**SES 200 Fall 2012 Feedback**

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| You enjoyed the course |  |
| Strongly Agree | 44.44% |
| Agree | 44.44% |
| Neither Agree or Disagree | 11.11% |
| Disagree | 0% |
| Strongly Disagree | 0% |
| Unanswered | 0% |

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| You feel the course was helpful to you as a future PE teacher |  |
| Strongly Agree | 39% |
| Agree | 28% |
| Neither Agree or Disagree | 17% |
| Disagree | 0% |
| Strongly Disagree | 0% |
| Not Applicable | 11.11% |
| Unanswered | 5.6% |

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| Your Rating of the Instructor |  |
| Excellent | 61.11% |
| Good | 39% |
| Average | 0% |
| Below Average | 0% |
| Horrible | 0% |

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| What did you like about the course? |
| |  | | --- | | * The fitness testing and the goal setting portion of the class. Good way to actually see it in action in a weights and conditioning setting. | | * I personally enjoyed that we went through the motions of of to create/evaluate an exercise program by incorporating realistic goals (FITT principles). I enjoyed participating and observing others teach lessons too (gives ideas on what we could teach in our own classrooms - or find new interests). | | * fitness testing | | * Subjects were presented in a way that made it easy to see how it could be applied to physical education. I really liked the introduction to different types of group fitness. | | * I liked that it was interactive and people weren't afraid to talk or do activities. | | * The content was helpful useful | | * Instructor's enthusiasm and knowledge of the content. The task sheets and activity breaks were also enjoyable. | | * I liked the part that the professor always started with the basics.  He never presumed that everybody knew how to do the stretch or exercise already. Also that the professor was knowledgeable about the topic he was teaching.  There was a broad base of information so something for all skill levels and for all interests.  I learned a lot. | | * The many different types of workouts we did during the class. | | * I enjoyed the peer teachings and being able to learn about different types of exercises, such as yoga, the bosu ball, zumba, etc. It was a lot of fun! | | * I liked that the course was not more then it needed to be. The class taught me some interesting things about weight lifting and vital classroom lessons. I think learning about the health part of it was most beneficial to me because thing are constantly changing so it is always good to hear current research. Learning some techniques and different subjects of training such as muscle relaxation was perfect. I enjoyed this class a lot. | | * Different activities pertaining to how to teach children in a way that they can enjoy it and learn from the activities. I liked actually doing the activities that way we were able to relate the way kids would too. This helped to see what worked and what didn't to learn what we could change if we ever did the activity in the future with kids. I also liked doing the fitness lessons because it made the class fun and we all got to experience different types of exercise workouts that we may not have done on our own. | | * I really liked the set up of the course. This was much more of how to teach weights and fitness as opposed to just going out and lifting every class. Having us teach different activities in this class was an excellent learning experience. I felt that this was beneficial to us as future teachers. | | * learning  more about the stuff outside of the weight room | | * Kevin is an Expert in this field | | * Learning how the mind and body are connected. | | * I enjoyed getting to experience the peer teaching lessons, I feel like that will be helpful for myself when I become a PE teacher. | |

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| What was not covered that you wanted to learn? |
| |  | | --- | | * More in depth training on proper form for general working out, safety cues, more of the "conditioning" aspect. | | * I think that class was great so I have no comments here. | | * I feel that we covered everything related to weight training. | | * n/a | | * I would have liked to learn more about putting together workout plans for specific sports. | | * I wish we had more time to workout so that it could help reach our goals - (a four week period) so that we can see some sort of improvement in our own bodies. | | * More ways to increase aerobic fitness. | | * just different types of exercises | | * I would have liked to learn something about rock climbing since it is about conditioning and works a series of muscles. | | * More in depth on the powers of the mind. | | * There wasn’t anything more that i thought i could learn. It answered all my questions as to what this class had to offer. | | * Nothing. | | * I would have liked it to also focus a little more on coaching. I understand it is a teaching class but I think I can use most of what I learned as a coach too. | | * Nothing that I can think of at the moment. | | * N/A | |

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| What did you dislike about the course? |
| |  | | --- | | * Not enough time to work on what he set for our goals for fitness testing. | | * I thought the class was great so I have no comments here. | | * Lack of Lower body exercises covered in weight lifting section. | | * Only thing i wish we would have done is had more time for our lesson plans on the peer teaching. It was really fun and thought it would of impacted people more making them more motivated to get out and try new things. | | * I didn't really like the days when we did the task sheets. I liked the task sheets and I liked being able to have them but it was hard to share the equiptment with the rest of the rec and I felt like most of my time I was waiting around. | | * I think the amount of work required was not appropriate for the number of credits for the course.  This was much more work than a 1 credit course.  Also, I would have liked more material taught by professor rather than peers.  I did like having some days with peers.  Just one such assignment would have been enough.  I thought the focus of the textbook was primarily on becoming a coach or a P.E. instructor which didn't meet my needs or the title of the course. Less assignments so I could have focused more on the lifting part of the course. | | * Not enough time to discuss concepts | | * I personally found it a bit difficult to stay attentive during the lectures, but they do provided us with important knowledge. Not sure how we could maybe spice things up with that. At the same time, you were good at using brain breaks with the class, when you saw we needed it. | | * I wish we would have gotten the opportunity to see some of the links that were shown to us about technology, and some other the other neat websites that were shown in class. | | * It was a lot of outside work for a one credit class. | | * The research project. Also I am fairly experienced in the content and I took similar classes throughout high school so this course was a lot of review fr me personally. | | * nothing it was great | | * It would have been really great to have more time to actually workout; more of an emphasis on our own fitness. I understand there is a lot to cover in the course and not much time. | | * Powerpoints. | | * Maybe that we didn't do that much of weight training in the rec, but I can see how that wouldn't work because we don't have the entire facility just to that class. | | * not being able to lift more | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * Great instructor with lots of knowledge and cool technology ideas/implications, but fairly boring course in terms of material | | * The course was thorough and exposed me to a variety of conditioning exercises.  I enjoyed that.  The instructor was interesting and kept the class stimulating by activities such as stretches during lectures and doing a variety of exercises.  It made it fun. | | * n/a | | * Fun class. Learned different alternatives to physical activity besides weight training and running. | | * Like i already said, i enjoyed this class a lot and found it very beneficial for me. it would have been nice to lift a little more in the class. | | * Try to incorporate activities with the powerpoint lectures if possible. The brain breaks were great! | | * Good job | | * I think this course covered all that it could with the time we had. I also saw this as an introduction to strength and conditioning. I was under the impression that it was more of a teaching strength training class so maybe the name of the course should be changed. If not then maybe add more strength training to the course. I think the next time you teach this you should see who in the class is trying to be a P.E teacher and why they wanted to take the class so you might be able to teach some other things that are geared towards what they want from the class. | | * No other comments! Thanks for a good semester! It is obvious you are passionate and dedicated to what you teach, I appreciate that a lot. | | * Everything was great and class was always interesting. The teacher actually knew how to teach compared to some teachers who know the material, but aren't good at teaching the material to other people. | | * I think the set up was great and that it should not be changed. | | * Liked the class. | | * I would have liked to been able to actually lift more in class, just so that I could have had the opportunity to be taught how all the weight machines worked. | | * Instructor was great gave clear instructions good class | | * I downloaded the "My Class Schedule" app at the beginning of the year and loved that it always silenced my phone during class! * In the beginning, I was confused about the project. Maybe spreading it out into three different projects (the task sheets in class maybe) and having different partners would be beneficial. | |