**New Instructor Training Application**

**Tai Ji Quan: Moving For Better Balance (TJQMBB)**

**Location: Virtual via Zoom**

Training Date: Tuesday & Wednesday, **August 30 & 31, 2022** from 8:00 AM – 5:00 PM (CST)

Please select **one** of the following follow-up Enhanced training one-day sessions:

Tuesday, September 27, 2022 (8:00 – 5:00) (CST)

Wednesday, October 26, 2022 (8:00 – 5:00) (CST)

Please note: Class session availability is based on the timing the applications are received.

***Instructions: Please provide the following information describing your ability to deliver TJQMBB classes in your community. Consult with your sponsoring organization for questions.***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: | | | Title: | | |
| Sponsoring Organization Name: | | | | | |
| Mailing Address ***for class materials***: Street: | City: | | | State: | Zip: |
| County where classes program will be provided: | | | | | |
| Email: | | Phone: | | | |
| *Why are you interested in offering TJQMBB classes?* | | | | | |
| *Please list your experience working with older adults.* | | | | | |
| *Please list your experience leading exercise or physical movement classes.* | | | | | |
| *Please list your experience, if any, participating in and/or leading Tai Chi or Tai Ji Quan classes.*  *(Note: This is not a pre-requisite.)* | | | | | |

|  |
| --- |
| *Training Capacity – Describe your plans to facilitate at least one 12-week (twice a week for an hour) class each year.* |
| *Please indicate any special accommodations you may require.* |

**I have discussed the following topics with my sponsoring organization (*check all that apply*):**

Location and space where classes will be held

Marketing

Sponsoring organization’s commitment and support it will provide to you as an instructor

**By checking each item below, I am agreeing to the specific responsibilities involved in becoming a North Dakota TJQMBB class instructor. I agree to:**

Successfully complete the initial 2-day training session and one-day follow-up session.

Following the initial two-day training, register on Dr. Fuzhong Li’s TJQMBB website and practice with his video clips in preparation for your community class sessions.

Conduct at least one 12-week *(twice a week for an hour)* community-based class within the first

year and each year thereafter adhering to TJQMBB program fidelity.

Comply with program documentation and reporting requirements of NDSU Extension.

Additional comments:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| Signature of applicant (type name as signature): Date: |

**Submit by email no later than August 12th to: jane.strommen@ndsu.edu**