

Wellness & Human Performance Center

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 training for?	participate	e in tha	t you w	ould like	e to get	specific
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 equipment at home	Lack			owledge ule con		
6.	Other						
7.	What additional information or knowledge do you hope to gain from this program?						