

**Health and Fitness (HF)**

Use the following scale to answer the questions below:

Strongly Agree	Agree		No Opinion	Disagree		Strongly Disagree
A	B	C	D	E	F	G

All questions are optional; your answers are confidential.

This course helped me understand the course content from a Christian perspective.

This course strengthened important skills needed to effectively engage God's world.

This professor modeled effective engagement with course materials from a Christian perspective.

This professor modeled integrity and respect in the conduct of this course.

This course increased my understanding of concepts necessary for the development of a physically active lifestyle.

This course increased my tendency to pursue healthy behaviors.

This course increased my proficiency in motor skills related to fitness, leisure activity, and sport and/or dance.

This course increased my understanding of the foundational principles needed to discern the proper place of sport, competition, play, leisure, movement, and rest.