, the candidate will receive training from the program developer and work with an authorized TJQMBB Trainer (Sponsoring Trainer) to complete the practical hands-on teaching requirements for achieving full Trainer status. The requirements for each of the two phases are described below.

Requirements for Trainer-in-Training Status

1. Completion of a degree in exercise and movement science or a degree in physical therapy, or a currently valid certification from a well-known national or international fitness organization (e.g., ACSM, ACE, NETA). Proof of a degree or certification is required.
2. Current certification as a TJQMBB Level 2 Instructor. A copy of the certification is required.
3. Completion of a minimum of 5 hours of work with a TJQMBB Sponsoring Trainer. This work experience must demonstrate the following:
 - a. Ability to perform the 8-form routine giving clear verbal and visual instructions.
 - b. Ability to teach a class according to a selected lesson plan, with a fidelity evaluation conducted by the Sponsoring Trainer. The evaluation must indicate satisfactory compliance with the teaching protocol for the class.Submission of a letter of recommendation from the Sponsoring Trainer. The recommendation letter must include the following:
 - a. The candidate's name.
 - b. A list of workshops and Enhanced Training Courses the candidate has attended.
 - c. The number of years the candidate has taught TJQMBB classes.
 - d. Evidence documenting the successful completion of items 3.a and 3.b above.
 - e. Other reasons the candidate is being recommended for Trainer-in-Training status.
4. Written assurance that the candidate will be able to assist a Sponsoring Trainer in conducting local TJQMBB Instructor Workshops *within 12 months after Trainer-in-Training status is granted*. A letter attesting to this condition and signed by both the candidate and the Sponsor should be e-mailed to Fuzhong Li at fuzhongl@ori.org.

The candidate who successfully completes the aforementioned requirements will be granted a TJQMBB Trainer-in-Training status that is good for two years.

Requirements for Trainer Status

After fulfilling the four requirements listed in the Trainer-in-Training section, a candidate who wishes to become a Trainer must complete *all* of the following:

1. Assist a current Sponsoring Trainer in conducting two TJQMBB workshops.
 - a. Teach, directly and indirectly, a minimum of 16 hours of TJQMBB workshop activities as assigned and supervised by the Sponsoring Trainer.
 - b. The Sponsoring Trainer must supply a written evaluation of the candidate's performance in the workshops.
2. Attend a two-day Train-the-Trainer workshop with TJQMBB's developer at Oregon Research Institute in Eugene, Oregon. The candidate must successfully complete the following milestones:
 - a. Present, orally, TJQMBB-related content covered in a set of PowerPoint slides.
 - b. Demonstrate the 8-form routine.
 - c. Using clear instructions, teach Forms 1, 2, 5, and 6 to a group.
 - d. Pass a written exam in an open-book/take-home format.

The candidate is responsible for all travel and accommodation expenses related to the workshop. Estimated costs for the workshop are: (1) approximately \$1,500 in travel and accommodation expenses, including airfare (variable, depending on departure location), hotel for two nights, meals, transportation to and from the airport, and other miscellaneous expenses and (2) a training fee of \$500.

3. Independently conduct one TJQMBB workshop under the supervision of a Sponsoring Trainer. The Sponsoring Trainer must provide an evaluation of the candidate's performance.

Note: all requirements for full Trainer status must be completed within 12 months after receiving Trainer-in-Training status

Upon completing the above requirements, the candidate will be granted TJQMBB Trainer status (with the Trainer's name listed at tjqmbb.org).

Maintaining One's Status as an Active TJQMBB Trainer

The Trainer must:

1. Conduct at least one workshop every 12 months.
2. Pay annual dues of \$50.