Tai Ji Quan: Moving for Better Balance®

Teaching Fidelity Checklist
(for In-Class Observation Use)
Purpose
This Checklist is intended as a tool for use by the implementer of the Tai Ji Quan: Moving for Better Balance® (TJQMBB) program to evaluate whether a peer instructor has implemented the essential and indispensable elements as outlined in the Class Teaching Plan (Plan). If desired, the outcome of this evaluation can be shared with the instructor evaluated to improve the quality of teaching.

Instructions
The peer evaluator can either simply observe or can participate as a student in an entire class session taught by the peer instructor. The evaluator should mark the performance of the instructor by checking a response box for each of the items described in the checklist.

Calculation on level of fidelity
- Each box marked “Complete,” “Yes,” “Present and clear,” or “= 50 minutes” is worth 1 point. Add them up to get a maximum of 10 points.

Classification of fidelity
- 9 points or greater – “High level of teaching fidelity.”
- 7-8 points – “Modest level of teaching fidelity.”
- Less than 7 points - “Low level of teaching fidelity.”

An instructor who is at either a “Modest” or “Low” level of teaching fidelity is highly recommended to review and practice online instructional videos.

Important Note
Please be reminded that the following key elements will also apply as part of the overall TJQMBB program fidelity:
1. Frequency: 2-3 class sessions per week
2. Minimum number of sessions taught = 48 sessions (within a 6-month timeframe)
3. Expected class attendance level: 75% or better (for a minimum of 36 sessions)

Note: Not meeting any one of the elements listed in items 1 through 3 above places the instructor at a “Low level of teaching fidelity.”

Information
Name of the evaluator: ______________
Name of the instructor being evaluated: ______________
Number of students in the class: ______________
Lesson # (in the Plan): _________
Date of evaluation: ______________
Start time (clock time): ___________ Stop Time (clock time): ___________
1. Performed the exercise activities (with specified rep./min.) listed in the Plan.

   Complete ☐ Incomplete ☐ (incomplete is defined as missing 2 or more activities)

2. Provided **verbal** step-by-step movement instructions with clear **visual** demonstration.

   Present and clear ☐ Partially present, could be improved ☐

3. Demonstrated, with clarity, and emphasized **EACH** of the teaching points listed below.

   a. **Ankle sway** during performance of standing exercises  Yes ☐ No ☐

   b. **“Rooted”** during standing  Yes ☐ No ☐

   c. **Forms initiated by “preload”** and executed with a clearly shown trunk driven motion  Yes ☐ No ☐

   d. A **“push-off”** action from the rear foot of the extended leg upon completion of a form  Yes ☐ No ☐

   e. **Active head and eye** movement during practice  Yes ☐ No ☐

   f. A demonstration of a **breath-by-breath** movement action  Yes ☐ No ☐

   *Note: A box checked “Yes” means that the instructor has both demonstrated and emphasized the point listed. Any “No” rating observed should to be brought to the instructor’s attention.*

4. The class time spent on practicing core movements (forms, exercise variations, mini-therapeutic movements) lasted (circle one)

   30-40 minutes ☐ 41-49 minutes ☐ = 50 minutes ☐

5. **The teaching session lasted at least 60 minutes:**  Yes ☐ Under ☐

   *Note: If the “Under” box is checked, the instructor should be rated at a “Low level of teaching fidelity.”*

**Overall performance point:**

**General Remarks:**