

PERSONAL TRAINING EVALUATION - SUMMARY JULY/ AUGUST 2012

Please complete this evaluation form

Information gained from this evaluation will be used to strengthen our School and Programme, with the end result being to help your learning in the future.

Please rate the following questions by circling the appropriate number. We appreciate any comments you wish to make.

5 = Excellent, 1 = Very poor, N/A = Not applicable

TUTOR EVALUATION

	Very Poor			Excellent		
Broni McSweeney						
Overall	1	2	3	4 (1)	5 (26)	N/A
Preparation and organisation	1	2	3	4 (2)	5 (25)	N/A
Presentation and delivery (style & communication)	1	2	3	4 (1)	5 (26)	N/A
Enthusiasm and motivation	1	2	3	4 (1)	5 (26)	N/A
Approachable and helpful	1	2	3	4 (1)	5 (26)	N/A
Subject knowledge	1	2	3	4 (1)	5 (26)	N/A

Comments and improvements

So energetic and fun to be around.

From all 4 papers, the most interesting subject/tutorial and by far the most enthusiastic, personable and interesting teacher. I didn't zone out once or find any information hard to absorb.

Enthusiasm plus – love her presentation style

Absolutely wonderful – makes a potentially boring topic very interesting and fun. So engaging and inspiring.

Broni is Fab – love her style of teaching ☺

Interesting

Very motivating – would have liked to touch on Tax – GST components of 'business'

Broni is great, and has such a vast subject knowledge

She is very nice and good sense of humour. Way of teaching is excellent

Best person ever

Gives a whole new meaning to term "Enthusiastic"! Brilliant

Awesome enthusiasm

She is AMAZE-BALLS!!

Great presenter; should have more time in example workouts with Broni too

Fantastic, such energy!

Made business fun! WOWEE ☺

Awesome Teacher

Which topics did you enjoy the most and why? (Please explain)

Stacey's circuit/group training stuff

Bryce Hastings – easy to understand, awesome information

Nutrition – interested in this

Business of PT x 4 - overall & Broni was great/brilliant lecturer

Rehab and PNF Partner stretching – although there was not enough time allocated to this session.

Business – cause it was Broni

Rehab – so relevant to myself and current clients

Day four (rehab)– Important information and could put into practice with friends

Rehabilitation – the way Bryce taught and a new understanding of how the body works.

Business of PT's, programming. Informative, need to know stuff, enjoyable. most relevant to life and situation

Rehab – outside of the standard weight loss criteria

Periodization & advance programming, building on and application of what we had learnt

I don't know

Rehab, injuries, PNF – very useful and practical sessions

Stacey – PT Skills

Broni – Good way of keeping you focused

Rehabilitation, PNF stretching, Personal training tools – PTT was great to demonstrate classes to us

Weight/fat loss – weightlifting – PT tools – Rehab

Fat loss

PT

Business, stuff, PT exercises and mobil PT

Business of PT probably, because I'm just starting out. Rehab of joints also v. useful and informative

Stacey's circuits – great fun

I enjoyed Stacey's practical sessions as I can apply them immediately with groups, Broni was also very helpful and challenging

Stacey's and Bryce's sessions – practical, fun, informative and practical sessions with Broni

Physio, business, practical, Advance testing

Business of PT – Broni delivered exceptionally, made me motivated

PT Tools – liked doing circuit stuff, being creative

Business of PT

Weight lifting and spotting

Have you found the course material helpful? (Please circle)

Yes x 26

No

Comments and improvements

Maybe more relevant info

And new

More gym time and going through exercises

Could of had more on the programming – periodisation

Experience in industry

Yes. Some of it was confusing, but maybe this was intended to make us think things through

Did the course meet your expectations? (Please circle)

No expectations
expectations x 6

Below expectations 1

Met expectations x20

Exceeded

Comments and improvements

Day 3 was not useful to me personally – I could have done most of it via the handbook myself as revision

Add new content

Would have liked more discussion on periodisation in the 3rd W/E, after having had a go at it at home.

Not feeling confident about the coursework at this point. Really need the seminars.

Some topics are so brief. More on setting? Up business would be helpful

Any other comments you wish to make, or areas of improvement with regard to the course; course structure, class dynamics, workload, lecturers, etc?

Would have been cool to see a mockup of what was expected for the exam. Just to see the layout. Fun Lecturer.

Easy to lose motivation on the course without the continuity of lectured (Seth & Sam) that you get accustomed to.

Possibly optional tutorials weekly (one night) to ask any questions and study group?

Would be much better having tutorial earlier on to ask ques. about case study and ensure we are on track. Need the lecturers in the country to be able to bounce ideas off.

Wanted to learn more ways to use different equipment within the gym environment.

Add photos of lecturers to this.

Didn't feel I learnt a lot more or the same content from other papers was extended. Assignment – periodization lectures were rushed.

Learn about 'new' exercises etc, things that give you the edge over other PTs

The full on theory days need to be broken up with something practical. Tutors who present more than just what's in the notes (Broni) were most beneficial.

Rehab stuff is hard but good

I think there should have been more time/guidance on Periodisation considering it's such a huge component of mark.

More practical sessions, lecturers encouraging students to set up. It's hard to sit for so long

Are you working in the industry? Yes x10

No x14

Not yet x 2

If yes please provide your organisation and position:

Outlook for life – Part time receptionist and Group fitness instructor

Fitness club – Assistant manager

Fitness 24/7, Airport Oasis Body pump Instructor

Mobile PT, own studio, boot camp senior instructor, own boot camp, HR and location Manager

Les Mills x 2

Crossfit Auckland – coach

Boot camp instructor – REAB x 2

Not yet – soon!

Do you have a current First Aid Certificate? Yes x10 No x15

If no please contact the AUT Sport and Fitness Centre for more information

Pending

164 + 1642 completed. 1640 next weekend

Will get one

Additional Questions to Assist AUT in Future Improvements

As a student, what attracted you to study our Fitness Instruction/Personal Training Short Courses at AUT?

Comments from my Nutritionist stating this was the best one to do.

People in fitness industry rate AUT very well – many say it is the best course

Heard was the best – word of mouth

Part time study while still able to work as usual

Was at weekends.

Reputable organisation. X 2

Recommendation x 2

Their reputation in the fitness industry and convenient timing – weekends etc.

Only Campus that did the PT course

Recommended by fitness professional, chose because of weekend courses

BLAH

Referrals from other personal trainers X 2

I want to help others achieve the goals I had myself

Good environment, nice group of people are working here

All good

Nearest one to where I live x 2

I've studied @ AUT before and like it; also is industry accredited when I checked and location

The fact I could fit it around my job. Wish it was covered by a student loan for course fees

Talked about it with other trainers, said AUT was the best place to go

Studied at AUT previously

Professional

Local and hours suited

Would you attend further short courses or workshops at AUT? Yes x21 No

If yes, please circle topics that would interest you or write specifics in the space below.

Older Adults x2

Weight Management x16

Plyometrics x11

Neuroscience of Personal Training x12

Pre and Post Natal x8

Lifestyle Diseases and Medical Conditions x3

Core Stability x16

Injury Prevention x10

Injury Rehabilitation x12

Olympic Lifting Techniques x11

Woman's fitness
Sport specific stuff
Nutrition

Would you recommend AUT short courses to your friends, family and work colleagues?

Please explain why/why not?

Yes x8

Yes because it is awesome

Yes – mostly because the lecturers are great and helpful and nurturing, encouraging etc, for the stresses that go with this type of study and keeping full time jobs and families etc.

Yes – generally good staff. Great facilities. Local.

Yes as it was easy enrolment process. Up to date information/studies.

Yes, great facilities, Tutors

Yes – reputation and convenience

Yes – good lectures, facilities, timing etc.

Yup- because they are cool

Yes, great content and lecturers

Yes as they are generally well structured with lecturers in the industry (big plus)

Yes – short and easy

Yes, due to professional attitude of staff and content

Yes – pitched at a group level

Yes because I like the learning environment here.

Yes. Workload is high and hard, but can get results quick

Yes – covers a lot and the teachers are very good

Do you feel well-informed about the Fitness Industry now that you have completed this course?

Please explain why/why not?

Yes x5

Yes but a bit overwhelmed by all the info & some things we have learnt (i.e. anatomy)

Yes but practical application will be another challenge

Not really. This is only an introductory paper and there is so much more to know. This is only a brief overview really.

Yes I feel much more confident in exercise prescription/instruction

No, always changing.

Absolutely, armed with the knowledge to change people's lives 😊

It topped up my current level of knowledge and gave me more ideas for my business

Yes, in depth for fitness instruction, shallow on a broad range of topics for PT, but still good.

Almost

Yes. Broni's lectures covered this well

I feel it is helpful once you already have knowledge, not for some ppl with no experience

Yes – just need lots of experience

Yes on a start. I feel there's lots more to learn

Would like to shadow someone in the industry to gain experience and confidence

Semi

Feel informed. Still nervous on the next step

Yes and no. I have the knowledge, but where to start finding a job? Will I get trained further at a club?

Scary!

Yes, however, still don't feel completely prepared. After the final exam I may feel more prepared

Are there any further ideas/suggestions you have which you feel may contribute to making this course better in the future?

NB: Add headshots of tutors to this feedback form so we remember who they are! X 2

More hands on work with actual clients, knowing how to programme for people who don't have perfect form, joint stability/mobility etc. Too much content assumes people are 'healthy' and able to undertake any or most types of training and exercises.

More controlled question and answer time for exam prep/review. As everyone has questions, wants to ask at once.

More tutorials and workshops.

No

N/A

Experience needed for this industry

None really

Much of the 'book learning' could be achieved at home as an online course, and then meet for seminars/discussion. Would open up the course to others further afield.

Practical sessions need to her of course.

I don't see how so little weighting is applies to the written exam, when we spent so much class time on that content.

Subway open on Sundays

More involvement as a group – e.g. so we can share ideas in future, set up facebook page etc, so we have support.

Maybe placements? Get an idea of what to expect when we leave?

Thank you for your comments.