### Sports and Fitness Program Self-Assessment

Select the description that best matches your program for each item below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| 1. We offer a variety of sports and fitness activities that appeal to both male and female students.
 |  |  |  |  |  |
| 1. We survey all students at least every 6 months about their sports and fitness preferences.
 |  |  |  |  |  |
| 1. We base the majority of our sports and fitness programming decisions on input from students.
 |  |  |  |  |  |
| 1. We continuously add new and different aspects to our sports and fitness program.
 |  |  |  |  |  |
| 1. Students overwhelmingly feel that our sports and fitness programs are fun.
 |  |  |  |  |  |
| 1. We have a strategy for helping novice exercisers learn proper technique.
 |  |  |  |  |  |
| 1. There is something for everyone in our Recreation Department.
 |  |  |  |  |  |
| 1. The program meets all PRH requirements including group fitness classes, individual fitness activities, organized sports, and exercise groups or clubs.
 |  |  |  |  |  |

Continued on back.

Copy and paste any statement where you selected “strongly disagree” or “disagree” below. Identify two concrete strategies you can employ to strengthen these program components.

Statement #1:

Solution #1:

Solution #2:

Statement #2:

Solution #1:

Solution #2:

Statement #3:

Solution #1:

Solution #2: