

## Fitness Program Evaluation SU12

Page - Fitness Program Evaluation - SU12

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: 0 Allowed answers: 0

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

- Mon. 5:30-6:20 p.m. CYCLING - Rachele[Code = 1]
- T/Th 7:00-7:50 a.m. CYCLING - Marci[Code = 2]
- T/Th 5:30-6:20 p.m. CYCLING - Cassie[Code = 3]
- Wed. 5:30-6:20 p.m. CYCLING - Casey[Code = 4]
- Sat. 9:10-10:00 a.m. CYCLING - Ashley[Code = 5]
- M/W/F 8:00-8:50 a.m. U-SANITY - Pam K.[Code = 6]
- T/Th 12:30-1:20 p.m. FAT BURNER - Pam K.[Code = 7]
- T/Th 8:00-8:50 a.m. TOTAL BODY FITNESS - Ashley[Code = 8]
- Mon. 5:30-6:20 p.m. TURBO KICK - Bethany[Code = 9]
- Wed. 5:30-6:20 p.m. HIP HOP HUSTLE - Bethany[Code = 10]
- Tue. 5:30-6:20 p.m. ZUMBA TONING - Vangie[Code = 11]
- Fri. 5:30-6:20 p.m. ZUMBA - Vangie[Code = 12]
- Thur. 5:30-6:20 p.m. STEP - Marci[Code = 13]
- Sat. 9:10-10:00 a.m. STEP - Anita[Code = 14]
- Mon. 8:00-8:50 a.m. POWER YOGA - Ben[Code = 15]
- Wed. 6:30-7:20 p.m. POWER YOGA - Casey[Code = 16]
- T/Th 1:30-2:20 p.m. YOGA for STIFF BODIES - Pam K.[Code = 17]
- Wed. 8:00-8:50 a.m. WAKE UP w/YOGA - Rachele[Code = 18]
- Fri. 8:00-8:50 a.m. WAKE UP w/YOGA - Ben[Code = 19]
- Sun. 9:10-10:00 a.m. FLOW YOGA - Casey[Code = 20]
- Mon. 6:30-7:20 p.m. PiYO - Bethany[Code = 21]
- Thur. 6:30-7:20 p.m. BALLET BARRE - Marci[Code = 22]
- Tue. 6:30-7:20 p.m. BALL PILATES - Casey[Code = 23]
- M/W/F 12:30-1:20 p.m. PILATES - Emily[Code = 24]
- Sat. 10:10-11:00 a.m. PILATES - Anita[Code = 25]
- None of the above[Code = 26] [N/A](Go To Page 3)

Required answers: 1 Allowed answers: 26

Next Page: Conditional

Page - {REFANSWER}

Question Reference: Q1 (Answer Reference)

Q2 How many times have you attended this class?

- 1 - 2 times[Code = 1]
- 3 - 6 times[Code = 2]
- 7+ times[Code = 3]

Required answers: 1 Allowed answers: 1

Q3 What prevented you from going back to the class? (Check all that apply)

Time class was offered/Schedule issues[Code = 1]

Just went to check out the class but wasn't sure it would fit for me[Code = 2]

Style of class was not for me[Code = 3]

Fitness level was different than my level[Code = 4]

I continued with this class.[Code = 5]

Required answers: 1

Allowed answers: 5

Q4 Please rate the overall quality of this class:

Excellent[Code = 5] [Numeric Value = 5]

Very good[Code = 4] [Numeric Value = 4]

Average[Code = 3] [Numeric Value = 3]

Below average[Code = 2] [Numeric Value = 2]

Poor[Code = 1] [Numeric Value = 1]

Required answers: 1

Allowed answers: 1

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

Q5 Class progression was smooth.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q6 Music was appropriate for each section of the class.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q7 Proper and adequate warm up was practiced.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q8 Proper and adequate cool down was incorporated.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1      Allowed answers: 1

Q9 I enjoyed this activity.

Strongly agree[Code = 5] [Numeric Value = 5]  
Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1      Allowed answers: 1

Q10 Did the instructor collect the Class Passes?

Yes[Code = 1]  
No[Code = 2]

Required answers: 1      Allowed answers: 1

Q11 Please rate the overall quality of the instruction of this class:

Excellent[Code = 5] [Numeric Value = 5]  
Very good[Code = 4] [Numeric Value = 4]  
Average[Code = 3] [Numeric Value = 3]  
Below average[Code = 2] [Numeric Value = 2]  
Poor[Code = 1] [Numeric Value = 1]

Required answers: 1      Allowed answers: 1

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

Q12 The instructor started and ended class on time.

Strongly agree[Code = 5] [Numeric Value = 5]  
Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1      Allowed answers: 1

Q13 The instructor effectively explained the skills of the activity.

Strongly agree[Code = 5] [Numeric Value = 5]  
Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1      Allowed answers: 1

Q14 The instructor effectively demonstrated the skills of the activity.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q15 The instructor gave helpful feedback when correcting errors in my performance.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q16 The instructor was enthusiastic about his/her teaching.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q17 The instructor demonstrated a comprehensive knowledge of the activity.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q18 The instructor motivated me to work toward a higher level of fitness/skill in the activity.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]

Neutral[Code = 3] [Numeric Value = 3]

Disagree[Code = 2] [Numeric Value = 2]

Strongly disagree[Code = 1] [Numeric Value = 1]

N/A[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q19 The instructor was interested in my individual performance.

Strongly agree[Code = 5] [Numeric Value = 5]

Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1 Allowed answers: 1

Q20 The instructor was prepared each day.

Strongly agree[Code = 5] [Numeric Value = 5]  
Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1 Allowed answers: 1

Q21 The instructor was patient when I experienced difficulties.

Strongly agree[Code = 5] [Numeric Value = 5]  
Agree[Code = 4] [Numeric Value = 4]  
Neutral[Code = 3] [Numeric Value = 3]  
Disagree[Code = 2] [Numeric Value = 2]  
Strongly disagree[Code = 1] [Numeric Value = 1]  
N/A[Code = 0] [N/A]

Required answers: 1 Allowed answers: 1

Q22 Would you recommend this class to a friend?

Yes (please explain)[Code = 1] [Textbox]  
No (please explain)[Code = 2] [Textbox]

Required answers: 1 Allowed answers: 1

Next Page: Sequential

Page - 3

Q23 Gender:

Male[Code = 1]  
Female[Code = 2]  
Other[Code = 3]

Required answers: 1 Allowed answers: 1

Q24 Which of the following describes you? (Check all that apply)

Freshman[Code = 1]  
Sophomore[Code = 2]  
Junior[Code = 3]  
Senior[Code = 4]  
Grad Student[Code = 5]  
Faculty[Code = 6]  
Staff[Code = 7]

Affiliated[Code = 8]

Alumni[Code = 9]

Other (please specify)[Code = 10] [Textbox]

Required answers: 1

Allowed answers: 10

Next Page: Sequential

Page - 4

Display if Q24='Freshman' OR Q24='Sophomore' OR Q24='Junior' OR Q24='Senior' OR Q24='Grad Student'

Q25 What is your current enrollment status?

Full time[Code = 1]

Less than full time[Code = 2]

Required answers: 1

Allowed answers: 1

Q26 Are you considered by the University of Utah to be an International Student?

Yes[Code = 1]

No[Code = 2]

Required answers: 1

Allowed answers: 1

Q27 Do you live on campus?

Yes[Code = 1]

No[Code = 2]

Required answers: 1

Allowed answers: 1

Next Page: Sequential

Page - 5

Q28 Where do you live?

Benchmark[Code = 1]

Sagepoint[Code = 2]

Chapel Glen[Code = 3]

East Village[Code = 4]

West Village[Code = 5]

Medical Towers[Code = 6]

Greek Housing[Code = 7]

Required answers: 1

Allowed answers: 1

Display if Q27='Yes'

Q29 How did you find out about the Fitness Program? (Check all that apply)

Field House desk/bulletin board[Code = 1]

Flyer/poster[Code = 2]

Banners [Code = 3]

Information tables [Code = 4]

Fitness Program brochure [Code = 5]

Campus Recreation Services website[Code = 6]

Campus Recreation Services brochure[Code = 7]

Lawn signs [Code = 8]

U. Orientation [Code = 9]

University Student Apartments Information [Code = 10]

FYI [Code = 11]

Facebook[Code = 12]

Twitter[Code = 13]

Word of mouth [Code = 14]

Departmental e-mail notification [Code = 15]

I've taken classes in the past.[Code = 16]

Other (please specify)[Code = 17] [Textbox]

Required answers: 1

Allowed answers: 17

Q30 Have you participated in a Fitness Program class in the past?

Yes[Code = 1]

No[Code = 2]

Required answers: 1

Allowed answers: 1

Next Page: Sequential

Page - 6

Q31 How many past semesters have you participated in Fitness Program classes?

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

Display if Q30='Yes'

Q32 Please provide any additional comments or suggestions regarding the Fitness Program:

[Code = 1] [Textbox]

Required answers: 0

Allowed answers: 1

Next Page: Sequential