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| You enjoyed the course | | | | |
| Strongly Agree | 46% | 61% | 43% | 44% |
| Agree | 39% | 17% | 52% | 39 |
| Neither Agree nor Disagree | 15% | 5% | 5% | 9% |
| Disagree | 0% | 5% | 0% | 4% |
| Strongly Disagree | 0% | 5% | 0% | 0% |
| Unanswered | 0% | 5% | 0% | 0% |

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| You feel the course helped you learn self defense techniques | | | | |
| Strongly Agree | 46% | 28% | 47% | 39% |
| Agree | 46% | 50% | 47% | 57% |
| Neither Agree nor Disagree | 8% | 6% | 5% | 4% |
| Disagree | 0% | 11% | 0% | 0% |
| Strongly Disagree | 0% | 6% | 0% | 0% |

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| Your rating of the instructor | | | | |
| Excellent | 61% | 50% | 62% | 48% |
| Good | 31% | 39% | 33% | 48% |
| Average | 8% | 11% | 5% | 4% |
| Below Average | 0% | 0% | 0% | 0% |
| Horrible | 0% | 0% | 0% | 0% |

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| What did you like about the course? |
| |  | | --- | | * I liked the involvement of the professor and how he taught the class. He gave clear instructions and demonstrated all the techniques clearly. | | * Meeting new people and it wasn’t very hard. | | * I enjoyed learning different self-defense moves. | | * Demonstrated knowledge of self-defense, had some fun days | | * I learned a lot of defense moves, feel like I can defend myself some.  The movie was fun just a lot of moves. | | * I liked all the practice we were able to do in class. I also liked the days when we played games instead of doing self-defense. I wish we had more of those. | | * i liked the moves we learned and the way we were able to do things as a class as well. | | * I enjoyed making the fight movie. | | * I liked the hands on practice. It wasn't just listening how to do the moves, but actually doing them. | | * Learned a lot of different style of moves. Found it to be very useful. | | * I liked how the course was relaxed and there was not pressure to master the skills instantly. I also liked how willing the instructor was to help students understand the concepts. The personality of the instructor was great. He was funny and easy going. | | * I learned some new moves that I might use in the future and that it was very laid back. Getting to choose the partners we worked with throughout the class and for the film too. You didn't make us do all of the moves if we weren't comfortable doing them.  |  | | --- | | * I liked the fight video at the end | | * I really enjoyed the style of the course. I liked that we were able to practice the moves right after we were taught. It was a lot of fun. | | * The wide range of techniques | | * I enjoyed the material and the instruction was very clear. The instructor was always helpful and approachable. | | * It was a good course to learn new skills in, and didn't have much out of class work. | | * It was very fun and hands on. | | * keeps you active, it’s fun to learn moves | | * I liked that he made everyone get involved, and not one person dominated the class all semester.  He also showed the moves and performed them very well, and explaining that everyone is at different levels.  He was a great teacher and really took into account everyone’s thoughts. | | * It was a more laid back and fun way of learning the material. | | * The pace at which we learned the material was slow enough to learn for everyone. | | * I enjoyed learning the techniques and practicing them. The instructor was very personable which made the class a lot of fun! | | * There was a lot of moves that we were exposed to. There was ample time to practice all of them. | | * I felt that it was a good environment and I learned a few moves. I especially had fun with the final project. | | * This was a fun class. The atmosphere was really easy going. Also, it was interesting to learn so many different defense skills. | | * I liked the group project! | | * I liked that the class was not any harder than it needed to be. | | * I liked how we learned all types of moves  how we got to create our own movies and that we got to practice the moves everyday | | * It was a good activity course and I actually think I learned a good amount of skills that I can apply in the real world. The skill demos and feedback were really good, I liked that you went around and helped people with technique. I'm a very visual learner so seeing demos multiple times was really helpful.  |  | | --- | | * It was fun. | | * The hands-on way of teaching | | * I liked the constant interaction and attention to detail that he had with all the students | | * Energetic during the classes | | * I liked the setup and how we learned each move at a slow pace.  I also liked the fun activity days because it is a nice break.  I also liked the structure and the organization of the course. | | * The material seemed easy to learn because of the way Kevin broke down the moves. I liked that the material was evenly spread out over the semester. Mostly the instructor was what made this course. | | * I liked the basic outline of the course. Going over the moves that are all grouped together was nice. | | * I liked that it was fun and it was hands on, it broke up the boring classes | | * Learning self-defense moves, ice breakers | | * I like how we did the movie. It's a great idea for future classes because it challenges the students what they have learned in this class and also it lets students be creative. | | * Learning all new content and making the assignments fun, fight movie was fun! | | * all the new moves i learned | | * My friends are in it and it was fun. | | * Kevin brought a lot of real-world experience to the class - he was able to describe when a certain move would work in a fight and when certain ones would not, which upped his credibility. The class was an interesting mix of students from many different majors, which created a fairly comfortable environment since everyone seemed to be on the same level skill-wise. The fight video assignment was a great, fun way to put together everything we learned together in the course, and a great choice for a final. | | * The movie, great authentic assessment. | | * It was a good experience and gave you real life knowledge on how to defend yourself. | | * I liked learning the different moves.  It was nice to see how the moves are suppose to be done and I could base what to do on the demonstration.  I would have liked to have learned more moves. | | * I liked how the professor demonstrated every move. I also like when you asked him questions he knew almost every answer to the question. | | * I liked that it was a really safe environment and the professor was professional, yet approachable. | | * I loved that it was interactive, instead of sitting around and listening to someone tell us about the moves we got to see them and then practice them with feedback. I also liked that the project at the end was interactive and showed exactly what we had learned and it was fun. | | * The instructor was very very knowledgeable and knew all the moves and could perform them very well. He was also fun, kind, and just an all-around good person to be around. Nice having profs like that.  |  | | --- | | * I liked the interaction with the teacher.  I was able to see what was expected of me and then practice on my own.  The teacher was very approachable and made sure that we were making the moves correctly. | | * I liked learning helpful and useful self-defense techniques. The instructor knows about the techniques well, so his explanation was easy for me to understand. | | * I liked making friends and having fun. We goofed off a little, but we also learned important tactics that could help us one day. | | * I liked that we got to learn self-defense moves and had team bonding among out classmates. | | * I liked the games days mixed in with the self-defense technique learning days. | | * I enjoyed learning the skills that we learned, and also being able to have some activity days and times to work with our groups. | | * I really loved the teamwork days, they were a lot of fun. | | * For me, I enjoyed demonstrating with the instructor so that I could have extra practice. I also thought that the techniques were effective and up to date with the current techniques. | | * I liked learning new defense moves and proper technique. | | * Learning self defense | | * I thought the instructor was really cool and knowledgeable. I also enjoyed the people in the class. I liked that it wasn’t too intense or pushing and didn’t require us to do things we weren't comfortable with. | | * It was very helpful, and when I or my partner did not understand something there was always help. | | * practical approach | | * I liked the interactions! Overall I had a lot of fun and I am really glad I took this class. | | * I liked that I had fun in the class and that I feel safer walking around at night. | | * I liked that we were able to learn defensive techniques and apply it. | | * I liked the experience and the real life practices we had with our partners. | | * I liked learning the strikes and kicks | | * I liked that we got time to practice the moves with partners that we felt comfortable with.  I enjoyed using the moves to create a movie. | | * I enjoyed learning self-defense techniques. I am now more confident about my ability to defend myself, along with my family members and friends. | | * I like practicing the moves. | | * I like learning all of the different self-defense moves. | | | | |

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| What did you dislike about the course? |
| |  | | --- | | * I didn't really dislike anything. | | * The amount of time we had to put together our films was not enough. | | * The early time. | | * I did not dislike anything about the course. I loved learning about self-defense. | | * Too many moves to show in the movie. | | * Nothing | | * We had a large group for the film so it took a while to get all of the filming done and had a hard time making sure everyone got a total of 20 moves. | | * just the different technique and teaching style, just because i took martial arts (tae kwondo) for 7 years | | * Film is just a filler of class time | | * I do not think that the fight movie was a good way to end the course. I do not feel that it showed a valid representation of what we had learned in the class. I think that it would be benefit students if there was more fight scenarios that were not scripted, that we we could practice counters and moves from our mind instead of from a script. I think that would help in real life scenarios. | | * Making the fight movies was difficult because group members were missing a lot. Maybe starting earlier would help.  |  | | --- | | * We didn't have as much time as I would have liked to make the fight movies, but they were still fun to make and to watch. | | * Nothing really it was a fun class | | * Making the fight movies. | | * None | | * The momentum of the class kind of slowed right before we got to work on our projects. | | * I didn't like that the course was only 50 mins long. I felt like 50 minutes two times a week was not enough time to really practice the material. | | * Learned techniques a little too fast. they were kind of sloppy | | * I just thought the final project would have been a lot easier in smaller groups, but otherwise, the class was interesting and I learned a lot.  It also might have helped to work on combinations of skills more than just individual skills repeatedly.  It's a little harder to apply what I learn when I just see things individually. | | * I was not a huge fan of the fight movie. I think I would have enjoyed spending more time learning and practicing moves like in a traditional self-defense class. | | * I thought the course pace was too fast. It was hard to learn more difficult moves when we only had a few minutes to understand them and then we moved on. That was difficult for me. It was too much to learn in not enough time. | | * more time for the movie would be nice | | * By the middle of the semester it was a little boring because we had learned everything and were just practicing. | | * I felt like you went through the moves too fast. Half the time I didn't even get to try it out, because it took me and my partner the whole time to figure out the move on our own. I needed more practice for retention, which would have made the last project move a bit faster. | | * Just a little more time to work on the movie could have been nice | | * I didn't like how we didn't get to practice as much as I would have liked. | | * It was tedious. It wasn't what I expected before entering the class. It was dragged out.  |  | | --- | | * Some days class was really mundane and boring when we reviewed moves | | * learning the triangle choke | | * Sometimes it felt a bit repetitive. I understand that the moves won’t get learned unless we practice but sometimes this could be redundant. | | * how boring some days were | | * The length. The course could be done in half a semester. | | * The sanitation of the mats | | * It was a little repetitive and sometimes the moves were really hard to practice because we either weren't able to do them at full speed and it was hard to see exactly what we needed to do. | | * Did not learn any sweet moves | | * Not fully understanding or remembering moves | | * I disliked the fact that the entire course was centralized on man v. man defense. It would help a little if there were ways a girl could adjust all the moves to compensate for size differences. | | * I didn't like that we had to film the movie. I think it would have been better if we acted it out live. Then we could have more time to think about the choreography and then have more time to have fun and show off the skits. The video made it sorta stressful, in the way we had to hurry at the end of the semester. | | * I really do not have any dislikes about this course everything was exactly what I expected and I feel like I learned so much in these few weeks during this semester. | | * The pace of the course was very fast which was understandable considering the sheer number of moves we had to learn in such a short period of time. Maybe decreasing the number of moves and focusing on mastering them would probably help for future classes. Including more group-work (not so much one-on-one time, since Kevin can't be helping everyone at once) would be helpful, too. | | * Not a big fan of group work.  If I had the choice to work alone I would have.  It's nothing against the professor or the students by I don't like having to rely on others for a grade or something important.  I like to get things done and on time.  It's a little bit hard to do when group members don't show or help each other. | | * I liked everything about this course everything was great with it. Even though you had those days where you didn’t want to go he made it fun and made it seem like you wanted to be there. | | * Not as much practice time | | * As students, we were treated as though we were in elementary school | | * T | | * there were many techniques that I would never even think about doing in a real life fight  |  | | --- | | * The video at the end | | * For a while it felt like I was stuck in a rut with the same partner whom I did not want to pair with. There are a couple of moves (particularly ground chokes/ counters) that I was uncomfortable preforming with a person of the opposite sex and because of that it was hard for me to want to come to class some days. If you asked us to partner with someone we hadn't yet, it might have been a different story and I could have avoided having a boy who was practically a stranger, put his head in my crotch. | | * I did not like the disorganization of the movie, for my group it just felt like it was very go through the motions and not that fun as a group project. | | * I have forgotten a lot of moves by the time we had to choreograph the moves for the movie. Maybe stretch the movie phase (start earlier) but then have a revision class in between. | | * I wish we would have focused more on the technique but we obviously did not have a lot of time! | | * Although film is fun, I overall dislike group projects. Even though they were nice people I felt like I was having to do most of the work or try too hard to get my group members to participate. I would have preferred partners for the fight movie rather than groups. | | * I felt like when we were given the time to practice the moves, we sometimes did not have enough time to get through all the moves demonstrated.  Also, it was difficult at times to see what the instructor was demonstrating.  I also disliked the short time that was given for our movie. I did not feel that we were given adequate time.  It would have been nice to have a little bit more time, especially since our semester was cut short with our instructor being ill at the beginning and cancelling class and then the conference that he had.  I think that I probably would not have felt rushed to complete the video if those two events did not occur. I am guessing that does not happen every semester :) | | * How short it was. | | * The movie thing was weird... | | * Sometimes it became repetitive. | | * I would've liked a little more time to work on the movie, it just felt kind of rushed. | | * I did not really like the final.  It was more complicated than I had thought but it went well. | | * The final movie project | | * The video at the end of the class and that we didn't have the option to do a written test. | | * I dislike some of the group mates and not doing their share and taking part in the making of the movies | | * I didn't really dislike anything but just what you mentioned today about maybe having more review days. | | * More time practicing the techniques would make us better at executing each technique. | | * The project at the end was somewhat fun, but was kind of a pain to do. It was tough to make choreography and plan/film everything. The themes were hard to portrait, and the requirements of certain moves was hard to meet. I don't really feel like it helped show or portrait what I learned in the class. | | * I believe what I disliked about this course were the fighting video because of the format for selecting the different techniques, and the coordination issues that develop as a consequence of not discussing fighting techniques that are used throughout the film. * Another aspect I disliked was the lack of a stretching session before beginning class. I believe a short stretching session would have assisted many of us with practicing self-defense better. | | * Going through the course material was fast and easy allowing for a little too much free time. | | * Maybe I wanted to learn more techniques instead of making a movie. | | * All the practice days. | | | | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * More practice on moves | | * Not be so strict with the late policy especially with valid reasons for being late. And you could revise the final assignment with either less people per group or less moves for time crunch purposes. | | * More practicing of the moves. | | * n/a | | * Maybe start making the fight movies a week sooner. I felt like we were really rushed to finish on time and group members were often missing which delayed our process quite a bit. | | * Maybe more ideas on when the moves would be practical. Like when would you need them. | | * Not enough time to film,  skills binder was in a weird order | | * Thank you to Kevin for teaching the class and making learning self-defense enjoyable. | | * Knew what he was talking about and personable. Break each move down into steps and explained. | | * I think that overall the course was fun and entertaining. I have learned a lot this semester. | | * Did a great job teaching the course. | | * Make sure everyone is engaged in what we are doing for the day. Maybe do a few more team building days.  |  | | --- | | * Overall, I would rate this class as a positive experience and a great learning opportunity. I would recommend it to friends. | | * I really enjoyed the class as a whole. It was out of my comfort zone and I am glad that I took it. The instructor was nice and helpful and I really do feel like I learned a lot while still having fun. | | * No it is a fun course. | | * See question 5. Really, it's just figuring out a good pace for the class. | | * Good teaching of techniques | | * The course was good for learning basic techniques. Many of the moves were extremely impractical for application. I think it should be more geared towards real life situations where you learn to defend a specific context, such as disarming a weapon, combo moves, fighting more than one person at once, and immobilizing an attacker.  The application of these moves won't likely occur in a 'normal' fight because of their complexities. Especially the ground moves and various headlocks, etc. I think it would keep people more engaged to have a specific context to apply knowledge to and when to recognize what moves would be most effective. | | * I liked that you broke up some of the skill practice with a few days of other activities. It helped everyone get to know each other a little better and kept from too much monotony. It would have been nice to go outside for activities on a few nicer days, but it is understandable that we didn't because the weather was so unpredictable. | | * I did not like taking points away from me because I am on the basketball team.  I understand he has rules, but I could not help it if I could not be at a class.  I showed that I don’t miss class by being at everyone single one I could attend. | | * I don't know how else you would teach self-defense, but the instructor knew what he was doing and made it fun. | | * I feel like more practice would be better so the students could get better at technique | | * It needs to be more realistic. This class should at least begin to prepare students to understand what it means to defend their lives. The whole point of self-defense is to learn how to defend yourself. With that in mind, instructors should actually try and stress students out so that they get a general just of how to react under pressure and respond with skill. | | * Kevin is a pretty cool dude and I would take other classes of his if they were offered! | | * Start the movie prep earlier and have us practice while we do it | | * He knew a lot about self-defense and demonstrated/explained well.  I am able to throw people over my shoulder who are much larger than me :) * Like I said above, it might help to do more with combinations of moves rather than so much review, but overall I learned a lot. | | * N/A | | * The instructor was always willing to help students during class, and had a really great attitude.  |  | | --- | | * I think either more time for the video or making it a skit instead. The room was falling apart and that gym needs to either be fixed or closed down. Overall, Kevin was a great instructor and was also very knowledgeable. | | * Instructor was rad. | | * It was a well-structured course. | | * Fight movies are not the best way of assessing students. A live-action assessment would be easier, and would require much less unnecessary planning | | * the location could be better, more realistic moves | | * This was an awesome course, and a great "break" in my day where I could be physically active instead of sitting in a chair all day. I enjoyed meeting new people and would recommend this course to pretty much any student. | | * I really liked the class, the only thing I would like to see would be more structure to the fight movie, or maybe just a scene that would be acted out in class instead of the video. | | * The course was fun, and the instructor was great.  Always making sure we understood the moves and giving feedback when needed.  Never seemed like it was bothersome and was always willing to help when needed. | | * I think a little more time to complete the video would be nice. Our group felt rushed to get it done. Also suggest to groups that they write down the moves in the template to turn in will be helpful so that they don’t have to go back through the movies to see everything. | | * Maybe throughout the course you should have fight scenes already made * to review moves | | * solid course | | * Good beginning self-defense class! | | * Nothing could be better everything was great about this course. | | * I really enjoyed this class. The instructor was very knowledgeable and I learned a great deal from him.  I would have liked to learn even more moves and had more time to practice them all. | | * N/A | | * I overall really liked the course | | * A little more choreography practice could have helped because it was really hard to put moves together and know how they would flow. | | * Great teamwork exercises, and made it fun to learn all of the moves and make fight movies.  |  | | --- | | * The class could be longer and the instructor should be more confident. | | * More review | | * It wasn't fair that the instructor punished some students when they cursed but allowed others to do it all the time.  I also think that there should be less day to work on the video so that people would have gotten their stuff together faster. | | * A little more practice,  throughout the semester | | * The instructor was knowledgeable in self-defense and the techniques, etc. * The only other comment I have is to have more time to create the movie for the next students that take this course. | | * I would really have liked to learn moves to defend from someone using a weapon on me. | | * I really enjoyed the class it was fun and I learned a lot! | | * I loved how you helped us one on one but maybe help more. | | * Having us do sequence punching and other moves like it's a karate class a few times during the semester would be fun! | | * Instead of doing a video for the final project, I would suggest doing some kind sparring activity to make us work harder at actually executing techniques in an environment that simulates more realistic circumstances. | | * Maybe you could have the students actually "spar" with someone more experienced that way they got some actual fight experience. That way they knew how to react and how they naturally react when put into that situation. Also maybe do a daily warm-up/ strength training, because in actual life the person that you are sparring with isn't going to comply and let you toss them around, you need some physical strength to do that. Also it would make the class more of an athletic class, and actually give the students some kind of work-out / physical activity. Also on that note maybe try to get the students to learn how to fight faster in actual speed that way they are used to it, and it makes it a more vigorous course. | | * More activity days, because it takes away from the monotony. Make sure correct form of move is emphasized and taught. | | * I would like to go over the mental aspect of a fight rather than just doing the physical. | | * Good job Kevin. * Maybe you could like pad someone up all the way to that a person could practice the full moves on them....just an idea! | | * Thank you for teaching in the class. I really enjoyed learning all the techniques! | | * I had a lot of fun this semester and am happy that I took the course. I do wish there was a little more of an athletic component to it because I would have liked to have gotten exercise. * Thank you for a fun semester! Have a good summer! | | * As mentioned above, I believe a short stretching session before self-defense techniques are taught would be a beneficial addition to the course's setup. | | * The instructor was very good.  He did a great job teaching us the needed skills in a very easy going manner. | | * I enjoyed the "external" sessions where we did not practiced self-defense but had to solve a problem as a group. | | * It was all good :) | | | | |