

Fitness Program Evaluation SP11

Description: See uploaded document for current class list. This survey will be connected to a drawing project. Please give access to Paula Ericson and Mary Bohlig.

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Page - Fitness Program Evaluation - FA11

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)

M/W/F 12:10-1:00 p.m. FAT BURNER: Pam [Code = 1]

M/W/F 1:10-2:00 p.m. YOGA for STIFF BODIES: Monica [Code = 2]

Mon. 5:30-6:20 p.m. TURBO KICK®: Bethany [Code = 3]

M/W 6:30-7:20 p.m. BODY WORKS: Tammy [Code = 4]

M/W 7:30-8:20 p.m. POWER YOGA: Tiffany [Code = 5]

T/Th 7:00-7:50 a.m. TOTAL BODY FITNESS: Natalie [Code = 6]

T/Th 8:00-8:50 a.m. WAKE UP w/YOGA: Crystal [Code = 7]

T/Th 12:30-1:00 p.m. BUTTS & GUTS: Pam [Code = 8]

T/Th 1:10-2:00 p.m. PILATES: Pam [Code = 9]

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

T/Th 4:10-5:00 p.m. R.I.P.P.E.D.®: Margaret [Code = 11]

T/Th 5:30-6:20 p.m. PILATES: Anita [Code = 12]

T/Th 6:30-7:20 p.m. STEP: Anita [Code = 13]

T/Th 6:30-7:20 p.m. FLOW YOGA: Ann [Code = 14]

Tue. 7:30-8:20 p.m. ZUMBA: Karine [Code = 15]

Wed. 5:30-6:20 p.m. HIP HOP HUSTLE®: Bethany [Code = 16]

Thur. 2:10-3:00 p.m. ZUMBA: Margaret [Code = 17]

Thur. 7:30-8:20 p.m. TURBO KICK®: Bethany [Code = 18]

Thurs. 7:40-8:30 p.m. ZUMBA @ USA WCC: Eileen [Code = 19]

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

Fri. 6:30-7:20 p.m. ZUMBA: Karine [Code = 21]

Sat. 9:10-10:00 a.m. POWER STEP: Anita [Code = 22]

Sat. 10:10-11:00 a.m. PILATES: Anita [Code = 23]

Sun. 4:10-5:00 p.m. ZUMBA: Dale [Code = 24]

Sun. 5:10-6:00 p.m. HATHA YOGA: Whitney [Code = 25]

M/W/F 7:00-7:50 a.m. CYCLING: Justin/Margaret [Code = 26]

M/W/F 8:30-9:20 a.m. CYCLING: Justin/Margaret [Code = 27]

M/W 12:10-1:00 p.m. CYCLING: Justin [Code = 28]

M/W 5:30-6:20 p.m. CYCLING: Tammy [Code = 29]

Mon. 6:30-7:20 p.m. CYCLING: Margaret [Code = 30]

T/Th 7:00-7:50 a.m. CYCLING: Crystal [Code = 31]

T/Th 12:10-1:00 p.m. CYCLING: Crystal [Code = 32]

Tue. 2:10-3:00 p.m. CYCLING: Justin [Code = 33]

T/Th 5:30-6:20 p.m. CYCLING: Cassie [Code = 34]

Wed. 6:30-7:20 p.m. CYCLING: Nina [Code = 35]

Fri. 5:30-6:20 p.m. CYCLING: Margaret [Code = 36]

Sat. 9:10-10:00 a.m. CYCLING: Heather [Code = 37]

None of the above (Go To Page 3) [Code = 38]

Required answers: 1 Allowed answers: 37

Next Page: Conditional

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

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

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

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

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