

## Fitness Program Evaluation - Su 09

**Description:** See uploaded document for changes. Please link to Fitness Program Evaluation Drawing. Please give access to Paula Ericson and Mary Bohlig.

**Date Created:** 6/16/2009 5:35:13 PM

**Date Range:** 6/22/2009 12:00:00 AM - 7/11/2009 11:59:00 PM

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The purpose of this survey is to understand your experience in Campus Recreation Service's classes so that we may better meet your needs. Please take a few minutes to complete the survey.

Required answers: 1 Allowed answers: 1

Q1 Please identify which classes you have participated in: (Check all that apply)

Body Works - T/Th - 6:30 - 7:20 a.m. [Code = 1]

Butts & Guts - M/W - 12:15 - 12:45 p.m. [Code = 2]

Power Step - Sat. - 9:10 - 10:20 a.m. [Code = 3]

Step It Up - T/Th - 5:30 - 6:20 p.m. [Code = 4]

Turbo Kick - M/W - 5:30 - 6:20 p.m. [Code = 5]

Zumba - Wed. - 6:30 - 7:20 p.m. [Code = 6]

Pilates - T/Th - 6:30 - 7:20 p.m. [Code = 7]

Yoga Fusion - T/Th - 1:10 - 2:00 p.m. [Code = 8]

Yogalates @ ECC - Tue. - 8:00 - 8:50 p.m. [Code = 9]

Turbo Kick @ WCC - Thur. - 8:00 - 8:50 p.m. [Code = 10]

None of the above (Go To Page 3) [Code = 11]

Required answers: 1 Allowed answers: 10

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Page - {REFANSWER}

Question Reference: Q1 (Answer Reference)

Please indicate your level of agreement with the following statements about this class:

Q2 Class started on time.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q3 Class progression was smooth.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q4 Heart rate checks were routinely included during the class.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q5 Music was appropriate for each section of the class.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q6 Proper and adequate warm up was practiced.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q7 Proper and adequate cool down was incorporated.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q8 I enjoyed this activity.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q9 Please rate the overall quality of this class:

Excellent [Code = 5]

Very good [Code = 4]

Average [Code = 3]

Below average [Code = 2]

Poor [Code = 1]

Required answers: 1 Allowed answers: 1

Please indicate your level of agreement with the following statements about the instructor for this class:

Q10 The instructor effectively explained the skills of the activity.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q11 The instructor effectively demonstrated the skills of the activity.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q12 The instructor gave helpful feedback when correcting errors in my performance.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q13 The instructor was enthusiastic about his/her teaching.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q14 The instructor demonstrated a comprehensive knowledge of the activity.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q15 The instructor motivated me to work toward a higher level of fitness/skill in the activity.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q16 The instructor was interested in my individual performance.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q17 The instructor was prepared each day.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q18 The instructor was patient when I experienced difficulties.

Strongly agree [Code = 5]

Agree [Code = 4]

Neutral [Code = 3]

Disagree [Code = 2]

Strongly disagree [Code = 1]

N/A [Code = 0]

Required answers: 1 Allowed answers: 1

Q19 Please rate the overall quality of the instruction of this class:

Excellent [Code = 5]

Very good [Code = 4]

Average [Code = 3]

Below average [Code = 2]

Poor [Code = 1]

Required answers: 1 Allowed answers: 1

Q20 Would you recommend this class to a friend?

Yes (please explain why) [Code = 1] [TextBox]

No (please explain why not) [Code = 2] [TextBox]

Required answers: 1 Allowed answers: 1

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Q21 Gender:

Male [Code = 1]

Female [Code = 2]

Other [Code = 3]

Required answers: 1 Allowed answers: 1

Q22 Which of the following describes you? (Check all that apply)

Student [Code = 1]

Student significant other [Code = 2]

Faculty [Code = 3]

Staff [Code = 4]

Faculty or staff significant other [Code = 5]

Alumni [Code = 6]

Other (please specify) [Code = 7] [TextBox]

Required answers: 1 Allowed answers: 7

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Q22='Student'

Q23 What is your year in school?

Freshman [Code = 1]

Sophomore [Code = 2]

Junior [Code = 3]

Senior [Code = 4]

Graduate student [Code = 5]

Required answers: 1 Allowed answers: 1

Q24 Do you live on campus?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

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Q25 Where do you live?

Ft. Douglas [Code = 1]

Medical Towers [Code = 2]

University Student Apartments [Code = 3]

Fraternity or Sorority House [Code = 4]

Required answers: 1 Allowed answers: 1

Q24='Yes'

Q26 How did you find out about the Fitness Program? (Check all that apply)

Field House desk/bulletin board [Code = 1]

Flyer in the Residence Halls [Code = 2]

Banners [Code = 3]

Information tables [Code = 4]

Fitness Program brochure [Code = 5]

Campus Recreation Services website [Code = 6]

Lawn signs [Code = 7]

U. Orientation [Code = 8]

University Student Apartments Information [Code = 9]

FYI [Code = 10]

Pulse [Code = 11]

UUSAC [Code = 12]

Facebook [Code = 13]

Word of mouth [Code = 14]

Other (please specify) [Code = 15] [TextBox]

Required answers: 1 Allowed answers: 15

Q27 Have you participated in a Fitness Program class in the past?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

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Q28 How many classes have you taken?

1 [Code = 1]

2 [Code = 2]

3 [Code = 3]

4 [Code = 4]

5 [Code = 5]

6 [Code = 6]

7 [Code = 7]

8+ [Code = 8]

*Required answers: 1 Allowed answers: 1*

Q27='Yes'

Q29 Please provide any additional comments or suggestions regarding the Fitness Program classes:

[Code = 1] [TextBox]

*Required answers: 0 Allowed answers: 1*

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