

Mid-Program Candidate Feedback
Exercise & Nutrition Science
Course(s): EXNS 211
Spring, 2019

***f* = frequency of the responses**

List those things that you perceive as strengths or aspects of your degree program that are most valuable to you.	<i>f</i>
<p>Classes:</p> <ul style="list-style-type: none"> • Labs are pretty good. • Learning about the body and the mechanisms behind it to learn how to properly heal it. • Gaining experience working in different areas of the field. • Learning all aspects that contribute to one's health. • Learning to improve health and wellness of all populations. • The ability to do all of the different types of labs. • Being able to experiment the things we do. • Variety of courses. • Prepare for future – resume/personal statement. • Small classes so it's easy to ask questions and get to know classmates & professors. • Classes are interesting to learn and engage the students. • Strengths of my degree program are the classes I take. They are very hands on and easy to learn. • Classes are set up for future emphasis on post-graduation and how I can use my degree once I graduate. • Material. • Knowledge we learn in class is practical and easy to understand. • It is very helpful for the career. • The ability to be hands on with things in class is a necessity. • Learning how to teach others to be fit and get the most out of their body based on their body type. • Some strengths that are valuable to me as an athlete is learning the basics of nutrition as well as being able to learn more about the weight room such as proper warm up techniques, sets/reps, etc.... • Class sizes. • Course load. 	16
<p>Professors:</p> <ul style="list-style-type: none"> • I love my degree program because the professors make it enjoyable and know the ins and outs of the program. This makes it easier to understand and learn because you can see they are passionate about what they are teaching. • Teachers are pretty good. • Good staff (professors). • The professors are helpful for you to succeed. • Know their information. • Teachers are very nice and are willing to help/answer anything you need. 	8

<ul style="list-style-type: none"> • Great teachers. • Professors. • Instructor availability. 	
Other: <ul style="list-style-type: none"> • Other EXNS students. • Program clubs (EXNS club). 	2
List those things that you perceive as growth areas or specific ways in which your degree program could be improved.	<i>f</i>
Classes: <ul style="list-style-type: none"> • More hands on experience • In person examples. • More hands on so the students can know where most of the parts of the body are. • Coaching classes. • Physical ed. • Have classes on degree programs actually offered (new Health Promotion degree). • My degree plan could be improved by adding the master's program or adding more classes to have more opportunities with the degree. • Include more group based work/labs. • More online classes. • Could have preparation for exams a little better/more time spent. • I would like to see a sports management course. • Well this semester is only my second and third class in this program so I can't say for sure that it needs any improving, because so far all classes I've learned a good bit of material. 	9
Facilities/Equipment: <ul style="list-style-type: none"> • Bigger space could improve the program. • Newer technology. • Facilities eg. testing labs. 	2
Program: <ul style="list-style-type: none"> • More professors so that each one isn't spread so thin teaching multiple classes at a time. • Advisors be more on top of transfer kids and making sure they are on track to graduate on time. 	2
Please rate your level of satisfaction with the overall quality of your program.	<i>f</i>
Very Satisfied	7
Satisfied	8
Neutral	1
Unsatisfied	0
Very Unsatisfied	1

Additional Comments:

The program is a very community based program that does not make it feel like a normal classroom but I am beginning my career and studying things I love.

I wish they had physical ed. back or even just coaching classes for us teachers.

All staff is very helpful & informative.

Also off topic to this degree program, but I feel as if a “relationships” course would be very popular as a general elective.