

Fitness Program Evaluation - FA10

Description: See uploaded document for changes. Please give access to Paula Ericson and Mary Bohlig.

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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: 0 Allowed answers: 0

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

Mon./Wed./Fri. 7:00 - 7:50 a.m. INDOOR CYCLING: Justin [Code = 1]

Mon./Wed. 11:10 - 12:00 p.m. POWER YOGA: Whitney [Code = 2]

Mon./Wed./Fri. 12:10 - 1:00 p.m. FAT BURNER: Pam [Code = 3]

Mon./Wed. 1:10 - 2:00 p.m. INDOOR CYCLING: Monica [Code = 4]

Mon./Wed. 2:10 - 3:00 p.m. PILATES: Monica [Code = 5]

Mon. 5:30 - 6:20 p.m. INDOOR CYCLING: Tammy [Code = 6]

Mon./Wed. 5:30 - 6:20 p.m. TURBO KICK: Bethany [Code = 7]

Mon./Wed. 6:30 - 7:20 p.m. BODY WORKS: Tammy [Code = 8]

Mon./Wed. 7:30 - 8:20 p.m. YOGALATES: Crystal [Code = 9]

Tues./Thurs. 7:00 - 7:50 a.m. WAKE UP w/YOGA: Robin [Code = 10]

Tues./Thurs. 7:00 - 7:50 a.m. BODY WORKS: Tammy [Code = 11]

Tues./Thurs. 8:30 - 9:20 a.m. INDOOR CYCLING: Justin [Code = 12]

Tues./Thurs. 12:20 - 1:10 p.m. INDOOR CYCLING: Justin [Code = 13]

Tues./Thurs. 12:20 - 1:00 p.m. BUTTS & GUTS: Pam [Code = 14]

Tues./Thurs. 1:10 - 2:00 p.m. YOGA for STIFF BOD: Pam [Code = 15]

Tues. 2:10 - 3:00 p.m. BELLY DANCE: Zahirah [Code = 16]

Tues./Thurs. 4:10 - 5:00 p.m. CARDIO PUMP: Robin [Code = 17]

Tues. 5:30 - 6:20 p.m. INDOOR CYCLING: Monica [Code = 18]

Tues./Thurs. 5:30 - 6:20 p.m. STEP: Anita [Code = 19]

Tues./Thurs. 6:30 - 7:20 p.m. PILATES: Anita [Code = 20]

Tues./Thurs. 6:40 - 7:30 p.m. FLOW YOGA: Robin [Code = 21]

Tues. 7:30 - 8:20 p.m. ZUMBA: Karine [Code = 22]

Wed. 5:30 - 6:20 p.m. INDOOR CYCLING: Margaret [Code = 23]

Thurs. 2:10 - 3:00 p.m. ZUMBA: Katty [Code = 24]

Thurs. 5:30 - 6:20 p.m. INDOOR CYCLING: Heather [Code = 25]

Thurs. 7:30 - 8:20 p.m. LATIN DANCE: Ryan [Code = 26]

Fri. 1:10 - 2:00 p.m. PILATES: Monica [Code = 27]

Fri. 5:30 - 6:20 p.m. ZUMBA: Karine [Code = 28]

Sat. 9:10 - 10:00 a.m. INDOOR CYCLING: Heather [Code = 29]

Sat. 9:10 - 10:00 a.m. POWER STEP: Anita [Code = 30]

Sat. 10:10 - 11:00 a.m. PILATES: Anita [Code = 31]

Sat. 11:10 - 12:00 p.m. TURBO KICK: Ashlee [Code = 32]

Sun. 4:10 - 5:00 p.m. ZUMBA: Emily [Code = 33]

Sun. 5:30 - 6:20 p.m. YOGA: Varies [Code = 34]

None of the above (Go To Page 3) [Code = 35]

Required answers: 1 Allowed answers: 34

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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: 4

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

Q4 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

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

Q10 Did the instructor collect the Class Passes?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

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

Q11 The instructor started and ended class 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

Q12 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

Q13 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

Q14 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

Q15 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

Q16 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

Q17 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

Q18 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

Q19 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

Q20 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

Q21 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

Q22 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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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

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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

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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

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

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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

Q30='Yes'

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

[Code = 1] [TextBox]

Required answers: 0 Allowed answers: 1

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