



## FOOTHILL COLLEGE

### Institutional Research and Planning

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DATE: June 16, 2016

TO: Barbara Shewfelt, Instructor, Kinesiology/Physical Education

FROM: Elaine Kuo, Institutional Researcher

RE: Physical Education (PHED) Activity Courses Survey

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#### Overview

Students who did not enroll in any PHED course during the 2015-16 academic year were identified and asked about their lack of PHED course enrollment. The online survey was open from May 19, 2016 to May 31, 2016, and out of 8,014 students who received an email invitation, 276 completed the survey.

#### *Highlights*

- The most common top 3 reasons students did not enroll in a PHED course was because:
  - “I do not want to/cannot take too many classes.” (19%)
  - “The classes are not offered at a time that fit my class and work schedule.” (16%)
  - “I am involved in physical activity off-campus.” (13%)These reasons represent almost half (48%) of all responses selected.
- When students were asked to identify one primary reason for not enrolling in a PHED course, they cited, “The classes are not offered at a time that fit my class and work schedule.” (22%) Several comments indicated an interest in late evening classes.
- Other reasons identified as contributing to the decision not to enroll in PHED courses include:
  - Not being able to enroll (repeatability, physical limitation, scheduling conflict, enrolled at De Anza);
  - Not interested in enrolling (met requirements already/credits not needed, did not consider PHED as an academic course, involved in physical activity off-campus, PHED courses units too low, disliking exercise);
  - Not living close to campus (online student, commuting long distances to campus); and
  - Planning to enroll (upcoming term).Students who identified a specific limitation preventing their PHED enrollment (not being able to enroll) represent almost half of the “other” responses (45%).
- Students involved in physical activity off-campus primarily participate in individual as opposed to group activities (59%).

- Students are health club or gym members for the following reasons:
  - “The location is close to my home and/or work.” (56%)
  - “The classes fit my physical activity interests.” (22%)
  - “The classes are offered at a time that fit my class and work schedule.” (11%)
 The “location” response represents more than half of the students responding to this question.
- Among the physical activity classes currently offered, students expressed higher interest in enrolling in Pilates/Yoga (24%), Archery (16%), Swimming (15%) and Dance (15%).
- Among the potential physical activity classes that could be offered, students expressed higher interest in enrolling in Cross Fit Training (25%), Zumba (22%) and Suspension Training (TRX) (16%).
- Other physical activity courses students would like to see offered include:
  - Cycling/Spinning
  - Krav Maga
  - Weight Training
  - Boxing
  - Dancing (more variety)
  - Hiking
  - Kickboxing
  - Martial Arts/Mixed Martial Arts

### Methodology

Students enrolled in Spring 2016 and had not enrolled in a PHED course in the 2015-16 academic year (Summer 2015, Fall 2015, Winter 2016, Spring 2016) were identified for the survey. It is possible that some students who received the email survey invite enrolled in PHED courses prior to the 2015-16 academic year. The survey administration occurred from May 19, 2016 to May 31, 2016, and identified students were sent an email with the survey link embedded. One respondent was removed from the analysis and results because no data was entered.

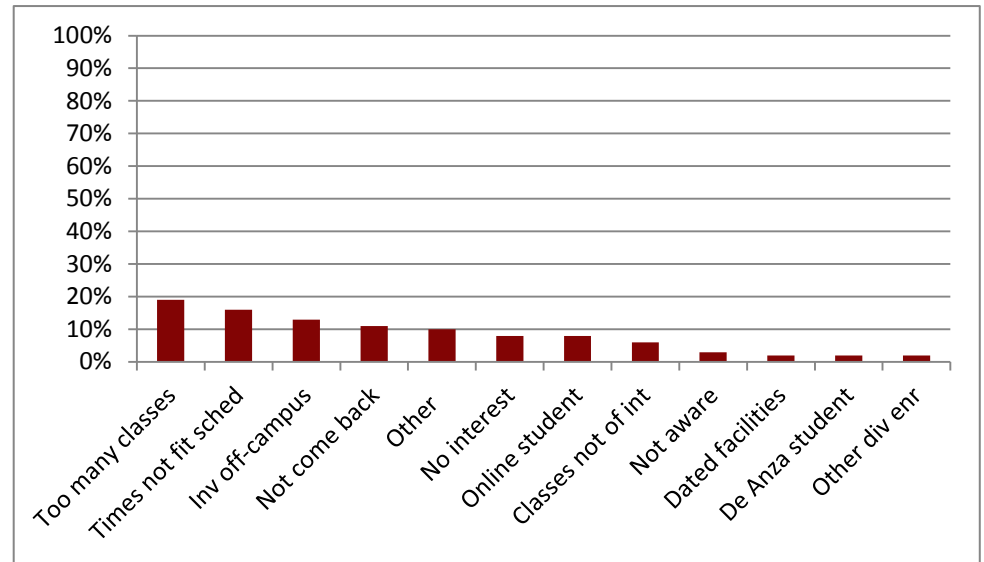
### Source

FHDA IR&P, ODS [Registration Analysis, MST Person]  
Remark survey [PHED survey]

**Foothill College**  
**2016 Physical Education Activity Course (PHED) Survey**

**1. Indicate the top 3 reasons why you have not enrolled in any physical education activity classes at Foothill this year.**

Responses	N	%
I do not want/cannot take too many classes	144	19%
Classes not offered at a time that fit my schedule	124	16%
Involved in physical activity off-campus	102	13%
Do not want to come back to campus	83	11%
Other	75	10%
Not interested in incorporating into my schedule	64	8%
I take all/most of my courses online	63	8%
Current classes do not fit my physical activity interests	48	6%
Not aware courses were available for credit	21	3%
The facilities are dated	14	2%
Take De Anza courses	14	2%
Take other courses in the division	14	2%
<b>Total</b>	<b>766</b>	<b>100%</b>
<b>Total respondents</b>	<b>276</b>	



**Other responses:**

Themes	N	%
Not able	26	45%
No interest	18	31%
Not nearby	8	14%
Not yet	6	10%
<b>Total</b>	<b>58</b>	<b>100%</b>

No interest: Met requirements already/Credits not needed (9)

Do not need PE credits for my transfer  
 I am only a part time student and do not need credits for PE classes  
 the times dont work out with my other schedules, and I also don't need the credits  
 I already took the physical education classes last year  
 I've taken all needed for GE.  
 Already met requirement for pe from previous college  
 I have already completed the physical education classes needed for my GE  
 It is not a core class for my major  
 Not Required for my TAG

No interest: Not academic course (2)

I don't see a reason to take a physical activity class at a college, as part of my college course schedule.  
 Physical active classes are generally a waste of my time. I see no academic value in these types of classes. Future employers do no care about this skill. Any physical activity that I do is at my leisure and convenience.

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No interest: Belong to a gym (2)

I have a gym membership that I make regular use of.  
Have Kin bachelors, work at a gym

No interest: Low units (2)

too many meeting days for 1 unit . classes are too long. not enough choice yoga for example missing  
Barely worth any units

No interest: Financial (1)

I did not want to pay to do physical activity

No interest: Not interested in courses (1)

I'm a community student and take the classes that interest me.

No interest: Dislike exercise (1)

I don't like exercise

Not able: Repeatability (14)

Not allowed to repeat courses that I want to take!!

We cannot repeat PE classes that we have already passed.

The courses are not repeatable.

I can't repeat the classes I want to, which is swimming

I love to take PHED classes especially with Carolyn Stewart who teaches Pilates, yoga and body flexibility but the new policy requires that a student can only take one class in each subject except of course getting an "F". I hope the policy will be reversed. Thanks for the survey.

I took the maximum amount of classes you allow for golf. I would continue if allowed.

computer will not let me sign up for yoga type classes

Requirement complete

The class I wanted to take had a limit to how many times I could take it.

Classes I would like to take are barred because I have already taken them.

I have already taken the classes the allowed number of times

Took the 10 years ago

I have take PE classes and I use what I learned from them at home.

Your records are WRONG. I have taken several for goodness sake.

Not able: Physical limitation (5)

I have an injury that prevents me from doing most physical activities

I'm pregnant now :(

Spinal injury

Recovering post surgery.

disabled

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**2016 Physical Education Activity Course (PHED) Survey**

Not able: Scheduling conflict (4)

I work in Hvac construction during the day normally from 5am to 2pm which doesn't leave me with enough time for PE classes.

I'm only on campus one day per week and work the other days.

I have too many classes that I need to take that I don't have the capacity to take a PE class and I am involved in the community so I have a busy schedule

I'm in high school and have no time

Not able: At De Anza (3)

I take all my PE classes at De Anza

I am taking a PE class at De Anza

I already fulfilled my PE credits at De Anza but take most of my classes at Foothill

Not nearby: Online student (2)

Online only student 2,700 miles away

I'm an online student and live several hours from campus

Not nearby: Live far away (6)

I am coming down from San Francisco and the person I carpool with is not interested

I do not live near campus

Relocated

I live in Sonoma County

I am not in the area

I live too far away.

Not yet: Plan to (4)

I saw the classes just now. Would be interested. Never thought of taking it before.

I have been meaning to take archery, but haven't done it yet

Plan on taking a PE class during summer

I will look into these courses in the future

Not yet: Cannot find (2)

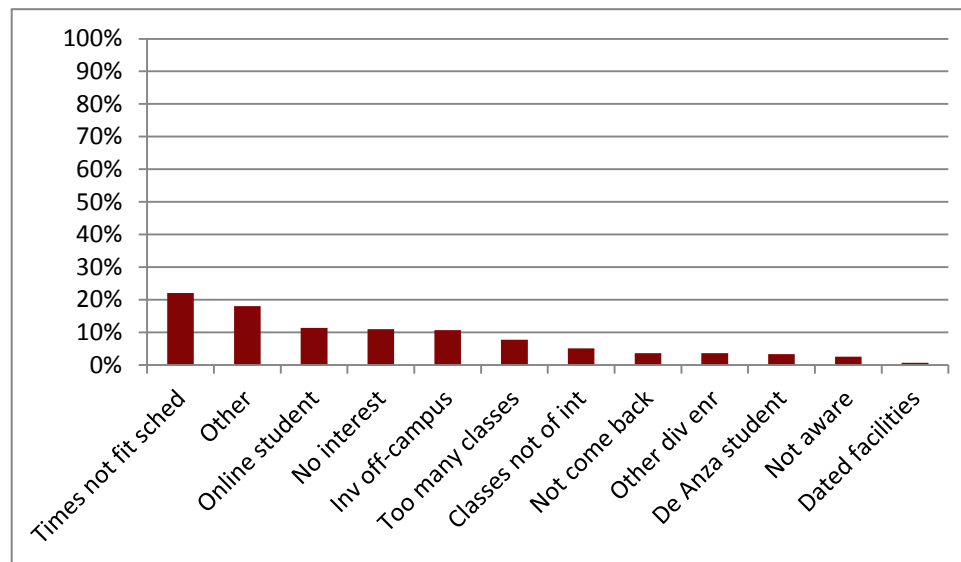
I've looked for the recreational center at foothill and can't find it! Seriously!

I wanted to enroll in volleyball but there was no course

**Foothill College  
2016 Physical Education Activity Course (PHED) Survey**

**2. From the 3 reasons you indicated, choose the primary reason you have not enrolled in any physical education activity classes at Foothill this year. Select one response only.**

Responses	N	%
Classes not offered at a time that fit my schedule	60	22%
Other	49	18%
I take all/most of my courses online	31	11%
Not interested in incorporating into my schedule	30	11%
Involved in physical activity off-campus	29	11%
I do not want/cannot take too many classes	21	8%
Current classes do not fit my physical activity interests	14	5%
Do not want to come back to campus	10	4%
Take other courses in the division	10	4%
Take De Anza courses	9	3%
Not aware courses were available for credit	7	3%
The facilities are dated	2	1%
<b>Total</b>	<b>272</b>	<b>100%</b>



**Foothill College**  
**2016 Physical Education Activity Course (PHED) Survey**

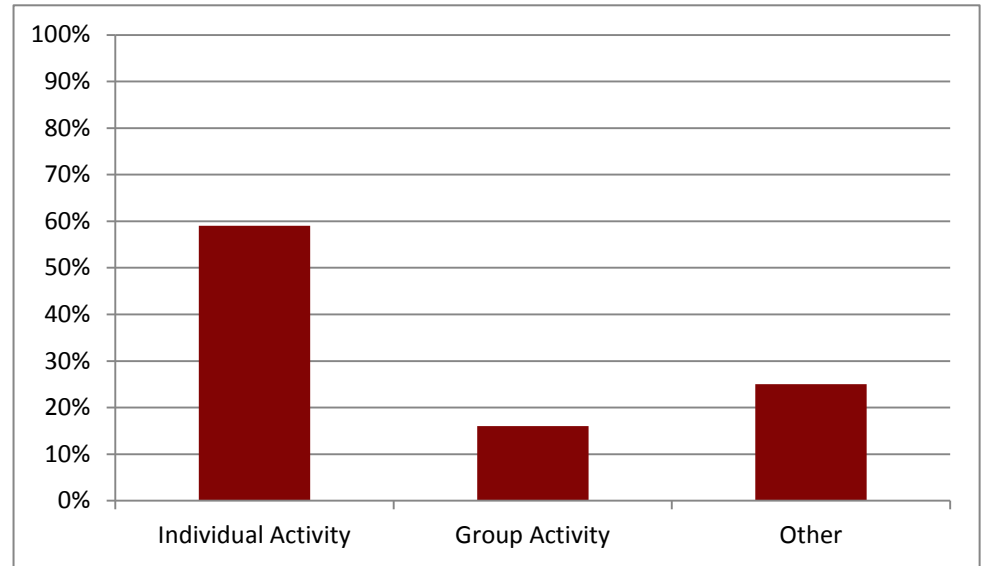
**2a. Which best describes your physical activity off-campus?\***

Responses	N	%
Individual activity (biking, running, walking, hrse riding)	19	59%
Group activity (club sport team, dance team)	5	16%
Other	8	25%
<b>Total</b>	<b>32</b>	<b>100%</b>

**Other responses:**

I'm a YMCA member, I take their classes in dance, and weightlift  
 Biking, Running, Weight Lifting, Meal Planning  
 United States Army Reserve  
 Systema, HEMA, Other martial arts.  
 Working with a family member who is a physical trainer  
 Weight lifting, running, basketball, flag football.  
 Bikram yoga, 24 hour fitness  
 Gym workouts

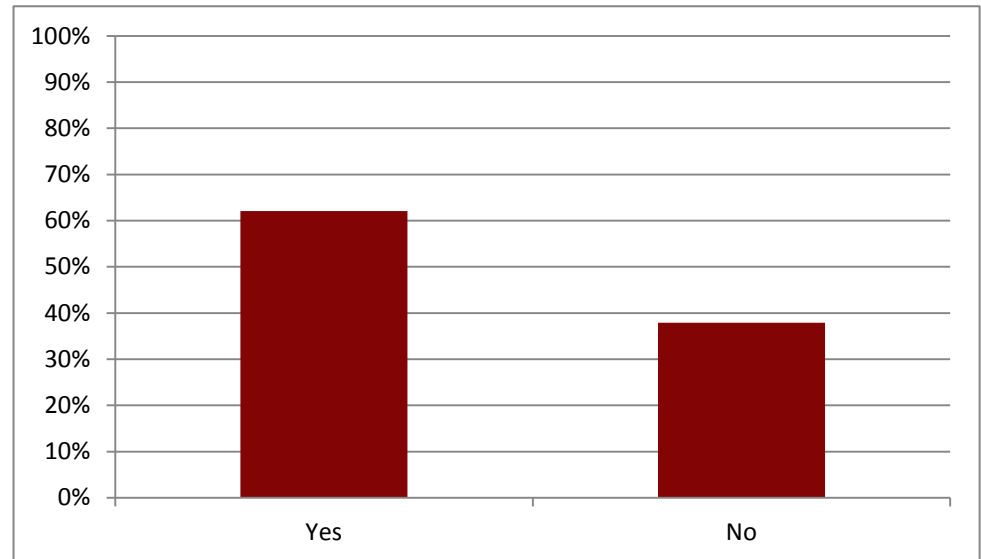
\*Question asked only of those respondents who indicated they are involved in physical activity off-campus.



**2b. Are you a member of a health club or gym?\***

Responses	N	%
Yes	18	62%
No	11	38%
<b>Total</b>	<b>29</b>	<b>100%</b>

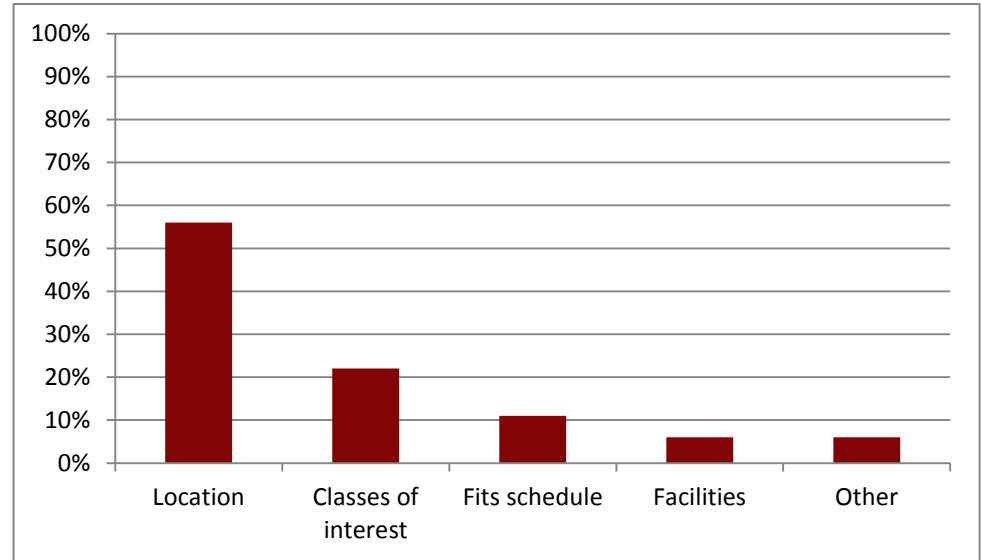
\*Question asked only of those respondents who indicated they are involved in physical activity off-campus.



**Foothill College**  
**2016 Physical Education Activity Course (PHED) Survey**

**2c. What is the primary reason you belong to a health club or gym? Select one response only.\***

Responses	N	%
Fits my class and work schedule	2	11%
The classes fit my physical activity interests	4	22%
The location is close to my home and/or work	10	56%
The facilities are current and up-to-date	1	6%
The facilities are clean	0	0%
The costs are reasonable	0	0%
Other	1	6%
<b>Total</b>	<b>18</b>	<b>100%</b>



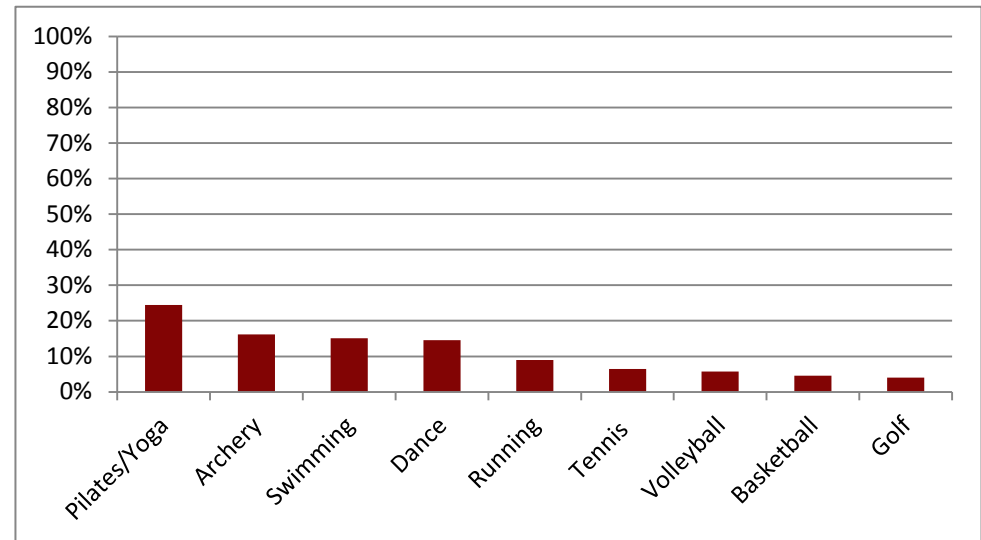
\*Question asked only of those respondents who indicated they are a member of a gym or health club.

**Other responses:**

It is my work

**3. Which of the following physical activity classes Foothill already offers would you be most likely to enroll? Select up to three options.**

Responses	N	%
Pilates/Yoga	133	24%
Archery	88	16%
Swimming	82	15%
Dance	79	15%
Running	49	9%
Tennis	35	6%
Volleyball	31	6%
Basketball	25	5%
Golf	22	4%
<b>Total</b>	<b>544</b>	<b>100%</b>
<b>Total respondents</b>	<b>227</b>	





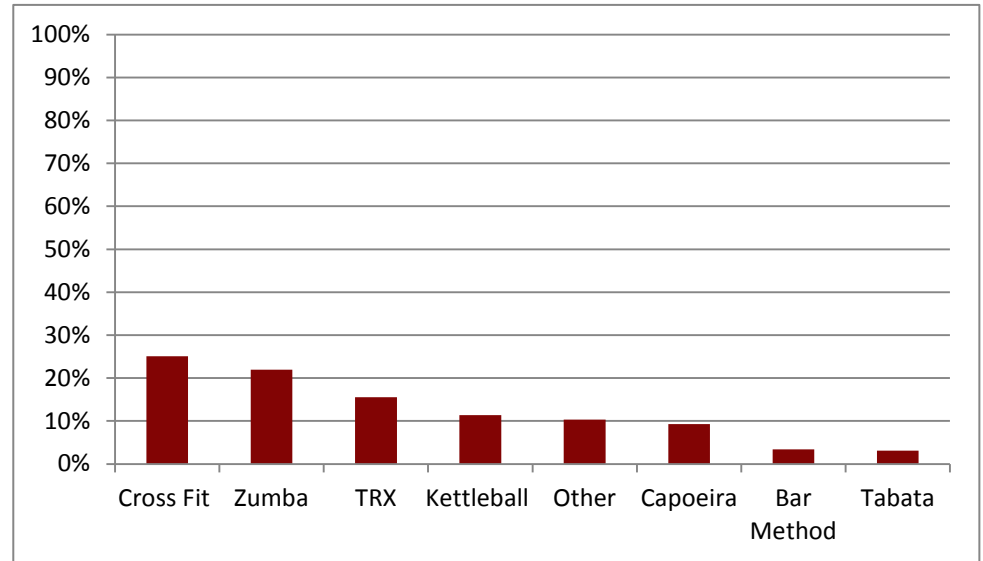
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**4. If Foothill offered the following physical activity classes, which of the following would you be most likely to enroll? Select up to three options.**

Responses	N	%
Cross Fit Training	97	25%
Zumba	85	22%
Suspension Training (TRX)	60	16%
Kettleball Fitness	44	11%
Other	40	10%
Capoeira	36	9%
Bar Method	13	3%
Tabata	12	3%
<b>Total</b>	<b>387</b>	<b>100%</b>
Total respondents	214	

**Other responses:**

Activity	N	%
Weightlifting	5	13%
Cycling/Spinning	4	11%
Hiking/Trail hiking	4	11%
Kickboxing	4	11%
Dance options	4	11%
Middle Eastern (belly dancing)		
Folk Dancing		
Alternative dance options		
Ndeye		
Taekwondo	2	5%
Strength and conditioning/Functional fitness	2	5%
Older adult fitness	2	5%
Soccer	2	5%
Krav Maga	1	3%
Weight training	1	3%
Football	1	3%
Pole	1	3%
Self-defense	1	3%
Marching band	1	3%
Mixed martial arts	1	3%
Spring board diving	1	3%
Tai chi	1	3%
<b>Total</b>	<b>38</b>	<b>100%</b>



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2016 Physical Education Activity Course (PHED) Survey

**5. Are there any other physical activity classes that you would like to see Foothill offer?**

**Responses:**

More late evening classes

Offer more night classes

Weightlifting at night

In addition, you guys should open up the gym to general students so I don't have to go to a gym and offer some kid of "gym" membership here exclusive to Foothill students.

Would like Foothill to allow community members to take open spots for fee. Love the Functional Fitness class but can only take it one time. Physical fitness is how we keep medical costs low as the population ages!!

Self protection classes. That's important in campus. Especially for girls...

I would take tai chi if it were 1 or 2 times per week. I cannot come to campus 3 mornings a week.

**Other activities:**

Responses	N
Cycling/ spin class	6
Krav Maga	4
Weight Training	4
Boxing	3
Dancing	3
Line dance Folk dance	
Variation of dance classes	
Hiking	3
Hiking on the weekend	
A day hiking class	
Kickboxing	3
Cardio kickboxing	
Martial arts	3
Mixed Martial Arts	3
Badminton	2
Fencing	2
Gym use/open gym	2
Horse back riding	2
Jiu-jitsu	2
Pole	2
Self-defense	2
Soccer	2
Strength and conditioning	2
Tai Chi	2
Weight lifting	2
Yoga/meditation	2

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**2016 Physical Education Activity Course (PHED) Survey**

Aerial Silk	1
Baseball	1
Biathlon	1
Bodybuilding	1
Brazilian Judo	1
Cardio tennis	1
Chi Qigong	1
Climbing/mountaineering	1
Core strength building	1
CrossFit	1
Downhill skiing	1
Free running	1
Futsal	1
Handball	1
Indoor Soccer	1
Karate	1
Marathon training	1
Mommy and me fitness	1
More time options for TAG	1
non-military related boot camp	1
Penguin sliding	1
Personal training: muscle growth	1
Personal training: weight loss	1
Pickleball	1
POP Pilates	1
Power walking	1
Recovery/retraining classes (post injury)	1
Silat	1
Spring board diving.	1
Street hockey	1
Swim lessons	1
Volleyball	1
Water Polo	1
Water Zumba	1
Water-related courses (kayaking, etc.)	1
Wrestling	1

Note: There were 24 "no" or "don't know" responses.



## Physical Activity Classes Survey

Foothill College is evaluating student interest in its physical education activity courses, and the department is especially interested gathering feedback from students who have not enrolled in any physical education activity courses this academic year. The results will be used for planning purposes.

All responses are confidential and anonymous, and will only be shared in the aggregate. Should you have questions, please contact Elaine Kuo, College Researcher, at [kuoelaine@fhda.edu](mailto:kuoelaine@fhda.edu).

The survey should take less than 5 minutes to complete.

**1. Our records indicate that you have not taken any physical education classes this academic year. Indicate the top 3 reasons why you have not enrolled in any physical education activity classes at Foothill this year.**

- I was not aware physical activity courses were available for credit
- The classes are not offered at a time that fit my class and work schedule
- I take all/most of my courses online
- The current classes do not fit my physical activity interests
- I do not want to come back to campus to take physical activity classes
- I do not want/cannot take too many classes
- The facilities are dated
- I am involved in physical activity off-campus
- I am not interested in incorporating physical activity into my academic schedule
- I take most of my classes at De Anza
- I take other courses in the division (e.g. ATHL, DANC, KINS, PHDA)
- Other

**2. From the 3 reasons you indicated, choose the primary reason you have not enrolled in any physical education activity classes at Foothill this year. Select one response only.**



**Physical Activity Classes Survey**

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**2a. Which best describes your physical activity off-campus?**

- Individual activity, such as biking, running, walking, horseback riding
- Group activity, such as club sport team, dance team
- Other

**2b. Are you a member of a health club or gym?**

- Yes
- No



## Physical Activity Classes Survey

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**2c. What is the primary reason you belong to a health club or gym? Select one response only.**

- The classes are offered at a time that fit my class and work schedule
- The classes fit my physical activity interests
- The location is close to my home and/or work
- The facilities are current and up-to-date
- The facilities are clean
- The costs are reasonable
- Other

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Foothill Institutional Research and Planning

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Updated 05/18/2016



## Physical Activity Classes Survey

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**3. Which of the following physical activity classes Foothill already offers would you be most likely to enroll? Select up to three options.**

- Archery
- Basketball
- Dance
- Golf
- Pilates/Yoga
- Running
- Swimming
- Tennis
- Volleyball

**4. If Foothill offered the following physical activity classes, which of the following would you be most likely to enroll? Select up to three options.**

- Capoeira
- Cross Fit Training
- Kettleball Fitness
- Suspension Training (TRX)
- Tabata
- Zumba
- Other
- Bar Method

**5. Are there any other physical activity classes that you would like to see Foothill offer?**

**6. If you would like more information about any of the physical activity classes listed above, please provide your contact information:**

**Email:**

**First Name:**

**Last Name:**

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Updated 05/18/2016