

## **Instructions for TJQMBB Fidelity**

Behind the successful demonstration of the TJQMBB effectiveness is the measures taken to assure high fidelity of intervention class implementation. Therefore, we take the following steps to ensure TJQMBB fidelity to the certified community TJQMBB instructors.

Note: Only certified TJQMBB instructors are expected to deliver high quality TJQMBB classes.

For instructors who teach the program independently in the general community:

1. three months after starting teaching a class, send a video film that covers a 60-min class teaching session for expert evaluation;
2. completion of a self-fidelity checklist every three months; and
3. send in a second video film for expert evaluation at the end of year 2 certification.

For instructors who teach the program supported by the Title III-D funds:

1. an in-class fidelity check done every three months, conducted by a certified peer TJQMBB instructor;
2. attending an Enhanced Training Course every 6 months, conducted by an authorized TJQMBB trainer, and
3. completion of a self-fidelity checklist monthly.

Instructors in both teaching categories who are unable to complete the above requirements within 2 years of their certification will be considered not meeting the TJQMBB fidelity requirements and, therefore, are strongly encouraged to seek out assistance from an authorized trainer to receive additional technical training to update the skills necessary for teaching the program with high fidelity.

Where to send your video clip:

To the developer: please mail it to  
Exercise Alternatives, LLC  
PO Box 51332  
Eugene, OR 97405

To the trainer: please contact your authorized trainer for contact information

Please be reminded that the following key elements will 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)
4. Scoring 9 points or greater on the Fidelity Checklist

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