

PARTICIPANT SURVEY

1. During this 10-12 week training program, you will be trained in five areas of exercise. Please rate your current knowledge of each of these areas on a scale of 0 – 5, with 0 being no knowledge and 5 being highly knowledgeable.

Aerobic Exercise _____ 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Flexibility / Stretching _____ 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Core Strengthening _____ 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Resistance / Weight Training _____ 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Balance _____ 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

2. What sport(s), if any, do you currently participate in that you would like to get specific training for?

3. Other than overall improvement, are there any specific areas of your body that you want to concentrate on? (Example: lower back, knees)

4. Are there any areas of tight muscles that you want to learn to specific stretches for?

5. Which of the following do you think might keep you from succeeding in this program?

Lack of motivation _____

Lack of training knowledge _____

Lack of equipment at home _____

Time/schedule constraints _____

Other:

6. What additional information or knowledge do you hope to gain from this program?