**SES 200 Fall 2012 Feedback**

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| You enjoyed the course |  |
| Strongly Agree | 15.385% |
| Agree | 53.846% |
| Neither Agree or Disagree | 23.077% |
| Disagree | 0% |
| Strongly Disagree | 3.846% |
| Unanswered | 3.846% |

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| You feel the course was helpful to you as a future PE teacher |  |
| Strongly Agree | 7.692% |
| Agree | 69.231% |
| Neither Agree or Disagree | 11.538% |
| Disagree | 3.846% |
| Strongly Disagree | 3.846% |
| Not Applicable | 3.846% |

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| Your Rating of the Instructor |  |
| Excellent | 23077% |
| Good | 50% |
| Average | 19.231% |
| Below Average | 7.692% |
| Horrible |  |

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| What did you like about the course? |
| |  | | --- | | * I really liked that we got to teach/see different exercise activities.  I think it really was a helpful inclusion for the course and it benefits us all going forth as educators.  I think the task sheets were good too because a lot of students in our major have no idea about weight training and the different components of it. | | * I liked how it was so broad.  We had a variety of workouts/activities that could be used in the classroom. | | * na | | * The peer teaching assignments allowed us to broaden our horizon in content for our future teachings. | | * Kevin made the class fun and I feel that I was able to learn something new every class | | * It was nice to receive emails as reminders and that we got to see our grading rubrics and exactly why we got a certain grade.  The activity peer lessons were the best part of the class: but i would not have repeated topics and often did not reflect "weights". | | * Getting to do the fitness day activities.  It was nice to be moving rather than sitting in a classroom. | | * Nothing, very repetitive to other classes taken. It was easy. The peer teaching of physical activities were cool, but some of them where questionable. | | * I liked doing the research project.  I have been looking for an excuse to learn more about the subject i chose.  I'm glad I was allowed to choose.  I also liked participating in the different group fitness classes.  I don't think i would have done so on my own. | | * I liked how it was mainly student taught and that we got to see a bunch of different ways to exercise. | | * I liked how well the instructor gave out information. All the materials we needed were always available online, and he would always send us emails letting us know what was due and when. | | * Liked teaching the group fit classes | | * The learning aspect for new things people may never have known. | | * I liked learning all of the different aerobic classes that could be used as a warm-up or activity to teach health-related concepts and skill-related concepts to students at the all levels of physical education classes | | * I liked to participate in the fitness lessons | | * Appreciate the collection of research articles and peer handouts gained through the course. This course presented a great variety of conditioning activities in an engaging way. Liked the scavenger hunt quizzes. | | * I liked the interaction part of the class and the fact that i was never bored with it. | | * I learned a lot about teaching different types of workout activities | | * It was fun going through all of the fitness lessons and even teaching a fitness lesson | | * Fitness Testing from the beginning and the end of the semester. | | * That there was different variety of material. | | * i liked how a lot of topics were touched on | | * I liked learning the lessons from the other students. This made for a fun and also interesting time. | | * I liked the fact that we were able to see different types of physical fitness that we can teach that we may not have had any previous experience with. seeing the different ways of teaching these areas was very beneficial. | | * it showed us a lot about different types of fitness activities that we can use in our future teachings | | * I liked that different types of group fitness activities were briefly covered.  It allowed for the class to learn new content that could be used in a PE curriculum. | |

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| What was not covered that you wanted to learn? |
| |  | | --- | | * na | | * I would have liked it if we did some more weight lifting activities | | * Learning how to teach weights | | * I thought there would be a lot more actual time for lifting weights and not as much research. | | * I thought this class was going to be more of a weight lifting class, rather than an exercise class. I think if there was a way to make it a half and half course that would be nice. Other than that I think most of the things I thought were gonna be covered were during the lectures. | | * I thought a little about altering workouts because of injuries would be interesting. | | * I felt like majority of the class was not even relevant to the actual weight training concepts and name that the class is designed to be.  We only did a pre/post but never practiced working towards our goals and often did not discuss anything relevant to weights in class, only fitness.  I will admit that i am not skilled at weight training and i dont feel any more prepared after this class. | | * Maybe learn about how to incorporate weight lifting in a class with games | | * n/a | | * Weight training....(The title of the Course) | | * Alternative ways to exercise. | | * I wish there were a way to show more of how a weights class would be conducted. however due to gym space and availability I realize this was not possible. | | * nothing I can think of | | * I want see how a weights class should look from the befinning to the end of a year. I would like more clear implications and connections to my development as a future pe teacher. | | * creation of a workout plan | | * the actual weight lifting. | | * Maybe learning more about teaching and lessons to do in the actual weight room. | | * I was hoping to learn more about how to actually teach weight lifting to students and to actually weight lift during class. | | * There wasnt really anything that was not covered in the class. | | * The only thing not covered that I think should be is incorporating technology into the weight training domain.  Yes we got to see things on the ipad, but it would be helpful if other things were covered such as how to use a wii console as exercise and some of the cool software they have available to use in this content area.  A lot of schools in the area use the wii fit board and kinect to get kids active in this technological generation and it would be helpful to learn about how to incorporate stuff into classes. | | * More weight lifting techniques. How to gain specific muscle where and where not | | * N/A | | * More about the lifts that are  appropriate for students to learn | | * I would have liked to learn more about spotting techniques.  I guess i figured that the course would have delt more with "weight training" concepts rather group fitness.  Perhaps a name change would help. | |

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| What did you dislike about the course? |
| |  | | --- | | * na | | * Having the same routine of research presentations on Mondays and teachings on Wednesdays got a little boring. | | * mondays seemed to be a waste of time.  the lectures were too repetitive and often did not relate to weights but things we had already learned in other ses courses such as health related fitness, exercise phys, etc. I also did not like the research papers because they seemed pointless as a whole because we spent time only to get a few suggestions of how it relates, such as heel to toe and protein, they were also dreadfully boring and hard to stay focused on. | | * the mile and a half run | | * excessive assignments | | * Seemed like a fairly boring course and maybe a little much for only being 1 credit. | | * What I disliked what also what I liked. I think this should be an alternative fitness class because it hardly focuses at all on weights and conditioning, but that doesn't mean it was a bad class I actually really enjoyed it. | | * The research project was very random and seemed to have no real impact on class learning. It could be changed so that all projecs on the same day or do a different project in general. It seemed to drag on where other things could have been taught. | |  | | * didn't learn anything about weight lifting. I don't know how to work with most of the weight lifting equipment. | | * The power points were okay to do occasionally but we seemed to do them a lot more then i would of liked. The peer in classroom assignments were okay but were not very interesting at times. | | * We didnt lift weights | | * It was repetative, did the same routine every day | | * I didn't like the out of class activities such as the research project because it is a 1 credit class.  We as physical education majors have a lot on our plate with our larger credited classes and it makes it hard to put a lot of effort into stuff for 1 credit classes.  I know it is a 200 level course but the research project is unnecessary and could simply be taught over a week by having the students go to the library and do research on an article and complete an in class assignment/s pertaining to it.  We could have taken what we learned from the lady in the library and used it in the next class to find information and fill out an assignment that asked questions about the article.  The questions could even be the same format as the project but would cut down on our time spent out of class. | | * I liked it | | * In lecture we talked about the appropriate ways to stretch before and after exercise.  Then we during the group fitness lessons there was little emphasis on the stretching after the lessons.  I wished that there had been a category on the grading rubric for incorporating a cool-down into the group fitness lessons.  I also thought that doing two of the group fitness lessons that were the same two weeks in a row was a little redundant.  They could have been spread out over the course of the semester and that would have been better. | | * There was a lot of work for a 1 credit class. | | * The presentations were not helpful | | * I did not really dislike anything about the course. I really liked how the instructor ran the class, but like I said before I just thought this was going to be more of a weight lifting class rather than exercise class. | | * How watered down it was. This course was boring and lacked challenged. | | * The presentations took to much time and weren't that interesting | | * it was a lot of work for a 1 credit class and seemed to be a lot of busy work | | * It is a one credit class and we had to have lecture, do a research paper and teach lessons.  This is supposed to be an activity class not a lecture.  I feel it was based too much on health/fitness rather than weight training and there is already a health/fitness class (SES 342).  I literally would do the activities in this class and then go straight to SES 342 and do the EXACT same things.  I have no knowledge about how to do weight training, or teach it.  That is the title of the course and yet there was NO instruction in that (only pointless fitness testing that we never worked on in between). | | * Seems like the proposed final will cover mainly material that was researched outside of class (the readings).  I wouldn't say that is fair to test on due to the fact it is never really discussed in class.  It is difficult to know exactly what content we are expected to retain if we are not discussing it during class.  Perhaps add worksheets or online quizes to help guide/encourage students to do the readings. | | * The amount of work that was needed for it. | | * I disliked the research paper. I understand the point of it just wasn't something that I enjoyed. | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * na | | * Get rid of the ready rubrics!  They are so insulting.  We are not 5.  See above about course and material I wished we covered. | | * Some of the power points were gone through too fast. I know some material seems easy to understand, but it is all important and it should be recognized that way. | | * Overall I think he did a good job teaching this class and would take another from him | | * Good job keep it up. | | * The instructor was very good and was very passionate about the course which i liked. There were very few boring moments throughout the class. I wish we would have covered more lifting techniques. | | * Organized the class very well and taught the material for understanding. | | * The research projects where unnecessary and didn't not really help students learn about relevent topics about their field. Some of the research studies were questionable and unreliable. Pointless busy work. | | * work on communication.  you often stumble over your words and spend so much time repeating yourself that as a student it feels like you are never sure of what you are talking about, even if you do. | | * the peer teachings were almost pointless as the majority of the students did not pay attention in class to the presentations or were goofing off during the fitness teachings | | * maybe focus more on the actual weight lifting part-teach students to work with the equipment in the weight room. | | * Instructor was great but i signed up to lift weights, yes we learned about them but didnt take much action. | | * I just wsnt this class to connect and tie in bit more to become a physical educator. Some examples of how to tie this in to a middle or high-school class would have helped make this class connect more holistically into the program | | * Overall I believe the course was well taught, and that it is a quality experience.  If i could change one thing I would some how incorporate the research presentation towards class participation.  For example have the students presenting write two questions on the topic they covered and submit them to the teacher.  They also will provide the answers to the questions, making sure they were covered in the presentation. The teacher can then choose from all the questions submitted to put on the final.  This will encourage the class to pay closer attention to the presentations, take notes, and show up. | | * It was a good class, instructor got feedback back quickly | | * Maybe ask the class which fitness lessons they liked and wanted to do more of instead of presentations | | * overall i felt was a good course | | * A little more creativity will capture our attention and get us engaged instead of the same routine and same thing every week. | | * N/A | | * I feel like this was a very helpful course, in the aspect that it required us to teach a lesson, which I had never done before. I really liked how well organized the instructor was, and how on top of things he was. Finally as I have already stated before I wish this had been more of a weight training class, but I guess it did help me get out of my comfort zone some. | | * I liked the course. It did help me learn what to do in and out of the weight room. I felt we were in the classroom a lot more then i would of liked or even expected. | | * More in the weight room stuff. Really liked the text book that we used | | * the course was good but could have been more experience based and less work bassed | | * Change it up a bit | | * The scientific research presentations were rather boring, and did not seem very applicable to us students as future PE professionals. | |