

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:

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.