

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 community instructor training workshops and Enhanced Training Courses offered by the Oregon Research Institute (ORI) and by authorized ORI TJQMBB trainers

- 15 CECs are awarded for a 2-day training workshop
- 6 CECs for an Enhanced Training Course

Note: Each certificate costs \$25.

Application procedure

Make sure that the application includes the following information:

1. A \$25 check payable to Exercise Alternatives
2. The name of the TJQMBB trainer from whom the applicant received the training
3. Indicate whether it is (a) Community Instructor Training Workshop or (b) Enhanced Training Course
4. E-mail and address of the applicant
5. State where (city, State) the workshop or Enhanced Training Course was conducted and the dates

Mail your application to the following address:

Exercise Alternatives, LLC
PO Box 51332
Eugene, OR 97405

Upon receipt of the check, a certificate will be e-mailed to the applicant within 7 working days