

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: