

Fitness Program Evaluation (Summer 2012, Fall 2012, Spring 2013)

Brief description of program:

Each semester, Campus Recreation Services offers a wide range of group classes covering Cardio/Fitness, Mind/Body, Dance, TRX Suspension Training, and Instructional Classes.

Who was asked to complete survey:

All participants in the program, meaning they:

- 1) had a Fitpass,
- 2) bought a 12-punch card, or
- 3) registered for a Personal Enrichment class

Response Rates (approximate):

Summer: 41.2% (40 of 97)

Fall: 29.2% (91 of 312)

Spring: 33.6% (75 of 223)

Administration Type: Campus Labs mass mailing and link to post on website

Summary of Key Findings:

- (1) 33.9% of survey respondents were Faculty/Staff, 30.5% of survey respondents were Grad. Students
- (2) 87% of survey respondents would recommend the class/program to friends
- (3) 2.54% of survey respondents thought the quality of the class instruction was below average
- (4) 70% of survey respondents have participated in the fitness program classes in the past
- (5) Requests for more mid/early afternoon classes

Actions Taken:

- > Plan to target underclassmen with marketing for the fitness program.
- > Implement a system to evaluate instructors as they are teaching.
- > Coordinate fitness program classes with the start/end of academic classes.>

Which department and/or program goals does this program align with?

Our main program goal is to offer a wide variety of classes every day of the week in an effort to give each participant a chance to find some activity that fits their interests and schedules.

Which Student Affairs goals does this program align with?

1-(a – most relevant), (b – most relevant), (c)

6-(a), (b), (c), (d)

8-(a)