Name:

Type your answers/highlight. Remember elaborate on your answers…

1. How confident are you in your basketball skills in general?
2. What areas do you think you are good at and what areas do you need to improve on? (can be skills, techniques, or situations, rules)
3. Would you participate in basketball outside of the class? Why or why not?
4. What is the best way you learn a technical skill and/or strategy to a game?
5. What hinders your ability to learn new skills?

Please highlight the number that is closest to how you feel. Part 1 has to pertain to the context of basketball.

Part 1.

|  |  |
| --- | --- |
| 1. I will be able to achieve most of the goals that I have set for myself. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 2. When facing difficult tasks, I am certain that I will accomplish them. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 3. In general, I think that I can obtain outcomes that are important to me. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 4. I believe I can succeed at most any endeavor to which I set my mind. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 5. I will be able to successfully overcome many challenges. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 6. I am confident that I can perform effectively on many different tasks. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 7. Compared to other people, I can do most tasks very well. | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 8. Even when things are tough, I can perform quite well. | 1 2 3 4 5 6 7 8 9 10  Never Always |

1. Part 2.

|  |  |
| --- | --- |
| 1. I am confident in my dribbling technique | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 2. I am confident in my shooting technique | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 3. I confident I can box out the person I am defending when the shot goes up | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 4. I am confident in moving without the basketball and doing various types of cuts | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 5. I am confident in stealing the ball | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 6. I am confident in my defensive technique | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 7. I am confident in closing out on a defender | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 8. I am confident in making a low post move | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 9. I am confident in making an offensive move on the wing | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 10. I am confident in closing out on a defender | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 8. I am confident in making a low post move | 1 2 3 4 5 6 7 8 9 10  Never Always |

1. Part 3

|  |  |
| --- | --- |
| 1. I know the rules of basketball | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 2. I know what I should be doing verse a 2-3 zone | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 3. I know what I should be doing verse a 3-2 zone | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 4. I know what I should be doing verse a 1-3-1 zone | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 5. I know what I should be doing verse a press | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 6. I know how to play zone defense (2-3, 3-2, 1-3-1) | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 7. I know what to do verse player to player defense | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 8. I know how to play player to player defense at different situations around the court | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 9. I know what to do on offense in a pick and roll situation | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 10. I know how to defend a pick and roll | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 11. I know where to go on transition offense | 1 2 3 4 5 6 7 8 9 10  Never Always |
| 12. I know where to go on transition defense | 1 2 3 4 5 6 7 8 9 10  Never Always |

**Pre- Instruction Survey**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Answer the following questions by circling the answer that best describes your experience. Provide detailed answers for all of the questions that apply to your experiences.**

**1. What year are you?**

First Year Second Year Third Year Fourth Year Other

**2. On a 10 point scale with 1 being the worst and 10 being the best, how would you rank your basketball skill level?**

1 2 3 4 5 6 7 8 9 10

**3. How many times have you played basketball in the last year?**

I haven’t played 1-3 4-6 7-10 10+

this year

**4. How often do you plan to practice your basketball skills outside of class this semester? (Be honest!)**

None 1-3 4-6 7-10 10+

**5. Have you heard of the flipped classroom method of instruction?**

Yes No

**6. What is a flipped classroom, as you understand it?**

**7. Have you taken a class or classes in which the instructor used flipped instructional method?**

Yes No

**8. What class(es) have you taken in which the instructor has used flipped instructional method?**

**9. Did you think flipped instructional methods facilitated learning in your class(es)? Why or why not?**

**10. Do you feel flipped instructional methods are an effective way for an instructor to teach? Why or why not?**

**11. What are your thoughts on learning basketball through flipped instructional methods?**