Fitness Program Evaluation

Description: Please create a new account for Paula Ericson, Campus Recreation,[Paula.Ericson@crs.utah.edu] to access this project.
Date Created: 2/9/2009 4:30:57 PM
Date Range: 2/13/2009 12:00:00 AM - 3/28/2009 11:59:00 PM

Page - 1

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 - M/W 7:30 - 8:20 a.m. *[Code = 1]*

Body Works - T/Th 7:30 - 8:20 p.m. *[Code = 2]*

Butts & Guts - M/W 12:15 - 12:45 p.m. *[Code = 3]*

Cardio Pump - Sat. 9:10 - 10:00 a.m. *[Code = 4]*

Combo Challenge - T/Th 4:10 - 5:00 p.m. *[Code = 5]*

Hip Hop - Mon. 7:30 - 8:20 p.m. *[Code = 6]*

Step It Up - T/Th 5:30 - 6:20 p.m. *[Code = 7]*

Turbo Kick - M/W 5:30 - 6:20 p.m. *[Code = 8]*

Zumba - Mon. 6:30 - 7:20 p.m. *[Code = 9]*

Zumba - Sat. 11:10 a.m. - 12:00 p.m. *[Code = 10]*

Yogalates @ USA ECC - Tue. 8:00 - 8:50 p.m. *[Code = 11]*

Zumba @ USA WCC - Wed. 8:00 - 8:50 p.m. *[Code = 12]*

Belly Dance I - Thur. 2:10 - 3:00 p.m. *[Code = 13]*

Break Dance - Wed. - 8:30 - 9:20 p.m. *[Code = 14]*

Jazz Dance - Mon. 4:10 - 5:00 p.m. *[Code = 15]*

Latin/Blrm Dance - Tue. 8:30 - 9:20 p.m. *[Code = 16]*

Pilates - T/Th 6:30 - 7:20 p.m. *[Code = 17]*

Pilates - Sat. 10:10 - 11:00 a.m. *[Code = 18]*

Modern Dance - Wed. 4:10 - 5:00 p.m. *[Code = 19]*

Yoga fusion - T/Th 1:10 - 2:00 p.m. *[Code = 20]*

Power Yoga - Mon. 8:30 - 9:40 p.m. *[Code = 21]*

Power Yoga - Fri. 9:10 - 10:00 a.m. *[Code = 22]*

Restore Yoga - Thur. 8:30 - 9:40 p.m. *[Code = 23]*

Yogalates - Wed. 7:30 - 8:20 p.m. *[Code = 24]*

None of the above *(Go To Page 3) [Code = 25]*

Required answers: 1   Allowed answers: 24

Next Page: Conditional

Page - {REFANSWER}

Question Reference: Q1 (Answer Reference)

Q2 Who was your instructor in this class?

Robin *[Code = 1]*

Tiffany *[Code = 2]*

Margaret *[Code = 3]*

Mathew *[Code = 4]*

Zahirah *[Code = 5]*

Amanda *[Code = 6]*

Emily A. (mod. dnc) *[Code = 7]*

Bethany *[Code = 8]*

Anita *[Code = 9]*

Julie *[Code = 10]*

Emily G. (zumba) *[Code = 11]*

Heather *[Code = 12]*

Brooke *[Code = 13]*

Ryan *[Code = 14]*

Jeremy *[Code = 15]*

Unsure *[Code = 16]*

Required answers: 1   Allowed answers: 1

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

Q3 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

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

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

Q11 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

Q12 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

Q13 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

Q14 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

Q15 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

Q16 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

Q17 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

Q18 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

Q19 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

Q20 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

Q21 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

Q22 Semester:

Fall [Code = 1]

Spring [Code = 2]

Summer [Code = 3]

Required answers: 1   Allowed answers: 1

Q23 Year:

2009 [Code = 1]

2010 [Code = 2]

2011 [Code = 3]

2012 [Code = 4]

2013 [Code = 5]

Required answers: 1   Allowed answers: 1

Q24 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

Next Page: Sequential

Page - 4

Q24='Student'

Q25 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

Q26 Do you live on campus?

Yes [Code = 1]

No [Code = 2]

Required answers: 1   Allowed answers: 1

Next Page: Sequential

Page - 5

Q27 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

Q26='Yes'

Q28 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

Q29 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

Q30 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
Q29='Yes'	

Q31 Would you be interested in participating in Spinning classes if they were offered through the Campus Recreation Fitness Program?	
Yes *[Code = 1]*	
No *[Code = 2]*	
Unsure *[Code = 3]*	
	Required answers: 1 Allowed answers: 1

Next Page: Sequential

Page - 7

Q32 Would you still be interested in participating in the Spinning classes if they were held in a designated section of the open cardio area in the Field House? (There will be music on the cardio floor for the spinning classes.)	
Yes *[Code = 1]*	
No *[Code = 2]*	
	Required answers: 1 Allowed answers: 1
Q31='Yes'	

Q33 Do you have an interest in working with a Campus Recreation Services Personal Trainer?	
Yes *[Code = 1]*	
No *[Code = 2]*	
Unsure *[Code = 3]*	
	Required answers: 1 Allowed answers: 1

Next Page: Sequential

Page - 8

Q34 Would you be more likely to have an interest in working with a Personal Trainer if there were a private room available for fitness assessments and training?	
Yes *[Code = 1]*	
No *[Code = 2]*	
	Required answers: 1 Allowed answers: 1
NOT Q33='Yes'	

Q35 Please share any comments or suggestions you have that would help us to improve the programs or services we offer:

[Code = 1] [TextBox]

Required answers: 0   Allowed answers: 1

Q36 Please provide any additional comments or suggestions regarding the Fitness Program classes:

[Code = 1] [TextBox]

Required answers: 0   Allowed answers: 1

Next Page: Sequential