

## Teaching Performance Characteristics

(part of the program fidelity evaluation)

Instructors are expected to demonstrate the following during teaching:

- **Rooting**: strong rooting of the weighted leg to *form a firm contact between the body and its support surface*.
- **“Preload”**: Each form is initiated by “preload” to *produce an ankle sway motion around the ankle joint of the supporting foot*.
- **Core control**: Action of each form is executed through core rotation to *stabilize the trunk*.
- **“push-off”**: A clearly shown “push-off” action from the rear foot of the extended leg upon completion of a form to *allow perturbations to balance*.
- **Head and eye**: Active head and eye movement between move to move.
- **Breathing**: A demonstration of a breath-by-breath movement action to *allow breathing in sync with postural movement*.