

BEST Behavioral Objectives:

- By the end of this course, the participant will correctly demonstrate the use of body, breath, and vision RQTC principles in seated, standing, and stepping positions with adult, fall prone clients.
- By the end of this course, the participant will independently integrate 3 RQTC principles into treatment planning for adult, fall prone populations.
- By the end of this course, the participant will independently demonstrate the use of 3 mindfulness strategies during treatment of adult, fall prone clients.
- By the end of this course, the participant will correctly coordinate RQTC manual guiding techniques in 3 therapeutic gestures with adult, fall prone clients.
- By the end of this course, the participant, supported by meta-analysis research will independently justify the use of Rehabilitative Tai Chi as a balance enhancement and falls prevention modality in the treatment of fall prone clients.