**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.***

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| 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.)* |

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| *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:

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

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