

Course 課程名稱 : _____

Instructor 導師姓名 : _____

Course Code 課程編號 : _____

Date 日期 : _____

The main purpose of this course evaluation is to provide an opportunity for you to give feedback on the course and on the teaching performance of the instructor. Please select any number from 1 to 5, where 1 is strongly disagree and 5 is strongly agree.

為了提高課程及導師的質素，本部希望會員及同學能透過這份問卷就著課程內容及導師教學表現提供寶貴意見。請於 1 至 5 的數字內選擇。1 代表非常不同意，5 代表非常同意。

Personal Information 個人資料

1. Please circle your sex 請圈出性別:

Male 男	Female 女
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2. Please circle your age group 請圈出年齡組別:

<16	16-25	26-35	36-45	46-55	>55
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3. Please circle your membership type :
請圈出會籍組別:

Regular Membership 標準健身會籍	Non Peak Membership 非繁忙健身會籍	Basic Membership 基本健身會籍	YMCA Membership 港青會籍	None 全部皆不是
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4. How many times did you attend the aerobics / wellness class in a week ?

1	2	3	4	5	>5
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過去一星期你曾出席健康舞/健康運動的次數?

5. How many times did you attend the aerobics / wellness class in a quarter ?

<5	6	7	8	9	10 or above
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過去一季你曾出席健康舞/健康運動的次數?

Overall Feedback on the class 課程結構體驗

6. The exercise objectives were successfully achieved.

Strongly Disagree 非常不同意	Disagree 不同意	Fair 一般	Agree 同意	Strongly Agree 非常同意
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達到預期的運動目標

1	2	3	4	5
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7. Intensity of exercise was appropriate.
(If select disagree, please go to 7.1 as well)

1	2	3	4	5
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運動量適中 (如選擇不同意，請同時回答 7.1)

7.1 Intensity of exercise was inappropriate because (Please circle the answer):

Too Little 太少	Too Much 太多
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運動量不適中，因為(請圈出答案):

8. Difficulty was acceptable.
(If select disagree, please go to 8.1 as well)

1	2	3	4	5
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難度可接受 (如選擇不同意，請同時回答 8.1)

8.1 Difficulty was unacceptable because (Please circle the answer):

Too Easy 太淺易	Too Hard 太艱深
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難度不接受，因為(請圈出答案):

Overall Feedback on the Teaching 教學整體體驗

9. The instructor was familiar with the course content.
導師對課程內容有準確的掌握
10. The instructor prepared for every lesson.
導師備課充足
11. The instructor explained the instruction clearly.
教學時導師講解清晰
12. Demonstration was clearly observed.
能清楚看到導師所作的示範
13. The instructor was always on time. (Please circle the answer) :
導師準時上課(請圈出答案)
14. The instructor was always finishing the class on time. (Please circle the answer) :
導師準時下課(請圈出答案)
15. Overall, the performance of the instructor was (Please circle the answer) :
總括而言，導師的表現是(請圈出答案) :

Strongly Disagree 非常不同意	Disagree 不同意	Fair 一般	Agree 同意	Strongly Agree 非常同意
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
Usually Early 提早	Usually On time 準時	Usually Late 遲到		
Usually Early 提早	Usually On time 準時	Usually Overtime 超時		
Unacceptable 不能接受	Poor 差	Fair 一般	Good 好	Excellent 非常好

Overall Feedback on facility 場地設施整體體驗

16. Venue was kept clean and tidy
場地整體整潔
17. Room temperature was functional
場地冷氣充足
18. Better sound quality through audio equipment
音響效果良好

Strongly Disagree 非常不同意	Disagree 不同意	Fair 一般	Agree 同意	Strongly Agree 非常同意
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Overall Comments 總體課程體驗

19. It is worthwhile to take this course.
我覺得這個課程值得報讀
20. The course is helpful for my health.
課程內容對我健康很有幫助
21. Overall, I will continue to take this course.
總括而言，我會繼續報讀此課程
22. Other comments / suggestions :
其他意見 :

Strongly Disagree 非常不同意	Disagree 不同意	Fair 一般	Agree 同意	Strongly Agree 非常同意
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Thank you for your comments! We appreciate your contribution to the course.

A completed form can be dropped into our Evaluation Form Collection Box at the entrance of Fitness Centre on 1/F

多謝您提供的寶貴意見 問卷完成後，請直接投進設於一樓[健身中心]入口的問卷收集箱內