**Course Evaluation**

**Bilateral Pole Walking Effects**:

**Benefits & Considerations in Adult Fitness & Rehabilitation**

**Instructor:** Debra Gerber, PT

April 3, 2014

Please circle the following statements relative to your experience to this course, and please add your comments anywhere that you’d like, including the back of this page! **Thank you for your participation and comments!**

**Part I – Presentation: Introduction, Power Point Presentation, and Equipment Demonstration**

1. The presentation was presented in a clear manner that facilitated understanding.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly  Disagree | 2  Disagree | 3  Neutral | 4  Agree | 5  Strongly  Agree |

2. The presentation materials were relevant to the course objectives.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly  Disagree | 2  Disagree | 3  Neutral | 4  Agree | 5  Strongly  Agree |

3. Please comment on the presentation. Did you find this information relevant? What other information would you be interested in knowing more about in this area?

**Part II & III – Bilateral Pole Walking Practice & Discussion**

1. The information that I learned during practice with pole walking enhanced my understanding and application of bilateral pole walking use.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly  Disagree | 2  Disagree | 3  Neutral | 4  Agree | 5  Strongly  Agree |

2. The end discussion was helpful in synthesizing useful information about bilateral pole walking and individual application related to individual function and goals.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly  Disagree | 2  Disagree | 3  Neutral | 4  Agree | 5  Strongly  Agree |

3. What did you like best?

4. What changes would you suggest to improve your learning in this workshop?