

Healthy U Class Evaluations - Spring 2012

Course Data

CID	Course Name	Instructor	Rating	Surveys
100	Intro to Rock Climbing	Jamie Buck	4.93	6
200	Cycling	Nina Ricci	4.83	4
201	Cycling	Maret Wittern	4.92	3
202	Cycling	Maret Wittern	4.94	7
204	Cycling	Nina Ricci	4.68	10
205	Cycling	Nina Ricci	4.56	7
206	Cycling	Nina Ricci	5	4
245	Hip Hop Dancing	Zoe Dorris	4.11	10
310	Zumba	Laura Borgenheimer	4.93	8
311	Zumba	Laura Borgenheimer	4.7	7
312	Zumba	Laura Borgenheimer	4.75	12
322	Bootcamp Fitness	Paula Barg	3.98	4
323	Bootcamp Fitness	Paula Barg	4.57	8
331	Pilates	Paula Barg	4.78	7
340	Salsa Dancing	Matthew	4.71	10
350	Beginner Swim	Elaine Driscoll	4.76	9
351	Beginner Swim	Elaine Driscoll	4.75	3

Instructor Data

Name	Surveys	Enthusiasm	Knowledge	Clarity	Treatment	Overall
Paula Barg	19	5	4.58	4.74	4.95	4.82
Laura Borgenheimer	27	5	4.93	4.89	5	4.95
Nina Ricci	25	4.76	4.8	4.88	4.96	4.85
Maret Wittern	10	5	5	5	5	5
Zoe Dorris	10	4.6	4.5	4.6	4.7	4.6
Jamie Buck	6	5	5	5	5	5
Elaine Driscoll	12	4.83	4.92	4.92	5	4.92
Matthew	10	4.9	4.5	4.6	4.8	4.7

Facility Data

Facility	Surveys	Rating
Trees Climbing Wall	6	4.83
Baeirl Multi-Purpose Room	35	4.89
Baeirl Dance Studio	10	4.4
Bellefield	68	4.62

Survey Comments

Course	Comments
Intro to Rock Climbing with Jamie B.	Heard via: website Liked most: teacher was absolutely superb. The class was awesome. Thanks very much! Other: 2 times per week or it should be 2 hours long

Intro to Rock Climbing with Jamie B.	Heard via: ad in Cathedral Liked most: instructor was great - student Liked least: teacher ratio was good
Intro to Rock Climbing with Jamie B.	Heard via: online Liked most: great Liked least: everything was great
Intro to Rock Climbing with Jamie B.	Heard via: friend Liked most: novelty Liked least: cancelled classes
Intro to Rock Climbing with Jamie B.	Heard via: Healthy U website Liked most: I had the opportunity to rock climb was is one of my favorite activities Liked least: the class was only an hour
Intro to Rock Climbing with Jamie B.	Heard via: Intramurals recreation email Liked most: learning a new skill and building self-confidence with a new experience. Lots of encouragement Liked least: the shoes Other: kickboxing
Cycling with Nina R.	Heard via: Friend Liked most: Able to take on weekends Liked least: Liked all of it Other: ?
Cycling with Nina R.	Heard via: Word of mouth Liked most: the music while working out and the different workouts on the bike
Cycling with Nina R.	Heard via: Through friends Liked most: never did a spin class before - new experience and it was a lot of fun
Cycling with Nina R.	Heard via: Email Liked most: atmosphere, people, instructor Other: Nina was a fantastic instructor
Cycling with Maret W.	Heard via: Friend in OT program Liked most: Great workout and something new Other: Better times
Cycling with Maret W.	Heard via: Flyers in Baierl rec center Liked most: Good level of workout tailored to the class Liked least: Positive attitude of instructor
Cycling with Maret W.	Heard via: One of Maret's classmates Liked most: The instructor - she was very enthusiastic and motivating

	<p>Liked least: No complaints!</p>
Cycling with Maret W.	<p>Heard via: Maret</p> <p>Liked most: enthusiasm from instructor :)</p> <p>Liked least: how the class after us was always rushing us to get out</p> <p>Other: great job!!!</p>
Cycling with Maret W.	<p>Heard via: classmate</p> <p>Liked most: Maret kicked our butt - especially during cold</p> <p>Liked least: cold winter days</p> <p>Other: indoors when the weather was nice out</p>
Cycling with Maret W.	<p>Heard via: Maret, the instructor</p> <p>Liked most: feeling more fit</p> <p>Liked least: Didn't know a lot of the music</p>
Cycling with Maret W.	<p>Heard via: instructor</p> <p>Liked most: good to do a class with friends as a group</p> <p>Other: keep them going!</p>
Cycling with Maret W.	<p>Heard via: through Maret</p> <p>Liked most: Great workout!</p> <p>Liked least: make 2x per week</p>
Cycling with Maret W.	<p>Heard via: Maret</p> <p>Liked most: all of it</p>
Cycling with Maret W.	<p>Heard via: Maret</p> <p>Liked most: Maret</p> <p>Liked least: some of the music selections</p> <p>Other: overall great program - need more class options like bootcamp</p>
Cycling with Nina R.	<p>Heard via: I googled Pitt spinning classes. You should advertise more because I had no idea about this program!</p> <p>Liked least: Wish there were more classes offered.</p> <p>Other: More Pilates! Tae bo. Some of her spinning "techniques" were really repetitive, especially jumpsq.. We did them a lot but I didn't feel they were as good of a workout as other techniques. Good music!</p>
Cycling with Nina R.	<p>Heard via: Posters advertisements in gym</p> <p>Liked most: spinning always gives me an awesome workout. sweat a lot and breathe heavy. nice instructor</p> <p>Liked least: could have used more motivational cues throughout, such as time left in a song</p> <p>Other: nothing-great</p>
Cycling with Nina R.	<p>Heard via: through friends</p> <p>Liked most: learning to spin! great to know I'd be relieving stress</p> <p>Liked least: nothing - all good</p>

	Other: keep doing them! nina was a great instructor (great music and listened to feedback)
Cycling with Nina R.	Heard via: found on website Liked most: I thought Nina was well-knowledged and made the class fun and go by quickly. Made me enjoy cycling and fitness. Liked least: Nothing. Wish I could've taken another one
Cycling with Nina R.	Heard via: advertisements Liked most: good workout, challenging Liked least: too hot in room Other: have the classes through the end of the semester, correct poor body technique
Cycling with Nina R.	Heard via: poster in pete Liked most: organized group classes at fair price Liked least: available times Other: add more options for all the evening classes
Cycling with Nina R.	Heard via: advertisement @ the pete Liked most: organized group exercise classes at fair price Liked least: available times. not enough classes offered Other: ?
Cycling with Nina R.	Heard via: flyer at the pete Liked most: using stationary bikes - the main gym only has two Liked least: how early in the semester it ended Other: turn off lights or dim lights for class
Cycling with Nina R.	Heard via: signs in pete Liked most: that it wasn't for credit Other: fitness combat, maybe say more for what RDMS should be at given time
Cycling with Nina R.	Heard via: posters Liked most: had never done it before, different workout Other: use different music each class
Cycling with Nina R.	Heard via: intramurals website Liked most: the price was great! and it was helpful in my triathlon training
Cycling with Nina R.	Heard via: flyers in Baeirl Liked most: different exercise activity than normal Liked least: the way we had to sign up, all online would be easier
Cycling with Nina R.	Heard via: through a friend Liked most: by participating in healthy u classes 2x, I was more motivated to work out on other days too
Cycling with Nina R.	Heard via: online Liked most: it was fun and a great workout!

	Liked least: nothing
Cycling with Nina R.	Heard via: flyer at the pete Liked most: I always wanted to try spin
Cycling with Nina R.	Heard via: sign at the pete Liked most: change of standard workout
Cycling with Nina R.	Heard via: the pete gym flyers Liked most: good music Liked least: nothing!
Cycling with Nina R.	Heard via: friend Liked most: it kept me motivated to work out with a group Liked least: it was only 8 weeks Other: this class was great
Cycling with Nina R.	Heard via: classmate Liked most: fun and a good workout
Cycling with Nina R.	Heard via: poster in the Pete Liked most: I learned a new exercise style and the teacher was AWESOME Liked least: nothing!
Cycling with Nina R.	Heard via: signs Liked most: instructor was nice and had good music, was helpful Liked least: classes were too short! should be more than 8 weeks Other: kickboxing!
Hip Hop Dancing with Zoe D.	Heard via: through the instructor Liked most: all the fabulous choreo Liked least: loved it all! Other: more hip-hop related classes
Hip Hop Dancing with Zoe D.	Heard via: a flyer on campus Liked most: the instructor used good moves and was always upbeat Liked least: the dances were repetitive
Hip Hop Dancing with Zoe D.	Heard via: browsing pitt.edu for intramural sports Liked most: improving my capabilities Liked least: creative outlet for dancing
Hip Hop Dancing with Zoe D.	Heard via: Healthy u Liked least: I didn't always get a good workout Other: Offer a class during the day and night e.g. Zumba @ 10 & 7
Hip Hop Dancing with Zoe	Heard via: Posters on walls

D.	Liked most: Dancing without unnecessary details
Hip Hop Dancing with Zoe D.	Heard via: Online, through friends Liked most: having fun, learning dancing moves Liked least: time, sometimes room very hot, not as much working out Other: good instructor
Hip Hop Dancing with Zoe D.	Heard via: my roommate Liked most: learning new dance routines Other: this class was super fun
Hip Hop Dancing with Zoe D.	Heard via: friend Liked most: break from studying Liked least: wasn't as much of a workout as expected Other: ?
Hip Hop Dancing with Zoe D.	Heard via: friends Liked most: learning dances I can do outside of the class Liked least: not completing an entire song
Hip Hop Dancing with Zoe D.	Heard via: flyer Liked most: dancing and having fun Liked least: not well structured Other: more structure & enthusiasm
Zumba with Laura B.	Heard via: healthy U website Liked most: the fitness and excitement Liked least: nothing it was awesome
Zumba with Laura B.	Heard via: bellefield flyer Liked most: fun Other: more classes
Zumba with Laura B.	Heard via: online Liked most: workout that was fun
Zumba with Laura B.	Heard via: website Liked most: the instructor is enthusiastic about class Liked least: too short
Zumba with Laura B.	Liked most: instructor was really great and made class so much fun and still physically challenging! I look forward to it each week Liked least: ran only half the semester! Other: Would be great to designate high fitness level classes to ensure a challenge and instructor won't have to balance between different levels of fitness within class
	Heard via: Signs in the Pete

Zumba with Laura B.	Liked most: physical outlet in my busy week - location - cost Liked least: not enough classes! Other: Tae Bo, kickboxing, yoga, pilots. Maybe a 12-week session or offer 2 sessions per semester so they go the whole term
Zumba with Laura B.	Heard via: Posters Liked most: active for full hour Other: LOVED IT!
Zumba with Laura B.	Heard via: online Liked most: fun teacher
Zumba with Laura B.	Heard via: internet (intramurals site) Liked most: learning a new aerobic class Liked least: not mirrors everywhere
Zumba with Laura B.	Heard via: flyer @ Trees Hall Liked most: the class aspect - something to do besides just go to the gym Liked least: wish there were more times offered Other: more spin classes! step aerobics! summer classes too.
Zumba with Laura B.	Heard via: a friend Liked most: the instructor was friendly and the class was fun
Zumba with Laura B.	Heard via: healthy u poster
Zumba with Laura B.	Heard via: Pitt fitness Liked most: made me feel healthier Liked least: timing - I had to run from class most days Other: yoga? I wish it were at least 2x a week
Zumba with Laura B.	Heard via: online Liked most: very fun! definitely a great workout Liked least: inconvenient time Other: more than 8 classes! I wish it was more than once a week
Zumba with Laura B.	Heard via: friend Liked most: fun way to workout Liked least: more than 8 weeks Other: more than once a week
Zumba with Laura B.	Heard via: online Liked most: Instructor is great! Liked least: class time - wish it was after 5
Zumba with Laura B.	Heard via: my friends Liked most: I got a good workout

Zumba with Laura B.	<p>Liked least: I wish it was more than 8 weeks!</p> <p>Other: Instructor was really good!</p>
Zumba with Laura B.	<p>Heard via: Pete</p> <p>Liked most: friendly teacher</p> <p>Liked least: short 8-week duration</p> <p>Other: more than once a week?</p>
Zumba with Laura B.	<p>Heard via: the Pete</p> <p>Liked most: enthusiasm</p> <p>Liked least: doesn't last the whole year</p> <p>Other: offer more than once a week</p>
Zumba with Laura B.	<p>Heard via: my roommate told me about healthy u</p> <p>Liked most: the instructor was great and energetic and made class really fun!</p> <p>Liked least: nothing</p> <p>Other: more weeks of class, maybe twice a week offerings</p>
Zumba with Laura B.	<p>Heard via: Pitt News</p> <p>Liked most: Laura! She's amazing! Super enthusiastic and knowledgeable and great class</p> <p>Liked least: Too short! Wish it lasted more weeks</p> <p>Other: Keep laura! :) *Loved* the class</p>
Zumba with Laura B.	<p>Heard via: I called healthy u</p> <p>Liked most: It is fun and convenient with a welcoming environment</p> <p>Liked least: Too short! I wish the session had more classes (1 or 2 maybe?)</p>
Zumba with Laura B.	<p>Heard via: From notices</p> <p>Liked most: It was fun and instructor was good</p> <p>Liked least: There could have been a little more instructions</p> <p>Other: Sort of introduce on how this class is useful for health and fitness</p>
Zumba with Laura B.	<p>Heard via: bulletin</p> <p>Liked most: the teacher</p> <p>Liked least: crowded</p>
Zumba with Laura B.	<p>Heard via: Gym</p> <p>Liked most: enjoying my workout</p> <p>Liked least: time (some days)</p> <p>Other: AWESOME INSTRUCTOR!!!</p>
Bootcamp Fitness with Paula B.	<p>Heard via: flyer</p> <p>Liked most: upbeat, motivational instructor</p> <p>Other: step classes/lifting</p>
Bootcamp Fitness with	<p>Heard via: flyer in locker room</p> <p>Liked most: meeting new people</p>

Paula B.	Liked most: meeting new people Liked least: sometimes a little slow
Bootcamp Fitness with Paula B.	Heard via: it is ridiculous that we are not allowed to sign up in Bellefield bu have to go to Petersen Other: the fitness room is a disgrace. the facility/the gym is inadequate for the size of the student body
Bootcamp Fitness with Paula B.	Heard via: flyer Liked most: group motivation & healthy lifestyle Liked least: circuits Other: bigger room
Bootcamp Fitness with Paula B.	Heard via: A friend knew the instructor and asked me to take it with her Liked most: It woke me up in the morning and worked muscles I don't usually work Liked least: 8 weeks, could be longer Other: expand the class to the whole semester
Bootcamp Fitness with Paula B.	Heard via: Paula Liked most: learning new fitness moves Other: more classes
Bootcamp Fitness with Paula B.	Liked most: variety
Bootcamp Fitness with Paula B.	Heard via: through a campus rec employee Liked most: different types of workouts
Bootcamp Fitness with Paula B.	Heard via: email from work Liked most: diverse workouts every week Other: It would be nice if the class lasted all semester
Bootcamp Fitness with Paula B.	Heard via: through Paula Liked most: I learned so many new exercises that I can do and it worked every part of my body Liked least: nothing! it was great! Other: paula is an amazing teacher and this was the best class I have taken!
Bootcamp Fitness with Paula B.	Heard via: IM website Liked most: having at least once a week that I was active Liked least: Have a more consistent curriculum Other: offer them for longer periods of time than 8 weeks
Bootcamp Fitness with Paula B.	Heard via: signs advertising Liked most: offered a fun and effective workout while working as a group and encouraged by the instructor
Pilates with Paula B.	Heard via: friends Liked most: ab training Liked least: only once a week Other: thicker mats for roll-ups

Pilates with Paula B.	Heard via: healthy u online Liked most: I learned new pilates moves every day and they are easy enough to continue
Pilates with Paula B.	Heard via: I saw it listed at Peterson Center Liked most: The dates and specific time, also the opportunity to work with balance balls Other: Include this class during the summer. Make the class all semester long and not only 10 weeks
Pilates with Paula B.	Heard via: Pitt website Liked most: learning a new type of exercise Liked least: was sometimes too crowded in small room
Pilates with Paula B.	Heard via: online, through friends Liked most: the instructor was encouraging and helpful
Pilates with Paula B.	Heard via: papers at the Pete Liked most: learning pilates, enthusiasm of instructor Liked least: it hurt! (in a good way I guess)
Pilates with Paula B.	Heard via: Paula Liked most: learning how to do certain pilates moves Other: more than 8 weeks
Salsa Dancing with Matthew	Heard via: intramural website Liked least: the sessions are too short
Salsa Dancing with Matthew	Heard via: friends Liked most: instructor was great Liked least: most my class friends are boring Other: continue
Salsa Dancing with Matthew	Heard via: A friend from Pitt Liked most: everything! Liked least: I mostly dislike that it is only once a week for one hour Other: This class should be at least 2 two-hour sessions a week!
Salsa Dancing with Matthew	Heard via: Flyers in Baeirl Liked most: Learning a skill that I've always been interested in Liked least: Not having a female instructor to show other side
Salsa Dancing with Matthew	Heard via: I saw a poster in WPU Liked most: friendly atmosphere Liked least: less number of boys than girls Other: be more structural, less talking, more dancing
Salsa Dancing with Matthew	Heard via: posters and online Liked most: it was a fun, healthy way to blow off steam Liked least: girl-guy ratio (can't be helped!)

	Other: move out of class gathering
Salsa Dancing with Matthew	Heard via: from instructor Liked most: fun! Liked least: could have learned more with more practice :)
Salsa Dancing with Matthew	Heard via: website Liked most: good exercise Liked least: time Other: good
Salsa Dancing with Matthew	Heard via: Internet Liked most: dancing Liked least: not dancing Other: lots of fun, offer next level please
Beginner Swim with Elaine D.	Liked most: I learned swimming Other: less people in class - the swimming pool was full and sometimes it made it difficult to swim
Beginner Swim with Elaine D.	Heard via: by a friend
Beginner Swim with Elaine D.	Heard via: a friend Liked most: fitness
Beginner Swim with Elaine D.	Heard via: friend
Beginner Swim with Elaine D.	Heard via: from a friend Liked most: the lessons were good
Beginner Swim with Elaine D.	Heard via: website Liked most: I learned to swim! Liked least: On occasion when pool was too crowded, 4 people in a lane
Beginner Swim with Elaine D.	Heard via: email Liked most: instructor made sure to give personal attention and workouts Liked least: boys in class being immature at times Other: I wanted to do cycling too but it is only for students. Please open a weekend cycling class to staff
Beginner Swim with Elaine D.	Heard via: my friends Liked most: instructor was perfect Liked least: my classmates Other: Paunaia Daneskkhalk
Beginner Swim with Elaine D.	Heard via: from friends