

Procedure for Issuing TJQMBB Level-1 Instructor Certificate

After an instructor has met all requirements (see below), a certificate for Level-1 instructor will be issued. To have the certificate issued, the applicant needs to submit the following information and documents (see the mailing address below):

- a. name of the TJQMBB trainer
- b. name of the applicant, e-mail account, and mailing address
- c. a copy of
 - i. Certificate of Completion for the 2-day workshop training
 - ii. a verifiable proof of 48 hours of class teaching
 - iii. the completed Fidelity Checklist
- d. a check in the amount of \$25 payable to **Exercise Alternatives**

Once all required information is received, a certificate will be sent via an e-mail to the applicant within 10-15 business days.

Mailing address:

Exercise Alternatives, LLC
PO Box 51332
Eugene, OR 97405

TJQMBB Level-1 Instructor Certification Requirement

1. Attend 1 16-hour TJQMBB Community Instructor Training Workshop
 - with a Certificate of Completion
2. A proof of 48 hours of class teaching (equivalent to 1 24 weeks twice weekly class) completed within 12 months after the start of the first class
 - with a verifiable proof indicating class location, teaching hours, and a contact person from whom the information supplied can be verified.
3. Demonstrate the ability to teach a class with full compliance to program fidelity. A Teaching Fidelity Checklist (available at the Instructors' Page), completed by a certified peer TJQMBB instructor or TJQMBB Trainer, is required.