

**Fidelity Checklist**  
**Tai Chi for Arthritis and Fall Prevention (TCA/FP)**



Requirement	Meets	Notes
TCA/FP Instructors successfully completed the 16-hour Tai Chi for Health Institute training to become certified*		
TCA/FP Instructors hold a current CPR/First Aid certification*		
TCA/FP instructors maintain annual Tai Chi for Health Board Certification and complete TCA/FP recertification training every two years*		
<p>One or two instructors can lead the sessions and must:*</p> <ul style="list-style-type: none"> <li>• Follow the guidance provided in Dr. Lam’s TCA/FP Handbook and Teaching Tai Chi Effectively</li> <li>• Include in all sessions: warm-up, progressive forms, cool-down, tai chi principles.</li> <li>• Follow the Stepwise Progressive Teaching Method: Watch Me, Follow Me, Show Me</li> </ul>		

<p>TCA/FP Class = Twenty 1-hour sessions*</p> <ul style="list-style-type: none"> <li>• Classes can be offered 1 time a week for 20 weeks OR</li> <li>• Classes can be offered 2 times a week for 10 weeks OR</li> <li>• Classes can be offered 3 times a week for 10 weeks</li> <li>• Classes can be offered on an on-going basis</li> <li>• Recommended Session 0 for in-person and required for virtual workshops</li> <li>• See <a href="#">Instructor Toolkit</a> for complete program guidance.</li> </ul>		
<p>Class size instructor:student ratio = 1:25 allowed, 1:18 recommended or 2:25. Not to exceed 1 to 25 instructor:student ratio*</p> <p>Not to exceed 12 participants in a virtual workshop*</p>		
<p>Class Completion = 16 or more sessions</p>		
<p>Coaches are using the most updated NC TCA/FP forms from <a href="https://healthyagingnc.com/program-forms/">https://healthyagingnc.com/program-forms/</a></p> <p>Agency/Organization is collecting*:</p> <ul style="list-style-type: none"> <li>○ PAR-Q</li> <li>○ Program information sheet</li> <li>○ Attendance Sheet</li> <li>○ First Session Form</li> <li>○ Last Session Form</li> </ul>		
<p>TUG Certification for instructors <b>IF</b> administering the TUG/collecting Pre-/Post- TUG data (through HANC online training, Building Better Balance, or other)</p>		

\*Required