Questionnaire

IRB REFERENCE NUMBER: 2008K610

Please answer each question by filling in the blank space or marking the option that corresponds to you.

1. What is your age in years? \_\_\_\_\_\_\_
2. What is your ethnicity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Gender: male \_\_ female \_\_
4. What is your highest level of education completed?

Less than high school \_\_\_

High school diploma \_\_\_

GED completed \_\_\_

Some college \_\_\_

College graduate \_\_\_

Graduate school \_\_\_ If so, what is your highest degree earned? ­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. My approximate household income is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. The university building/facility that I work in is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do you have any health condition(s) that may impede you from engaging in physical exercise?

Yes \_\_\_

No \_\_\_

If you answered yes to the previous question, list the health condition(s) below.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is your weight? \_\_\_\_\_ pounds
2. What is your height? \_\_\_\_\_ feet \_\_\_\_\_ inches
3. On average, how many periods of exercise did you manage during the past three weeks?

\_\_\_None

\_\_\_Days per week

Are you familiar with the Total Wellness group physical exercise program?

Yes \_\_\_

No \_\_\_

**If you answered yes to the previous question, please answer only the following questions 1-24 from Section A. If you answered no, please skip section A and only answer the following questions 25-48 from section B.**

**Section A**

Instructions: The following questions use rating scales with 7 places. Please circle the number that best describes your opinion.

For example, if you were asked to rate “The weather in San Marcos” on this scale, the 7 places should be interpreted as follows:

The Weather in San Marcos is:

good :\_\_\_\_\_1\_\_\_\_:\_\_\_\_\_2\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_\_\_6\_\_\_\_:\_\_\_\_\_7\_\_\_\_: bad

extremely quite slightly neither slightly quite extremely

If you think the weather in San Marcos is extremely good, then you would circle the *number 1*, as follows:

The Weather in San Marcos is:

good :\_\_\_1 \_\_\_:\_\_\_\_2\_\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_\_\_6\_\_\_\_:\_\_\_\_\_7\_\_\_\_: bad

If you think the weather in San Marcos is quite bad, then you would circle the *number 6*, as follows.

The Weather in San Marcos is:

good :\_\_\_\_1\_\_\_\_\_:\_\_\_\_\_2\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_6 \_\_\_:\_\_\_\_7\_\_\_\_\_: bad

In making your ratings, please remember the following points:

\* Never circle more than one number on a single scale.

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

interesting :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: boring

1. I am confident that I have enough time to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I expect to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly agree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly disagree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

worthless :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: valuable

1. Most people who are important to me think that

I should :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: I should not

participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

useless :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: useful

1. I am confident that I have the financial resources to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of the semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I intend to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

Strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

good :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: bad

1. Even if I really want to, there are a number of factors that impede me from participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. My family and friends expect me to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

important :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: unimportant

1. Whether I participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is entirely up to me.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I want to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly agree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly disagree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

unenjoyable :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: enjoyable

1. For me to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

easy :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: difficult

1. I feel under social pressure to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

harmful :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: beneficial

1. I am confident that I could participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester is/would be

pleasant :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: unpleasant

1. I am confident that I am physically capable of participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. What factors or circumstances make it easier or possible for you to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?
2. What factors or circumstances make it difficult or impossible for you to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?
3. Are there any other issues that come to mind when you think about participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?

**Section B**

Instructions: The following questions use rating scales with 7 places. Please circle the number that best describes your opinion.

For example, if you were asked to rate “The weather in San Marcos” on this scale, the 7 places should be interpreted as follows:

The Weather in San Marcos is:

good :\_\_\_\_\_1\_\_\_\_:\_\_\_\_\_2\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_\_\_6\_\_\_\_:\_\_\_\_\_7\_\_\_\_: bad

extremely quite slightly neither slightly quite extremely

If you think the weather in San Marcos is extremely good, then you would circle the *number 1*, as follows:

The Weather in San Marcos is:

good :\_\_\_1 \_\_\_:\_\_\_\_2\_\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_\_\_6\_\_\_\_:\_\_\_\_\_7\_\_\_\_: bad

If you think the weather in San Marcos is quite bad, then you would circle the *number 6*, as follows.

The Weather in San Marcos is:

good :\_\_\_\_1\_\_\_\_\_:\_\_\_\_\_2\_\_\_\_:\_\_\_\_\_3\_\_\_\_:\_\_\_\_\_4\_\_\_\_:\_\_\_\_\_5\_\_\_\_:\_\_\_6 \_\_\_:\_\_\_\_7\_\_\_\_\_: bad

In making your ratings, please remember the following points:

\* Be sure to answer all items – do not omit any.

\* Never circle more than one number on a single scale.

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

interesting :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: boring

1. I am confident that I have enough time to engage in some form of physical exercise at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I expect to engage in some form of physical exercise at least 5 times a week, for the majority of this semester.

strongly agree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly disagree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

worthless :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: valuable

1. Most people who are important to me think that

I should :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: I should not

engage in some form of physical exercise at least 5 times a week for the majority of this semester.

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

useless :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: useful

1. I am confident that I have the financial resources to engage in some form of physical exercise at least 5 times a week, for the majority of the semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I intend to engage in some form of physical exercise at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

good :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: bad

1. Even if I really want to, there are a number of factors that impede me from exercising at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. My family and friends expect me to engage in some form of physical exercise at least 5 times a week for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

important :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: unimportant

1. Whether I engage in some form of physical exercise at least 5 times a week, for the majority of this semester is entirely up to me.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I want to engage in some form of physical exercise at least 5 times a week, for the majority of this semester.

strongly agree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly disagree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

unenjoyable :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: enjoyable

1. For me to engage in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

easy :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: difficult

1. I feel under social pressure to engage in some form of physical exercise at least 5 times a week for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

harmful :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: beneficial

1. I am confident that I could engage in some form of physical exercise at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. I think that engaging in some form of physical exercise at least 5 times a week, for the majority of this semester is/would be

pleasant :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: unpleasant

1. I am confident that I am physically capable of exercising at least 5 times a week, for the majority of this semester.

strongly disagree :\_\_\_1\_\_:\_\_\_2\_\_:\_\_\_3\_\_:\_\_\_4\_\_:\_\_\_5\_\_:\_\_\_6\_\_:\_\_\_7\_\_: strongly agree

1. What factors or circumstances make it easier or possible for you to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?
2. What factors or circumstances make it difficult or impossible for you to participate in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?
3. Are there any other issues that come to mind when you think about participating in a Total Wellness group physical exercise class at least 5 times a week, for the majority of this semester?