

Assessment Survey

Department of Physical Education and Athletics

Circle one:

Gender: Male Female

Class: Freshman Sophomore Junior Senior

Residence: Campus Housing Off –campus housing Family

Employment: None On campus Off-campus
(During academic year)

Member: Sorority Fraternity Club Sport

Participation: Physical education Physical education Physical education Physical education
Circle all that apply freshman year sophomore year junior year senior year

 Athletics Athletics Athletics junior Athletics senior
 freshman year sophomore year year year

 Intramurals Intramurals Intramurals Intramurals
 freshman year sophomore year junior year senior year

Record your responses to the items on the questionnaire by circling the number of your answer.

- 5 strongly agree
- 4 agree
- 3 undecided
- 2 disagree
- 1 strongly disagree
- NA not applicable

1. My participation in the required physical education program has helped me become more physically fit.

5 4 3 2 1 NA

2. Participation in the required physical education program has taught me sport skills that I will use later in life.

5 4 3 2 1 NA

3. Participation in the required physical education program has taught me how developing strength, flexibility and endurance promotes fitness.

5 4 3 2 1 NA

4. Participation in required physical education develops good character.

5 4 3 2 1 NA

5. Participation in required physical education teaches fair play.

5 4 3 2 1 NA

6. Participation in required physical education helps me relieve stress.

5 4 3 2 1 NA

7. I think that participating in physical education is a good thing.

5 4 3 2 1 NA

8. Participation in physical education seems useless to me.

5 4 3 2 1 NA

9. I participate in physical activity outside the required physical education program.

5 4 3 2 1 NA

10. Participating in physical education activity will become a part of my lifestyle when I graduate.

5 4 3 2 1 NA

If you participated on a varsity team at Case answer questions 11-20. If you were not on a varsity team continue with question 21.

11. As a student-athlete my participation in athletics has resulted in my understanding of the unique challenges such as working as a team brought forth through intercollegiate competition.

5 4 3 2 1 NA

12. As an athlete my exposure to competition, hard work, persistence and winning transfers to non-athletic activities such as schoolwork.

5 4 3 2 1 NA

13. As an athlete my physical conditioning improves mental performance in non-athletic activities.

5 4 3 2 1 NA

14. As an athlete I make efficient and effective use of limited study time.

5 4 3 2 1 NA

15. My participation in athletics has helped me develop a good self-concept.

5 4 3 2 1 NA

16. My participation in athletics has resulted in higher aspirations in non-athletic activities.

5 4 3 2 1 NA

17. My participation in athletics enhances my learning and social development.

5 4 3 2 1 NA

11. As a student-athlete my participation in athletics has resulted in my understanding of the unique challenges such as working as a team brought forth through intercollegiate competition.

5 4 3 2 1 NA

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14. As an athlete I make efficient and effective use of limited study time.

5 4 3 2 1 NA

15. My participation in athletics has helped me develop a good self-concept.

5 4 3 2 1 NA

16. My participation in athletics has resulted in higher aspirations in non-athletic activities.

5 4 3 2 1 NA

17. My participation in athletics enhances my learning and social development.

5 4 3 2 1 NA

18. My participation in athletics has been instrumental in my acquiring desirable personality traits.

5 4 3 2 1 NA

19. My participation in athletics has provided for my development of socially acceptable character traits such as integrity and sportsmanship.

5 4 3 2 1 NA

20. My participation in athletics has resulted in my awareness of healthy lifestyle issues such as proper nutrition.

5 4 3 2 1 NA

21. Participation in intramural/recreation sports programs is an important part of the collegiate experience.

5 4 3 2 1 NA

22. Participation in intramural/recreation sports programs is a good way to relieve stress.

5 4 3 2 1 NA

23. Participation in intramural/recreation sports programs is a good way to have fun with friends.

5 4 3 2 1 NA

24. Intramural/recreation sports programs provide competitive opportunities in their games.

5 4 3 2 1 NA

25. Intramural/recreation sports programs promote fair play.

5 4 3 2 1 NA

26. Intramural/recreation sports programs help develop individual responsibility.

5 4 3 2 1 NA

27. Intramural/recreation sports programs provide opportunities to acquire new leisure sport skills.

5 4 3 2 1 NA

28. Intramural/recreation sports programs give me opportunities to develop leadership skills.

5 4 3 2 1 NA

29. Participation in intramural/recreation sports programs contributes to a healthy lifestyle such as the value of exercise.

5 4 3 2 1 NA

30. Participation in intramural/recreation sports programs provides me the opportunity to feel a part of the university community.

5 4 3 2 1 NA

My participation in the physical education classes, intramurals, and varsity athletics resulted in the development of my:

31. self confidence	5	4	3	2	1	NA
32. feeling of physical well being	5	4	3	2	1	NA
33. sense of accomplishment	5	4	3	2	1	NA
34. group cooperation skills	5	4	3	2	1	NA
35. respect for others	5	4	3	2	1	NA
36. sense of belonging	5	4	3	2	1	NA
37. leadership skills	5	4	3	2	1	NA
38. weight management strategies	5	4	3	2	1	NA
39. sports skills	5	4	3	2	1	NA
40. fitness	5	4	3	2	1	NA
41. physical strength	5	4	3	2	1	NA
42. stress reduction abilities	5	4	3	2	1	NA
43. time management skills	5	4	3	2	1	NA
44. friendships	5	4	3	2	1	NA
45. management of multiple tasks	5	4	3	2	1	NA