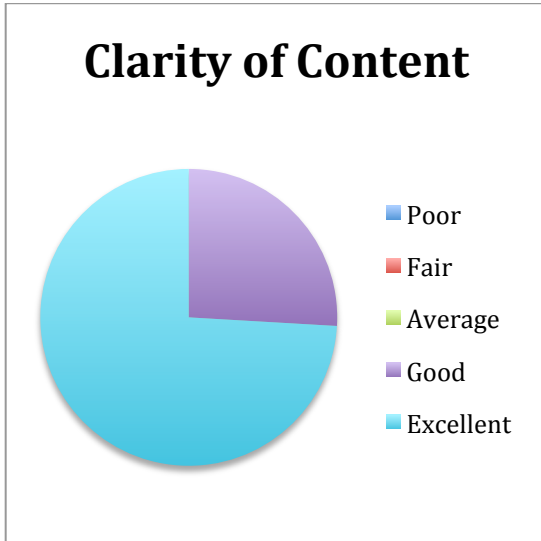


3/31/16 Krissy Ayers Presentation Evaluation

**CONTENT**



Clarity of Content:  
7 Good  
20 Excellent



Quality of Content:  
7 Good  
20 Excellent

Comments on Content:

“Great information. No overwhelming!”

“I like it! Very interesting.”

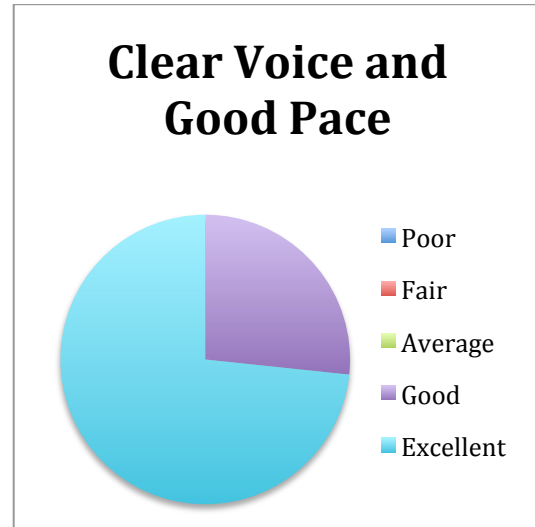
“Very helpful and pertinent”

“I really appreciate the incorporation of the research articles in the presentation.”

## DELIVERY



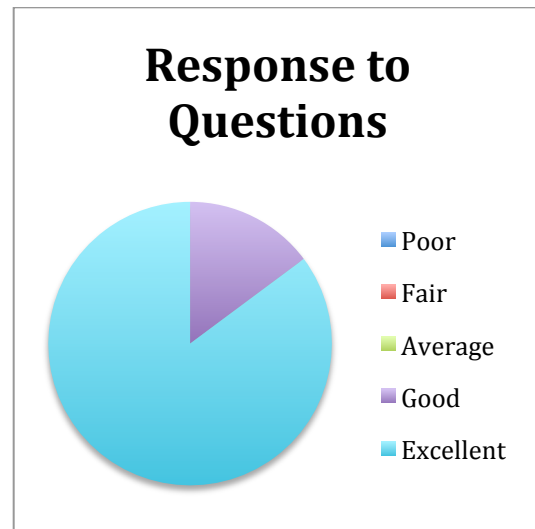
Professional and Confident:  
3 Good  
24 Excellent



Clear Voice and Good Pace  
5 Good  
22 Excellent



Common Language/Avoiding Jargon:  
3 Good  
24 Excellent



Response to Questions:  
4 Good  
23 Excellent

### Comments on Delivery:

"Great presentation, clear, and concise!"

"Fast, but info packed and entertaining."

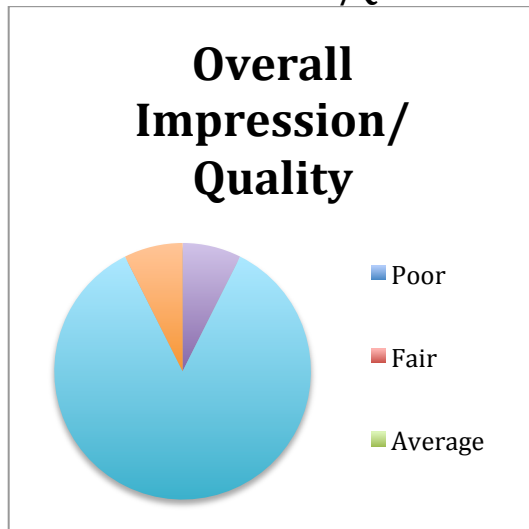
"Loved the involved teaching and practicing."

"I thought it was a good pace even though you commented that you thought you went too fast..."

"Amazing energy. Super passionate about the topic."

"Good energy/enthusiasm"

## OVERALL IMPRESSION/QUALITY



Overall Impression/Quality:

Good: 2

Excellent: 23

No Response: 2

### COMMENTS

What were the strengths of this presentation?

"Very engaging with lots of demos"

"Very high energy and flexible in schedule/presentation. Good introduction about background and how to get certified and adding it into practice"

"Video, pictures, outside resources"

"Enthusiasm"

"Engaging"

"Her approach to the topic and the demonstrations"

"Great at keeping us active and hands out"

"Good mix of demo with content to keep students engaged"

"Krissy had great energy and enthusiasm"

"Very clear and easy to understand"

"Great interaction"

"History, origin, resources"

"Krissy was very informative and engaging"

"Showing exercise examples with teaching"

"Practicing exercises at the end of the lecture and interaction"

"Krissy is very knowledgeable and passionate"

"Very energetic. Loved the background information"

"The practice time and demonstrations were very helpful"

"Very knowledgeable! Answered all questions."

"Practicing the exercises"

"Very interactive and engaging"

“High energy, passionate on topic”

“I enjoyed the background and lab component even though I couldn’t participate due to ab separation from pregnancy”

“Very energetic and engaging”

“Fun and interesting, you were super engaging”

“Your pride and passion”

“The incorporation of research, interactive, the background/theory behind Pilates”

Do you have any suggestions for improvement?

“Maybe slow down some with explanations, especially the breathing”

“Maybe go a little slower as the class could go to 3pm. More time to practice moves”

“Maybe include a case study”

“no”

“Maybe go into more physiology behind why Pilates could be effective”

“More relevance to other specific conditions that would be best improved by Pilates-based PT”

“Maybe a bit more focused on what sort of patients we might use these techniques with”

“Nope, it was great”

“No”

“More practicing of exercises”

“No”

“No!”

“Videos of how to use the other Pilates equipment”

“Slow down a bit”

“No”

“None”

“How to adapt for someone with osteo or obesity (conditions we’ll see as PTs)

“Could have gone a bit slower, but I never felt lost”

“Maybe a case example to learn about how you would use Pilates with a patient”

What did you learn about Pilates that you didn’t know before?

“That it involves so much breathing technique and the story of the founder”

“Breathing techniques, exercises, history”

“Correct breathing technique, and ways to engage/find the TA”

“Not to arch back during double leg raise”

“Everything”

“Foundation and certifications”

“Before I always thought it was closer to yoga than it actually is”

“Bio about Joseph Pilates, specific Pilates exercises, breath in conjunction with specific exercises”

“History of Pilates”

“All of it, haha ☺”

“History, exercises, application”

“History and everything”

“I knew nothing, so I learned a lot!”

“Everything! Origin, purpose, exercises”

“Everything ☺”

“PBPT is an actual specialty/field and requires certification from PMA”

“More about breathing techniques”

“It’s a lot harder than I thought!”

“Different exercises, focus on breathing”

“The origin and importance of breathing”

“The variety of exercises and application to PT”

“History”

“How it pertains to PT”

“History of it”

“Learned what Pilates was. Previous knowledge was basically nothing”

“I knew nothing about Pilates beforehand so this was all new to me. It was a great overview”

Other Comments:

“You were great”

“Thank you”

“Great job”

“Thanks for the chocolate!”

“Good job!”

“Thank you!”

“This was great! ☺”

“Thank you!”