

SCHOOL OF SPORT & RECREATION
**515410/01 FITNESS ASSESSMENT &
 COUNSELLING
 PAPER EVALUATION 2014**



Please complete this evaluation form
 Information gained from this evaluation will be used to strengthen the 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.
 1 = Very poor, 5 = Excellent, N/A = Not applicable

TUTOR EVALUATION

| | Very Poor | | | Excellent | | |
|---|-----------|---|---|-----------|-------|-----|
| <i>Broni McSweeney</i> | | | | | | |
| Overall | 1 | 2 | 3 | 4(4) | 5(38) | N/A |
| Preparation and organisation | 1 | 2 | 3 | 4(3) | 5(39) | N/A |
| Presentation and delivery (style & communication) | 1 | 2 | 3 | 4(3) | 5(39) | N/A |
| Enthusiasm and motivation | 1 | 2 | 3 | 4(4) | 5(38) | N/A |
| Approachable and helpful | 1 | 2 | 3 | 4(5) | 5(37) | N/A |
| Subject knowledge | 1 | 2 | 3 | 4(4) | 5(38) | N/A |

Comments and improvements: _

- Lovely lady
- By far the best speaker
- Good energy, motivating and is really easy to understand
- Was very cool class, enjoyed her style of teaching
- Loved her
- Awesome experience very energetic and enthusiastic
- Made it fun and enjoyable. Great teacher
- Awesome to get a new perspective, great
- Best Lady
- Awesome, full of Life and made boring stuff very interesting
- Awesome Lady
- She is awesome very enthusiastic
- Awesome
- Brilliant lady was very inspiring and interesting_

PAPER CONTENT EVALUATION

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

All topics (6x)

- Expect lifestyle

Practical parts (5x)

- Enjoyed practical's

Body composition (3x)

- Something I wanted to learn.
- Interesting topic.

Posture (7x)

- Enjoyed learning about posture and what it means and how we can fix it.
- Bad issue with posture growing up.

Practical anaerobic testing (3x)

- Learned how the running and VO2 max testing felt on my client.
- Good to know how client feels.
- Understand how it feels.

Exercise testing

- Understanding concepts and how to do them.

Strength tests (1x)

- It was interesting.

Exercise motivation and adherence (4x)

- Interested in customer service.
- Keen to learn more positive exercise psychology

Floor walking (1x)

- Interesting topic.

Assessments both Muscle and Cardio

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

Yes(41)

No

Comments and improvements:

This is simple and easy to read.

Towards the Certificate yes, very.

I felt I haven't had nearly enough.

Slides available on AUTonline.

Did the paper meet your expectations? (Please circle)

No expectations(1)

Below expectations(1)

Met expectations(29)

Exceeded expectations(9)

Comments and improvements:

Harder to concentrate on Matt's topic as it was in time block between different subjects – different relationships.

I felt that out of all the courses this one not as good.

Would enjoyed more about counselling

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

Fast-paced so a lot of knowledge in one go. Students are good support also. Need good tutors and this course has great tutors.

I felt that my time could have been better spent doing other topics rather than running. I understand that you need to experience these things but as most of us are physically doing these things this is not necessary.

Change bulb in projector.(6x)

I have been very impressed with this paper, everything has been well-balanced and laid out. All weekend is easy to understand and go home and study. The banter between lecturers is FANTASTIC! And keeps the class engaged and awake.

The projector is too light.(6x)

Greater thought to chapter times throughout the day ie activity/running after lunch not a good idea