

Please complete the following evaluation based on your recent personal training experience with the Department of Campus Recreation at Longwood University.

Name of Trainer: _____

Number of training sessions: _____

Please use the rating scale provided to answer the following questions:

4 = Excellent 3 = Good 2 = Average 1 = Poor/Needs Improvement N/A = not applicable

At your first session, did your trainer:

- Arrive on time? _____
- Explain all policies and testing procedures clearly? _____
- Perform your fitness assessment in a professional manner? _____
- Listen to your goals and needs? _____
- Allow adequate time for your questions and concerns? _____

During your follow-up sessions, did your trainer:

- Explain your fitness assessment results in a way that was easy for you to understand & apply? _____
- Create a program that you could follow once your training sessions had ended? _____
- Provide you with safe, adequate instruction & exercise demonstrations? _____
- Assist you in setting short and long term goals? _____
- Use a “hands-on” approach when working through your program? _____
- Assist you in finding proper exercise intensity and progression? _____
- Provide you with encouragement and feedback? _____
- Act professional and attentive to your needs at all times? _____
- Fulfill their role in assisting you to meet your goals _____

Final Questions:

- Do you feel you received the services as they were described to you? _____
- Would you recommend this program to others? _____
- Overall rating of your trainer: _____
- Overall rating of the effectiveness of the training program provided to you: _____
- Overall rating of the Personal Training program through the Department of Campus Recreation: _____

Please provide any additional questions, comments or concerns you may have:
