**Functional Strength Training Workshop Evaluation**

**Jonathan Samuelson, SPT**

 **Please place an (X) in the space that shows your answer.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **Strongly Agree** | **Agree** | **Indifferent** | **Disagree** | **Strongly Disagree** |
| 1. **Overall, the presentation met my expectations.**
 | 5 | 2 |  |  |  |
| 1. **The instructor did a good job presenting the material.**
 | 6 | 1 |  |  |  |
| 1. **The pace at which the exercises were presented was about right for me.**
 | 6 | 1 |  |  |  |
| 1. **I learned something about exercise by attending this presentation.**
 | 5 | 2 |  |  |   |

(Optional)

**Strengths of presentation:**

Seeing by example

I strongly agreed with the lesson presented. I do attend a strength training classes, here at the center.

Make a “point” of if you can do “by example” then do best you can

**Possible improvements:**

Yes “I” just need to do it!

Instructor did great job considering some of us are “over the hill.”

I need more confidence in what I already know & need to practice at least twice weekly.

Very good, not into exercising but enjoyed… very doable.

I hope!