

## Fitness Program Evaluation - SP10

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

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Page - Fitness Program Evaluation

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)

Mon./Wed. 6:30 - 7:20 a.m. WAKE UP w/YOGA - Crystal [Code = 1]

Mon. 12:10 - 1:00 p.m. FAT BURNER - Robin [Code = 2]

Mon. 1:10 - 2:00 p.m. PILATES - Robin [Code = 3]

Mon./Wed. 2:10 - 3:00 p.m. POWER YOGA - Monica [Code = 4]

Mon./Wed./Fri. 3:10 - 4:00 p.m. CARDIO PUMP - Margaret [Code = 5]

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

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

Mon. 7:30 - 8:20 p.m. FLOW YOGA - Robin [Code = 8]

Tue./Thurs. 7:00 - 7:50 a.m. BODY WORKS - Tammy [Code = 9]

Tue./Thurs. 8:10 - 9:00 a.m. YOGALATES - Crystal [Code = 10]

Tue. 12:10 - 1:00 p.m. BUTTS & GUTS - Robin [Code = 11]

Tue./Thurs. 1:10 - 2:00 p.m. FLEXIBILITY FOR FITNESS - Nicki [Code = 12]

Tue./Thurs. 3:10 - 4:00 p.m. COMBO CHALLENGE - Margaret [Code = 13]

Tue./Thurs. 5:30 - 6:20 p.m. STEP IT UP - Anita [Code = 14]

Tue./Thurs. 6:30 - 7:20 p.m. PILATES - Anita [Code = 15]

Tue. 7:30 - 8:20 p.m. ZUMBA - Karine [Code = 16]

Tue. 8:00 - 8:50 p.m. KICKBOXING @ USA WCC - Margaret [Code = 17]

Wed./Fri. 12:10 - 1:00 p.m. FAT BURNER - Pam [Code = 18]

Wed. 1:10 - 2:00 p.m. PILATES - Pam [Code = 19]

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

Thur. 7:30 - 9:00 p.m. LATIN DANCE - Ryan [Code = 21]

Thur. 8:00 - 8:50 p.m. YOGALATES @ USA ECC - Margaret [Code = 22]

Fri. 5:30 - 6:20 p.m. ZUMBA - Karine [Code = 23]

Sat. 9:10 - 10:20 a.m. POWER STEP - Anita [Code = 24]

Sat. 10:30 - 11:20 a.m. PILATES - Anita [Code = 25]

Sat. 12:10 - 1:00 p.m. ZUMBA - Margaret [Code = 26]

None of the above (Go To Page 3) [Code = 27]

Required answers: 1 Allowed answers: 26

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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: 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 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

Q6 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

Q7 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

Q8 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

Q9 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

Q10 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

Q11 If you are a FITPASS holder and participating in the GROUP X classes, did the instructor collect the Class Passes outside of the Dance Studio?

Yes [Code = 1]

No [Code = 2]

I am not a FITPASS holder. [Code = 3]

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]

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 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

Q14 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

Q15 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

Q16 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

Q17 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

Q18 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

Q19 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

Q20 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

Q21 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

Q22 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

Q23 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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Q24 Are you participating in the FITPASS Program?

Yes [Code = 1]

No [Code = 2]

Not applicable [Code = 3]

Required answers: 1 Allowed answers: 1

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Q25 Do you feel the FITPASS Program is a good value for the cost?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

Q24='Yes'

Q26 Would you be more likely to participate in "Personal Enrichment" classes (dance classes, etc.) if they were part of the FITPASS/Group X program?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

Q24='Yes'

Q27 Please provide any additional comments and suggestions about the FITPASS program:

[Code = 1] [TextBox]

Required answers: 0 Allowed answers: 1

Q24='Yes'

Q28 Gender:

Male [Code = 1]

Female [Code = 2]

Other [Code = 3]

Required answers: 1 Allowed answers: 1

Q29 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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Q29='Student'

Q30 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

Q31 Do you live on campus?

Yes [Code = 1]

No [Code = 2]

Required answers: 1 Allowed answers: 1

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Q32 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

Q31='Yes'

Q33 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]

Facebook [Code = 12]

Word of mouth [Code = 13]

Departmental e-mail notification [Code = 14]

I've taken classes in the past. [Code = 15]

Other (please specify) [Code = 16] [TextBox]

Required answers: 1 Allowed answers: 16

Q34 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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Q35 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

Q34='Yes'

Q36 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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