



ADAPTIVE FITNESS PROGRAM REVIEW

2008

Review Team

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ADAPTIVE FITNESS PROGRAM REVIEW

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ADAPTIVE FITNESS PROGRAM REVIEW

Executive Summary

The Adaptive Fitness Program is a component of the Coastline Community College's Special Programs and Services for the Disabled Department. Coastline's program consists of eleven classes designed to assist seniors with disabilities in the maintenance of general physical fitness, flexibility, and balance. Students participate in classes meeting one to three times per week for up to two hours. Classes are held at Oasis, Westminster, Seal Beach Leisure World, and Fountain Valley Founders Village as well as at Coastline's own Le-Jao Center. Each class is led by one of three adjunct instructors, whom education and experience qualifies them to address the balance and mobility issues as they relate to aging.

In 2002-03, the program generated between 8.5 and 8.9 non-credit FTES, or 2.7% of the college's non-credit FTES, with an offering of five classes per semester. Current data shows a clear trend in FTE growth. For the Fall 2007 term, the program generated 24.87 non-credit FTES or 9.8% of the college's non-credit FTES, with an offering of eleven classes per semester. Average class sizes in the program have held relatively stable, with semester averages of 50 students per class.

The Special Programs department has benefited from the enrollment growth of this program. During the last program review the unduplicated student count was 186; to date the current unduplicated count for Spring 2008 is 315 and growing! This has resulted in an increase to the AB-77 funding for all disabled students.

Coastline Community College's Adaptive Fitness Program meets the needs of seniors with disabilities. Students, professionals within the community, and faculty show overwhelming satisfaction with almost every aspect of the program. Some of the Adaptive Fitness Programs strengths include:

- Quality of Instruction
- Helpfulness and dedication of faculty and staff
- Accessibility within the community
- The ability to facilitate improvement and maintenance in students' physical fitness
- No-cost program
- Faculty's continued efforts to stay current with the latest fitness theories with the field of aging

The program has identified five new five-year goals:

1. Update all course outlines to include expected student learning outcomes and plans for assessing those outcomes
2. Develop program brochure and flyers to improve marketing and enhancement of community partnerships
3. Continue efforts to streamline mandated paper work and processes for students and staff
4. Hire aides for classes on an as needed basis
5. Continue to work with community sites to pursue the possibility of acquiring larger classrooms and storage at those sites



ADAPTIVE FITNESS PROGRAM REVIEW

Program Review Process

Celeste Ryan, Instructor/Coordinator Special Programs and Services chaired the Adaptive Fitness Review Team. Other members included adjunct faculty members Judy Aprile, Mary LoSasso, and Mindi Masters; Special Programs and Services Staff Assistant, Erica Valle, and full-time Emeritus faculty member Debbie Secord. The students in the Adaptive Fitness program were surveyed.

The committee met during the Fall of 2007. All team members were invited to participate in the process. Electronic media and mail were the primary means utilized to allow the team members to contribute to the Program Review process.

The program review team developed a list of general survey questions. The surveys were produced in several different forms; each tailored to the appropriate respondents. Surveys were sent to all current Adaptive Fitness students, to Adaptive Fitness Faculty, and to the facility coordinators. Surveys were collected, tabulated, and summarized by Program Review Steering Committee Co-Chair Pat Arlington.

The chair compiled contributions from the team members. The chair then solicited additional suggestions for recommendations from Adult Fitness faculty and facility coordinators.

Description

Overview

The Adaptive Fitness Program is a component of Coastline Community College's Special Programs and Services for the Disabled Department. The courses are funded by AB-77 monies, which are categorically earmarked for students with disabilities in the college through the state chancellor's office Disabled Students Programs and Services (DSP&S) department. Coastline's program consists of eleven courses designed to assist seniors with disabilities in the maintenance of general physical fitness, flexibility, and balance. Students participate in one to three classes per week for up to two hours. Classes are held at Oasis, Westminster, Seal Beach Leisure World Senior Centers, Fountain Valley Founders Village as well as at Coastline's own Le-Jao Center.

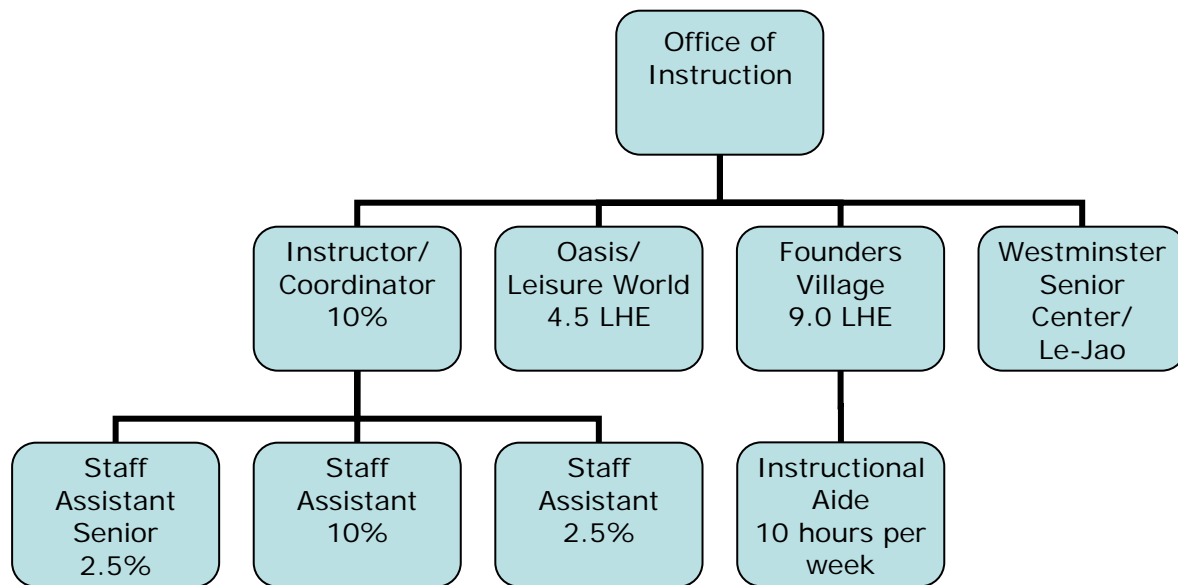
A review of archive records indicates the Coastline Special Programs started serving the needs of the disabled senior citizen as early as 1980-1981. A copy of a 1980-1981 Handicapped Student Programs and Services Application (dated February 13, 1980) lists major program goals to be addressed in 1980-81. These goals included goal "1.11 To explore and implement where appropriate select special education courses to serve the handicapped senior citizen." Another document dated Summer 1986 notes that "Special education classes for disabled seniors were first offered in 1983-84."

In 1996, when Special Programs conducted its program review, instructional programs for students' different types of disabilities were combined into one report. The disabled adults' program, however, was not included. 2002-03 marked the first year that the Adult Fitness

program underwent a program review. Since the last program review the Adaptive Fitness Program has grown to meet the demand of the community. Beginning in the Fall of 2005 the program expanded course offerings to include classes at the Founders Village, Fountain Valley. Due to this growth the program increased the teaching staff by one part time faculty member and an instructional aide. The program has also increased the number of course offerings from five to eleven. Generated FTES have risen from 8.89 to 24.87 and our unduplicated student count has grown from 186 to 315.

The appropriate verified disability for enrollment in this program is defined by Title V, 56032: "Physical disability means a visual, mobility or orthopedic impairment . . . Mobility and orthopedic impairment mean a serious limitation in locomotion or motor function." Title V goes on to specify "that mobility impairments can be verified, if possible, by the personal observation of a DSP&S professional staff member with the DSP&S coordinator review, by documentation from a physician, or by the documentation of the referring agency if the verification is done by a physician." Because the adaptive fitness students do not have readily observable disabilities (e.g., amputation, cerebral palsy) and their referring agencies do not have medical staff, the students are required to produce verification from their attending physicians. Typical medical histories include arthritis, osteoporosis, heart condition, stroke, diabetes, cancer, and balance difficulties. These conditions result in physicians recommending modified exercise programs and instruction in health and safety concerns.

The staff for the Adaptive Fitness Program includes a portion of one full-time Instructor/Coordinator, three part time faculty, three classified clerical support staff and one instructional aide. Special Programs and Services Organizational Chart for Adaptive Fitness:



The Adaptive Fitness classes are held at the following locations:

- Oasis Senior Center, Corona del Mar
- Westminster Senior Center, Westminster
- Seal Beach Leisure World, Seal Beach
- Le-Jao Center, Westminster
- Founders Village, Fountain Valley

Classrooms at Oasis, Westminster Senior Center, Leisure World, and Le-Jao are designed for multiple purposes. Established in the Fall of 2005, Founders Village is equipped with a variety of weight training and conditioning machines. The rooms vary in size. None of the community facilities charge the college a fee for room usage.

Curriculum Review

Currently the Adaptive Fitness Program offers classes under course outline SPED 435, Rhythmic Movement and SPED 436, Adult Fitness. These courses are currently being offered within the Developmentally Delayed Learner and Adult Fitness Programs. The Coordinator has met with current Adaptive Fitness instructors, reviewed the existing course outlines and determined that revisions are in order. Revisions will require development of new course(s) that will be uniquely tailored to the instructional needs of our seniors. Faculty and Coordinator are scheduled to meet in the Fall of 2008 to develop course outlines and submit to Curriculum Committee for approval. In addition faculty will develop Student Learning Outcomes Assessment Cycle and integrate this document with the Student Educational Plan, required by Title V.

Certificate Requirements

Classes in the Adaptive Fitness Program are non-credit and no certificate or degree options.

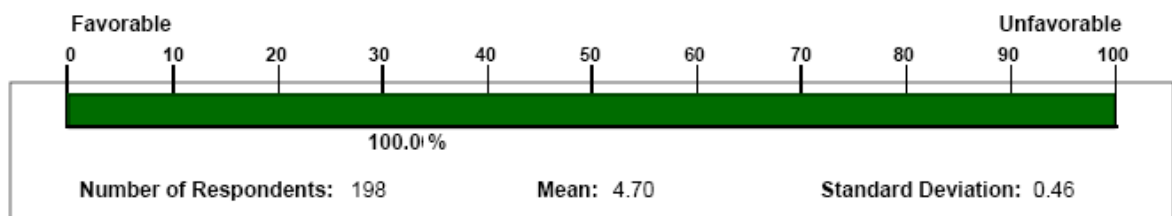
Need

The current need for this program is great, as evidenced by the steady increasing enrollments. According to the Association of Retired Persons, the population of elders 85 and older is the fastest growing segment of the population. In the Coast Community college District, according to data provided by the District research department, the proportion of citizens in the 65 and older segment of the population has increased at a greater rate than the state average

Harvard University Professor and Psychiatrist, John Ratey, author of *Spark: "The Revolutionary New Science of Exercise and the Brain"*, says exercise is good for the brain, it improves cognitive performance. Regular aerobic activity has been credited with delaying cognitive decline by as much as seven to ten years. Ratey states that exercise is number one in holding off memory loss and cognitive decline during aging and number 2 is learning and connecting with other people. The Adaptive Fitness program addresses both of these needs—exercise, interacting with others of similar age, motivation, and need, lastly but equally as important, a regular schedule of classes offered throughout the year.

All respondents to the student survey indicated satisfaction with the relevance of the classes to their needs.

Relevance of courses to your vocational, academic, or personal needs



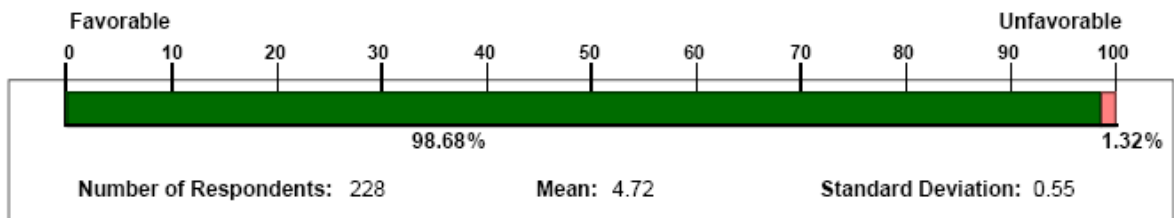
Resources

Adaptive Fitness classes are offered at five locations. With the exception of classes scheduled at the Le-Jao Center, classes are scheduled at senior centers in four cities of our district: Fountain Valley, Corona del Mar, Seal Beach, and Westminster. The program is, therefore, dependent on the facilities and room configurations available at those sites. Program staff include portions of: one full time Instructor/Coordinator, three classified staff, three part time faculty, and an instructional aide.

Instructors employ techniques and strategies proven effective by research at the Center for Successful Aging, Balance and Mobility Specialist Instructor Program as well as Adaptive Fitness Theory. These techniques require specific assessment and instructional procedures but not require specialized technology. Due to Banner implementation all instructors participated and are trained to use MyCCC.

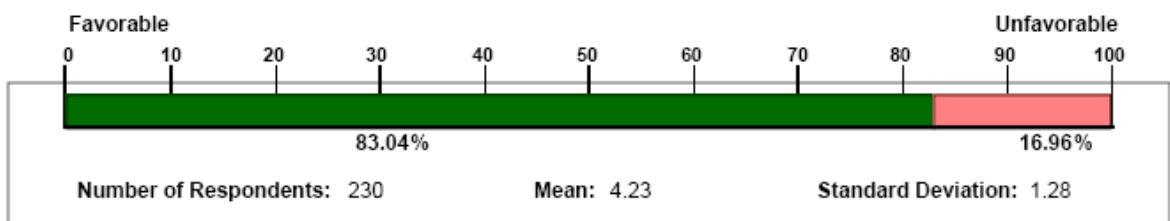
Students were in overwhelming agreement about the convenience of the location where their classes meet, with only 3 of 228 students indicating that the location of their class was not convenient.

Convenience of the location where your class meets

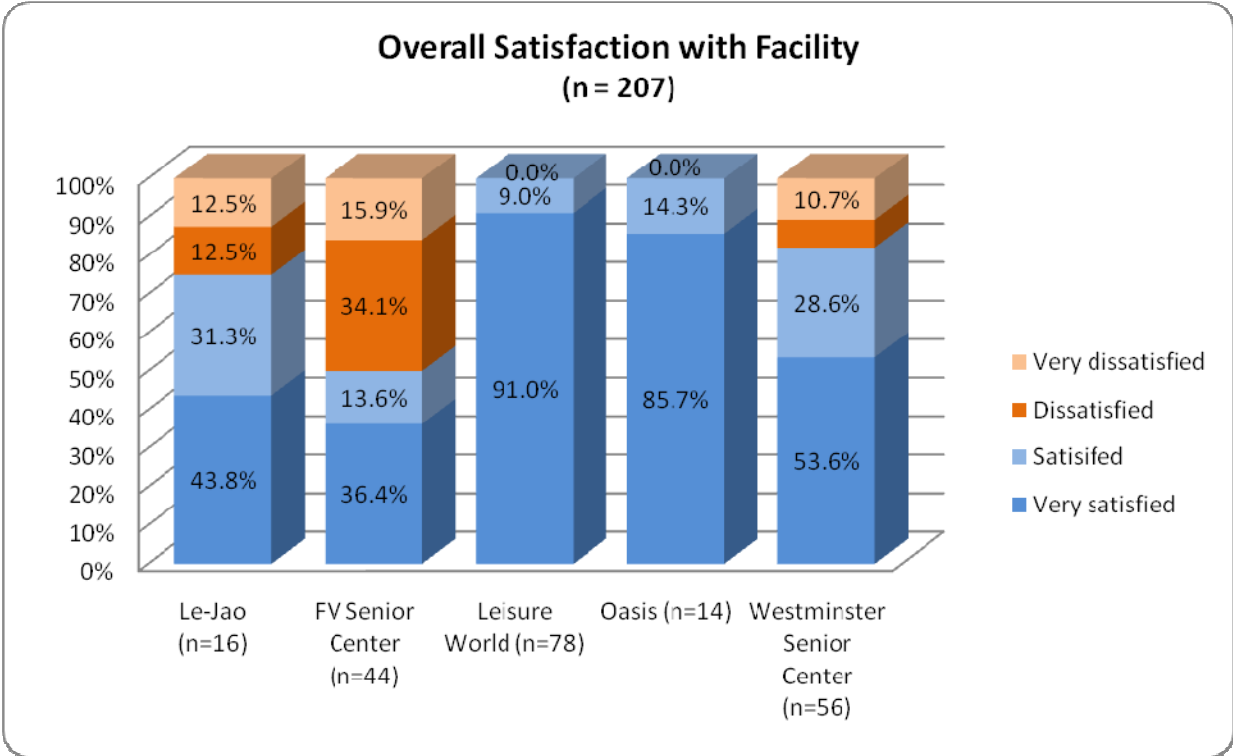


Overall, 83% of student survey respondents expressed satisfaction with the facility where their classes meet.

Overall satisfaction with the facility at which your class meets

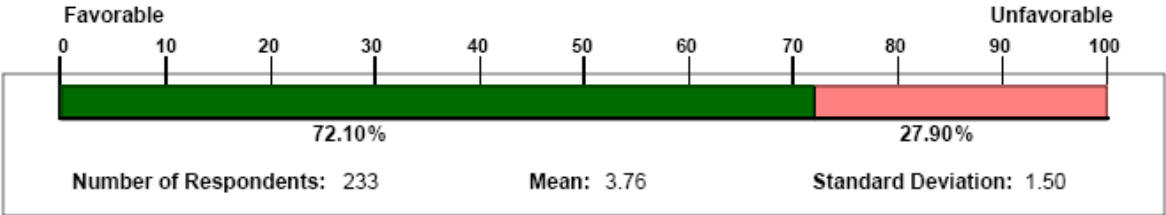


Analyzing these results further, levels of dissatisfaction vary considerably among the different locations at which classes are held. While no dissatisfaction was expressed at Leisure World or Oasis, 50% of the students at the Fountain Valley Senior Center expressed dissatisfaction. Twenty-five percent of the students at Le-Jao reported dissatisfaction, and almost 19% of those at the Westminster Senior Center.

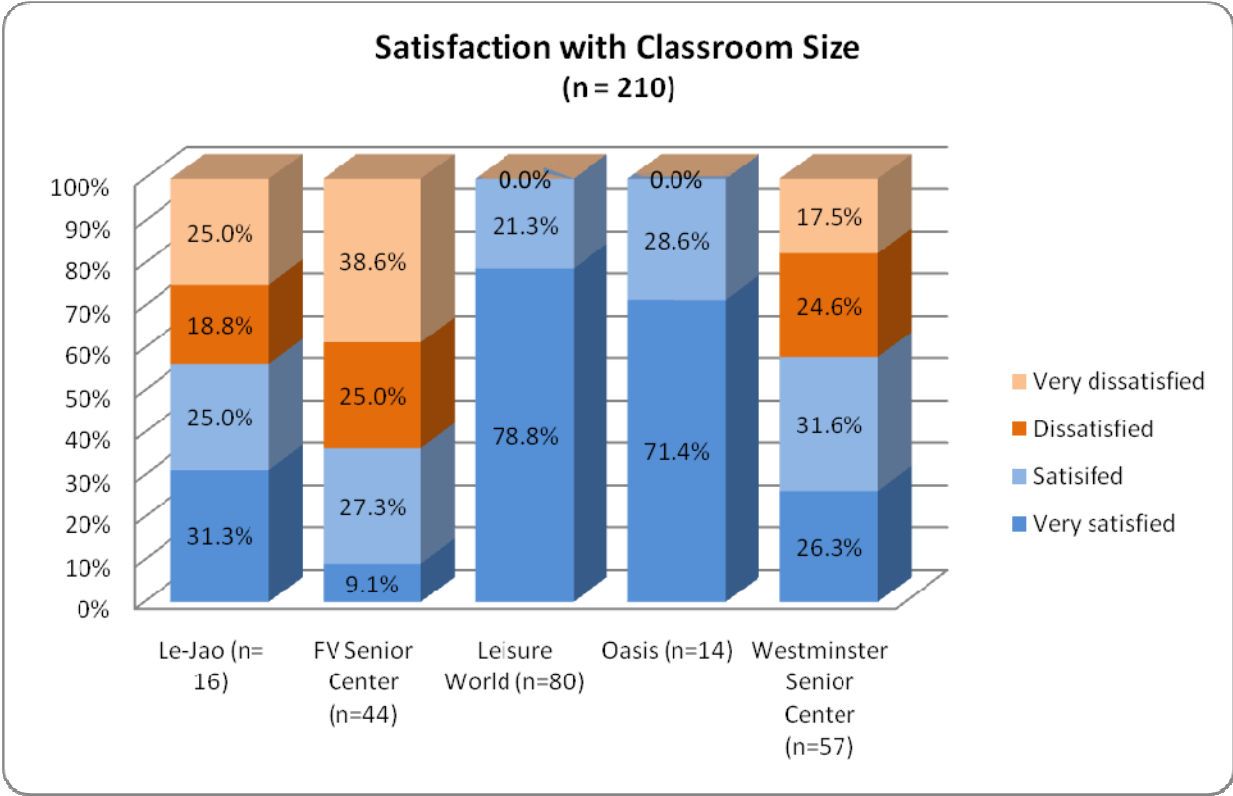


The primary issue driving dissatisfaction appears to be room size at the class locations. Almost 28% of student survey respondents felt that the classroom where their class meets is too small.

Size of the classroom in which your class meets

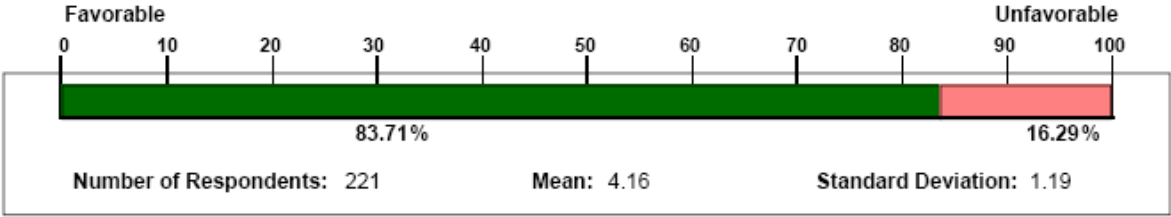


Breaking down the survey results by location sheds additional light on this issue. Clearly, the students at the Fountain Valley Senior Center have the greatest concerns about the size of the classroom (63.6%), followed closely by those at Le-Jao (43.8%) and Westminster Senior Center (42.1%).



A significant number of students (16.29%) also indicated some dissatisfaction with the available classroom equipment—most indicating that more equipment is needed.

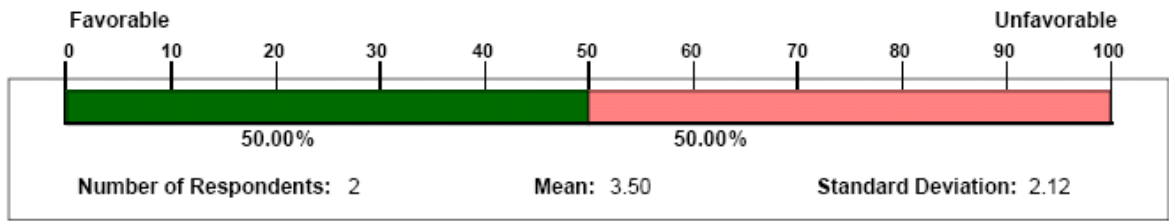
Adequacy and quality of classroom equipment



Faculty share student concerns about classroom size and equipment.

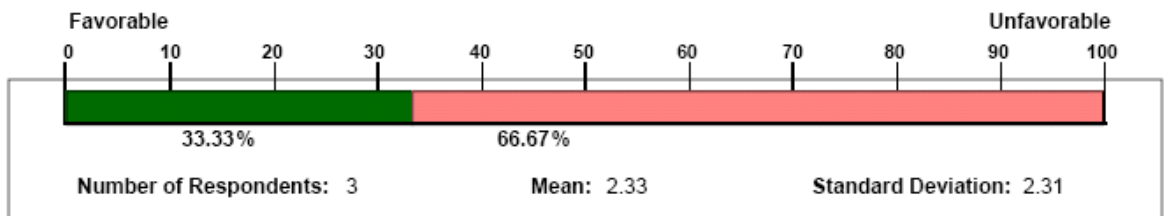
Responses to the faculty survey showed mixed opinions about equipment and materials. One of the three faculty respondents was “Very satisfied” with the quality of equipment and materials that are provided for their classes. One, however, reported moderate dissatisfaction. A third respondent indicated “Don’t know or n/a.”

Program Materials and Services - Quality of equipment/materials supplied



Faculty members were less satisfied with the amount or quantity of equipment and materials provided to the classes. Only one respondent indicated satisfaction while two were dissatisfied.

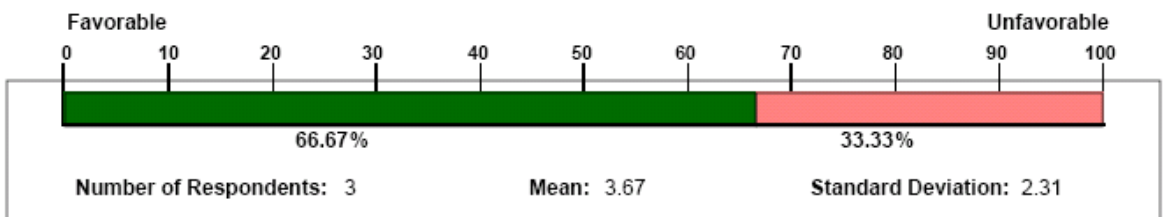
Program Materials and Services - Amount of equipment/materials supplied



In terms of other resources, the only faculty member who expressed an opinion about the marketing of classes and the program indicated satisfaction with that aspect of support.

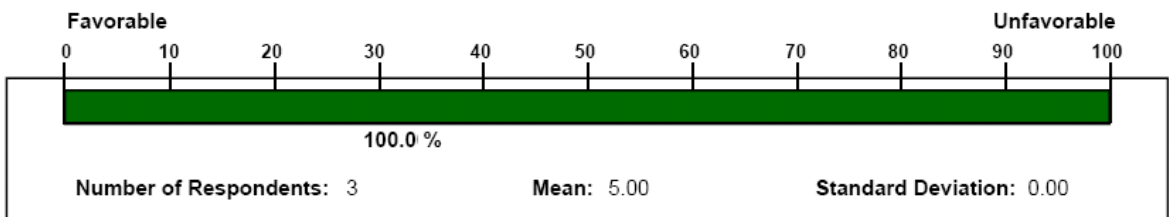
Two of the three faculty respondents were satisfied with the registration process, but the remaining faculty member indicated dissatisfaction.

Program Materials and Services - Ease of student registration process

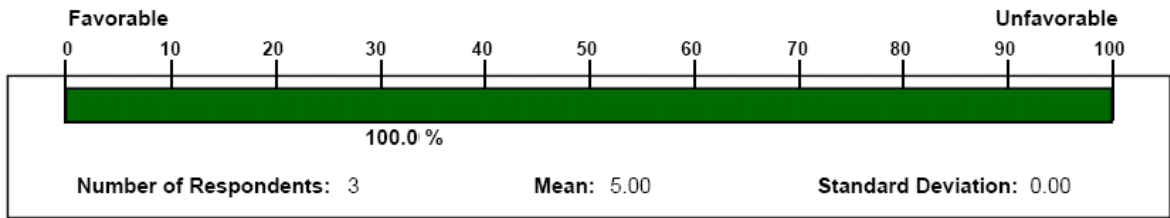


All three faculty respondents were "Very satisfied" with both the availability and responsiveness of staff who support the program and classes.

Program Materials and Services - Staff support for the program and classes in terms of staff availability

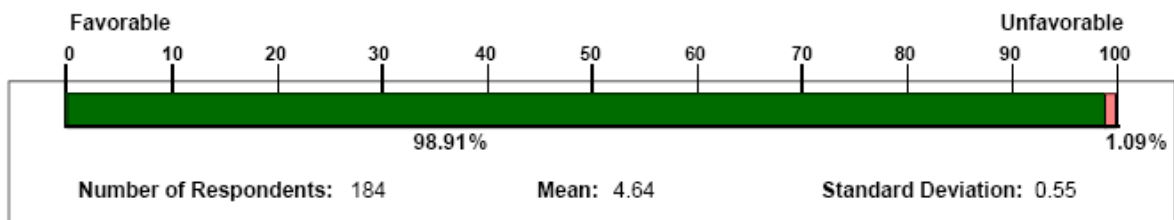


Program Materials and Services - Staff support for the program and classes in terms of staff responsiveness

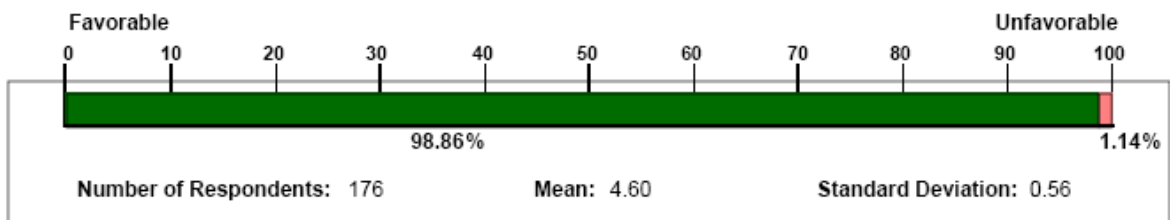


Students reported very high levels of satisfaction with staff support for the program and classes, both in terms of availability and responsiveness—almost 99% satisfaction in both of these areas.

Staff support for the program and classes in terms of staff availability



Staff support for the program and classes in terms of staff responsiveness



Partnerships

The Adaptive Fitness Program and its students benefit from partnerships with several outside agencies and universities.

- Oasis Senior Center
- Westminster Senior Center
- Leisure World, Seal Beach
- Founders Village, Fountain Valley Senior Center
- Coastline Emeritus Program
- California State University at Fullerton, Center for Successful Aging, Balance and Mobility Specialist Instructor Program
- City of Huntington Beach Planning Commission—Proposed Senior Center

Professional Development

Three faculty members responded to the Adaptive Fitness Faculty Survey, and their responses indicate considerable individual diversity in terms of the professional development activities in which they participate. Two out of three respondents reported that

they are members of professional associations and that they attend professional conferences, participate in workshops, and pursue professional training.

In which of the following professional development activities have you participated within the past three years? (Mark all that apply.)	Respondents: 3
CCC General Faculty Meeting	1 33.33 %
Discipline-related workshops	1 33.33 %
Other workshops	2 66.67 %
Membership in professional associations	2 66.67 %
Professional conferences	2 66.67 %
Graduate classes/program	1 33.33 %
Professional training	2 66.67 %
Discipline-related reading	1 33.33 %
Technology-related reading	1 33.33 %
Total Responses	13 100 %

Adaptive Fitness faculty members are active in the community as well as in college-wide activities. Faculty and administration have attended and/or presented at conferences, meetings, seminars, and trainings over the last few years. Faculty work in cooperation with each other, share information they glean from attendance at these events, and as a result, programmatic changes are implemented. Professional development is encouraged and supported by the department and administration.

The program is acknowledged as having dedicated and caring instructors and is proud that Judy Aprile has been honored by the college and her students as Coastline's 2008 Teacher of the Year. She also was selected and applied as Coastline's nominee to the 2009 Orange County Teacher of the Year, sponsored by the Orange County Department of Education. More than 100 of Judy's student wrote personal testimonials of how she has made a difference in their lives. Here is just a sampling of what they had to say:

- "Judy has become a mentor, teacher, friend, and family member to everyone in her class. Along with the friends of Oasis, Judy has lifted my spirits from depression, isolation, anxiety, and brought "purpose" back into my life. You could say she has given me a reason and will to live and enjoy a productive life. A very gifted lady."
- "I appreciate the opportunity to have such an excellent and professional instructor each week her at Leisure World. My age is 83 year but 90% of the time I feel half that age. I attribute a lot of that to Judy and her encouragement here at our weekly classes to live healthy lives."
- "She never gets tired! She leads our chair-exercise class at the Oasis Center with such enthusiasm, joie de vivre, and pep that our class of almost 100 people react as one—with her verve. She is so original in her approach that she makes each session as fresh as if it were the first one."

Quantitative Elements

Course Data

At the time of the last Adaptive Fitness Program Review in 2002-03, classes were generating an average of 8.7 FTES per semester. Since that time, there has been a steady increase in number of students taking adaptive fitness classes as well as in the overall number of FTES generated by the program. Over the last three semesters (Fall 2006 through Fall 2007), FTES averaged 25.5 per semester. The average class size for those semesters has been 50 students.

No scheduled class sections have been cancelled during the past 13 semesters.

Formal attrition rates are somewhat unreliable because of the way in which students are added and dropped (or not dropped) in positive attendance classes, but, even considering those anomalies, attrition in adaptive fitness classes is very small. Most students who enroll in a class complete the class.

ADAPTIVE FITNESS 2008
Six and a Half-Year Summary of Enrollments and FTES

	2001-02		2002-03		2003-04		2004-05		2005-06		2006-07		2007
PROGRAM AND COLLEGE DATA	FALL 012	SPRING 013	FALL 022	SPRING 023	FALL 032	SPRING 033	FALL 042	SPRING 043	FALL 052	SPRING 053	FALL 062	SPRING 063	FALL 072
FTES													
Program	6.05	6.78	8.89	8.49	9.26	10.96	14.28	14.10	18.17	19.65	24.09	27.61	24.87
College	270.97	282.32	326.35	318.83	202.58	237.43	222.00	221.44	238.50	267.50	249.30	286.96	283.22
Program as % of College	2.2%	2.4%	2.7%	2.7%	4.6%	4.6%	6.4%	6.4%	7.6%	7.3%	9.7%	9.6%	8.8%
Program Sections													
Total Sections Scheduled	5	5	6	6	7	7	8	8	10	11	11	11	11
Sections Cancelled	0	0	0	0	0	0	0	0	0	0	0	0	0
Net Sections	5	5	6	6	7	7	8	8	10	11	11	11	11
Avg. Enroll. All Classes	34	37	38	39	43	44	57	57	44	46	50	52	48
Seat Count at Census													
Program	172	184	230	231	299	311	456	453	444	505	551	573	523
College	5450	4998	5680	5536	3920	4221	4356	4410	4640	5181	4386	5308	5022
Program as % of College	3.2%	3.7%	4.0%	4.2%	7.6%	7.4%	10.5%	10.3%	9.6%	9.7%	12.6%	10.8%	10.4%
Seat Count at Semester End													
Program	158	169	213	202	244	297	434	405	422	462	515	547	505
College	5189	4688	5253	5061	3724	3896	3970	4140	4403	4750	4361	4681	4782
Program as % of College	3.0%	3.6%	4.1%	4.0%	6.6%	7.6%	10.9%	9.8%	9.6%	9.7%	11.8%	11.7%	10.6%
Attrition (Cens. to End Seats)													
Program	8.1%	8.2%	7.4%	12.6%	18.4%	4.5%	4.8%	10.6%	5.0%	8.5%	6.5%	4.5%	3.4%
College	4.8%	6.2%	7.5%	8.6%	5.0%	7.7%	8.9%	6.1%	5.1%	8.3%	0.6%	11.8%	4.8%

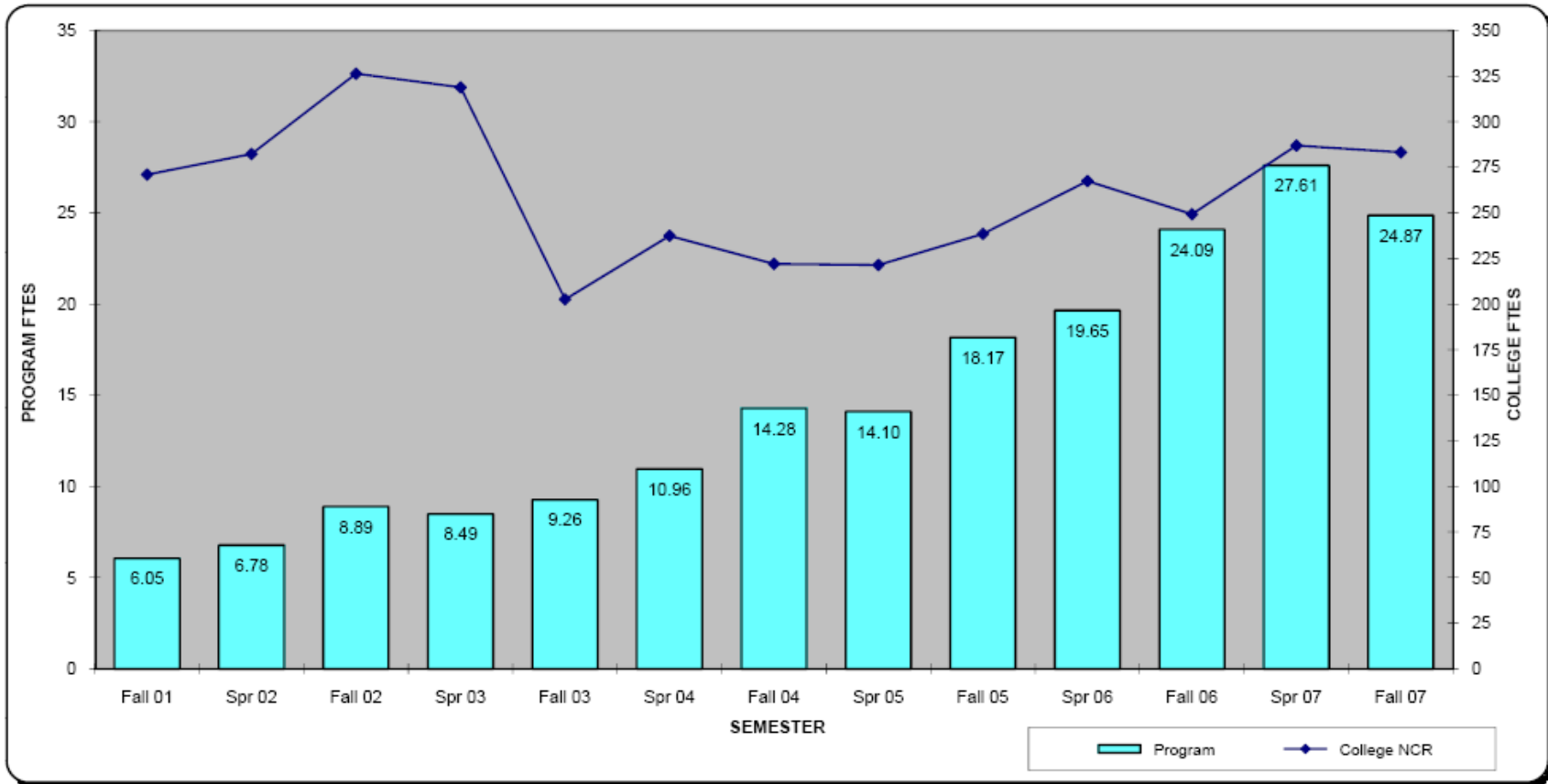
**Attrition rates should be viewed with caution due to late enrollments and/or students not dropped in some classes.*

Source: ADATERM and PAUDIT reports

ADAPTIVE FITNESS 2008

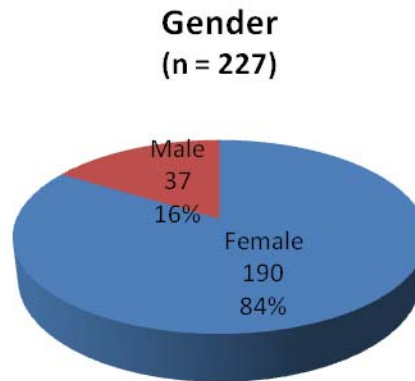
Six and a Half-Year Summary of Enrollments and FTES

FTES	Fall 01	Spr 02	Fall 02	Spr 03	Fall 03	Spr 04	Fall 04	Spr 05	Fall 05	Spr 06	Fall 06	Spr 07	Fall 07
Program	6.05	6.78	8.89	8.49	9.26	10.96	14.28	14.10	18.17	19.65	24.09	27.61	24.87
College NCR	270.97	282.32	326.35	318.83	202.58	237.43	222.00	221.44	238.50	267.50	249.30	286.96	283.22
% of College	2.2%	2.4%	2.7%	2.7%	4.6%	4.6%	6.4%	6.4%	7.6%	7.3%	9.7%	9.6%	8.8%



Student Elements

Based on responses to the Program Review Student Survey, the majority of students enrolled in Adaptive Fitness classes are women (84%).



Students who participate in Coastline's Adaptive Fitness classes are required to provide medical verification of a disabling condition to support their need for these specialized classes.

Mobility Impaired Unduplicated Student Count Records for the last 5 years are as follows:

	2003-04	2004-05	2005-06	2006-07	2007-08
Unduplicated Student Count	242	259	283	324	315*

*Not the final student count, collection of verification information continues throughout the Spring 08 term

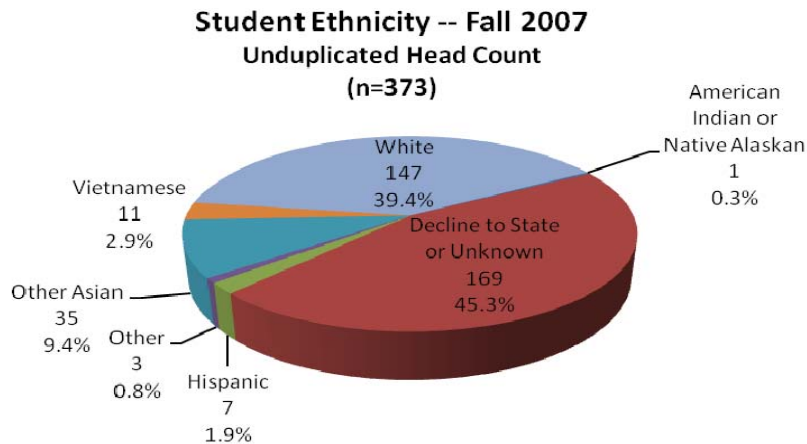
Interestingly, when surveyed, almost 25% of the respondents indicated they have "no disabilities." The disparity between the medically-certified conditions and survey results is one of perception. Many of the older adults enrolled in these classes simply dismiss even severe physical disabilities as simply part of getting older. That they are reluctant to classify themselves as "disabled" is indicative of their commitment to maintaining and/or improving their health and well being through participation in fitness and other classes.

Do you have any of the following disabilities? (Mark all that apply.)

Respondents: 198

Health Impairment	53	26.77 %
Hearing Disability	39	19.70 %
Learning Disability	2	1.01 %
Mobility or Orthopedic Disability	98	49.49 %
Severe Visual Impairment	9	4.55 %
No disabilities	49	24.75 %
Other	24	12.12 %
Total Responses	274	100 %

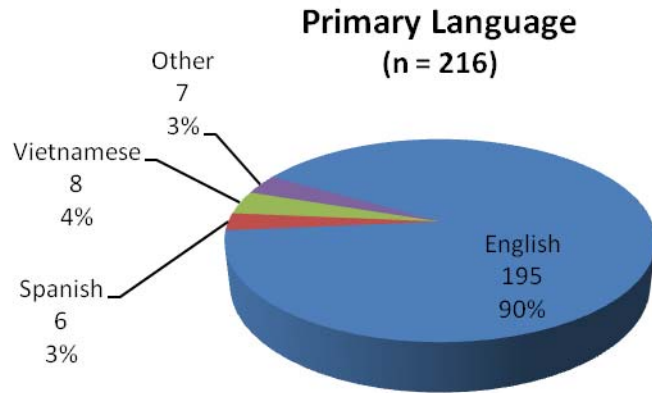
Ethnic data is somewhat difficult to interpret, because the ethnicity of 45.3% of all students enrolled in Fall 2007 classes is unknown. The largest identified ethnic group is white (39.4%). Based on known ethnicity, traditionally underrepresented groups account for less than 15% of the total enrollments in Adaptive Fitness.



Ethnic disparity is also evident in an analysis of the number of Adaptive Fitness classes in which students are enrolled. More than 31% of all white students were concurrently enrolled in two Adaptive Fitness classes in Fall 2007. Approximately 14% of Asian students (not including Vietnamese) were also enrolled in two classes. No students identified as Hispanic, Vietnamese, or "Other" were taking more than one fitness class.

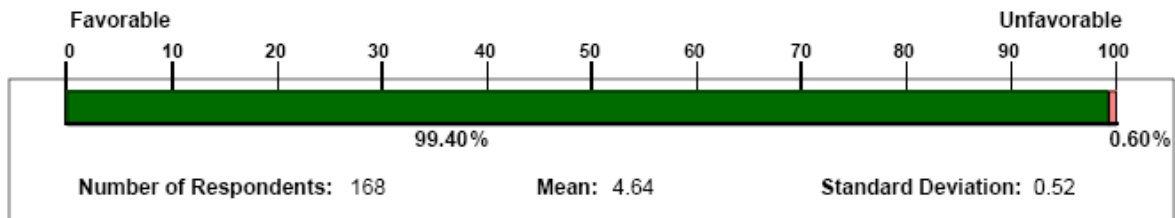
Ethnicity	Seat Count	Head Count (unduplicated)	Percent Taking More Than 1 Class
American Indian/Native Alaskan	2	1	100.00%
Decline to State or Unknown	268	169	58.58%
Hispanic	7	7	0.00%
Other	3	3	0.00%
Other Asian	40	35	14.29%
Vietnamese	11	11	0.00%
White	193	147	31.29%
	524	373	40.48%

Student survey responses indicate that English is the primary language for 90% of the students taking Adaptive Fitness classes. Languages of the remaining students are almost equally divided among Spanish, Vietnamese, and "other."



Only one student out of 168 survey respondents indicated any level of dissatisfaction with the extent to which faculty and staff respond to the needs of culturally-diverse students.

Extent to which faculty and staff meet the needs of culturally diverse students



Based on survey responses, Coastline's Adaptive Fitness Program is the only educational program in which a majority of the students (85%) participate. Almost 9%, however, are enrolled in Coastline Emeritus classes in addition to their fitness classes.

Are you currently enrolled in an educational program in addition to Coastline's fitness classes? (Mark all that apply.)

Respondents: 181

No, only enrolled in Coastline Adaptive Fitness classes	154	85.08 %
Coastline College Emeritus Program	16	8.84 %
Coastline College (other than Emeritus or Adaptive Fitness)	2	1.10 %
Golden West College	1	0.55 %
A four-year college	2	1.10 %
Adult education (other than at Coastline)	6	3.31 %
City parks and recreation	2	1.10 %
Other	3	1.66 %
Total Responses	186	100 %

Cost Data

The current semester costs for the three part-time faculty teaching eleven courses is \$30,219 per semester, plus \$3,324 for benefits, all paid by AB-77 funds for the disabled.

Classes offered at Fountain Valley Founders Village have one paid aide for ten hours a week for a total cost of \$2,027, plus \$92 in benefits per semester.

On an annual basis approximately \$8,500 was spent to acquire necessary equipment to support the classes. Equipment is purchased on an as-needed basis. Equipment falls in consumables (Therabands) and durables such as jogging trampoline, stabilizer bar, dumbbells, adjustable step-up box, and ankle weights. Minimal copy charges are incurred by Special Programs. Management support, including the instructor/coordinator and classified is estimated to cost \$9,644 plus \$3,158 fringe benefits per semester.

The community facilities do not charge any fees for using their space.

Based on Fall 2007 figures, the Adaptive Fitness program is generating approximately \$65,309 in apportionment revenue each semester. (Fall 2007 FTES of 24.87 x \$2,626 per FTES)

In addition to apportionment-generated revenue, the program benefits all of Special Programs because of its positive impact on the college's AB-77 allocation. For the 2007-08 fiscal year the Adaptive Fitness program contributed 38% towards the Disabled Students Programs and Services (DSP&S) unduplicated count and 26% of the college's weighted student count, thus generating \$231,280 in AB-77 funding. Yet, the Adaptive Fitness Program expends only \$120,752 of that revenue each year. This results in a cost/revenue benefit of \$110,528—funds available to Special Programs for meeting the needs of other students with disabilities, including those receiving mainstream support services and those participating in the Acquired Brain Injury Program or the Developmentally Delayed Learners Community Program.

Total Program Expenses	AB77 Allocation Based on Weighted County of Adaptive Fitness Students	Cost/Revenue Benefit: Balance Available to Support Coastline's Other DSP&S Programs
\$120,752	\$231,280	\$110,528

Program Outcomes

Student Learning Outcomes

As stated previously, current courses will be revised in the Fall 2008. At that time, the faculty will identify expected course and program-level outcomes. Included will be the determination of how to measure learning outcomes, the creation of the four-column Student Learning Outcome Assessment Cycle, and the integration of Student Educational Plan.

Only two faculty members responded to the question on the Program Review survey related to their progress in addressing student learning outcomes. One indicated that she had not yet identified expected SLOs; and the other reported that she has identified expects SLOs, developed and implemented an assessment plan, and is using assessment results to guide future instruction.

What steps, if any, have you taken to incorporate student learning outcomes (SLOs) into your course? (Mark all that apply.) Respondents: 2

I haven't yet identified expected student learning outcomes.	1	50.00 %
I have identified expected SLOs.	1	50.00 %
I have developed a plan for assessing SLOs.	1	50.00 %
I have assessed students based on expected SLOs.	1	50.00 %
I use results from SLO assessments to modify my instruction.	1	50.00 %
Total Responses	5	100 %

To assist with the identification of course and program-level learning outcomes, faculty members were asked the extent to which they agreed or disagreed with statements about the outcomes resulting from student participation in adaptive fitness classes. All three respondents indicated strong agreement that the classes support social interaction. Respondents were also agreed that classes help students maintain or improve their mobility and recover from illness or injuries.

Learning Outcome	Strongly Agree	Agree	Disagree	Strongly Disagree	Total
The classes help participants maintain or improve their mobility	3 100%	0 0%	0 0%	0 0%	3 100%
The classes help participants improve their cardio-pulmonary functioning	1 33%	0 0%	2 67%	0 0%	3 100%
The classes help participants maintain or improve their mental abilities	2 67%	1 33%	0 0%	0 0%	3 100%
The classes help participants who are recovering from illness or injuries	2 67%	1 33%	0 0%	0 0%	3 100%
The classes provide opportunities for social interaction among the participants	3 100%	0 0%	0 0%	0 0%	3 100%
The classes help participants cope with depression	3 100%	0 0%	0 0%	0 0%	3 100%

Other learning outcomes reported by faculty included:

- Strength training with consistency. Proper form when doing exercises to get maximum response and prevent injury.
- Satisfaction in taking positive action toward improving their strength and mobility and confidence.

Students indicated that there are multiple reasons that they take the classes. The most frequently referenced outcome that students seek is to maintain or improve their mobility: 90% strongly agree that this is the reason they take classes. Other highly-rated outcomes are improvement of cardio-pulmonary functioning (77% strongly agree) and maintenance or improvement of mental abilities (71% strongly agree). Although two out of the three faculty members also believed the classes had a strong role in helping students cope with

depression, only 36% of the student respondents strongly agreed that coping with depression was one of their reasons for taking classes.

Learning Outcome	Strongly Agree	Agree	Disagree	Strongly Disagree	Total
I take classes to help maintain or improve my mobility	209 90%	24 10%	0 0%	0 0%	233 100%
I take classes to improve my cardio-pulmonary functioning	165 77%	48 23%	0 0%	0 0%	213 100%
I take classes to maintain or improve my mental abilities	154 71%	54 25%	9 4%	1 0%	218 100%
I take classes to help my recovery from illness or injury	99 57%	48 28%	24 14%	2 1%	173 100%
I take classes because I like the social interaction	122 60%	74 36%	8 4%	0 0%	204 100%
I take the classes to help cope with depression	58 36%	46 28%	45 28%	13 8%	162 100%

When asked to describe in their own words the most important thing they get out of taking Adaptive Fitness classes, improve balance, mobility, flexibility, and overall health were the most-frequently given responses.

Analysis of learning outcomes assessment methods used by faculty indicated that the most frequently used methods included participation and skill demonstration (used frequently by all three survey respondents). Less frequently used methods included objective tests, individual or group projects, report of application of knowledge/skill to daily life, pre and posttests of abilities, and case studies. Faculty reported that they never used essays or student portfolios as part of their assessment process.

Other Student Outcomes

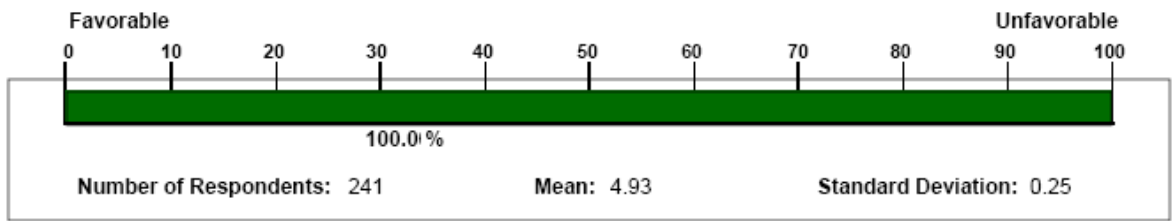
Instructors are required to complete a Student Educational Contract on each of their students on an annual basis. These documents require the instructor to target objective(s) at the beginning of the term and to periodically evaluate their performance in order to document individual student performance. Students enrolled in specialized classes, such as Adaptive Fitness, must demonstrate that they are benefitting from instruction and show that they are making measureable progress towards identified objectives.

Student Satisfaction

Based on survey responses, students are overwhelmingly satisfied with almost all aspects of the Adaptive Fitness Program.

Satisfaction with the quality of instruction was unanimous.

Quality of instruction

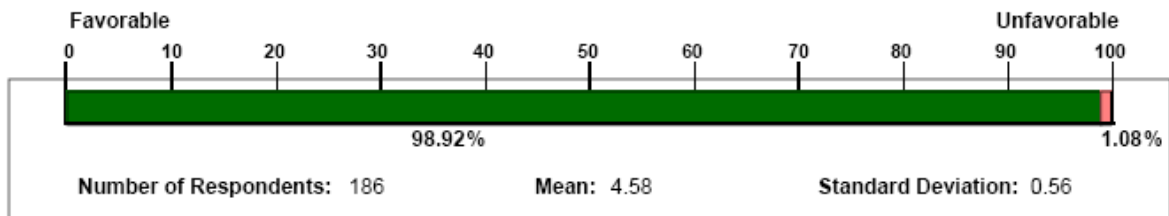


Satisfaction with instructional quality was mirrored in many of the student comments:

- "Mary LoSasso is conducting an excellent class. I would recommend it very highly to anyone who needs to improve his or her mobility."
- "We love our new instructor, Mindi [Masters]."
- "Judy [Aprile] is a wonderful, excellent teacher. She is energetic with a great sense of humor. I recommend this class to all my friends."
- "Great class and teacher!"
- "Our teacher is wonderful. She adapts to different problems."

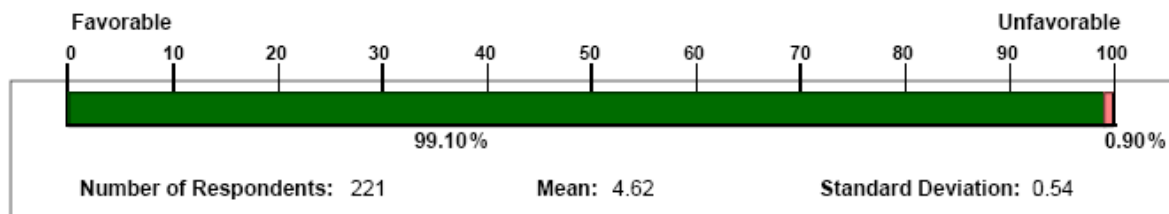
Most students (98.92%) were also satisfied with the variety of classes.

Variety of classes



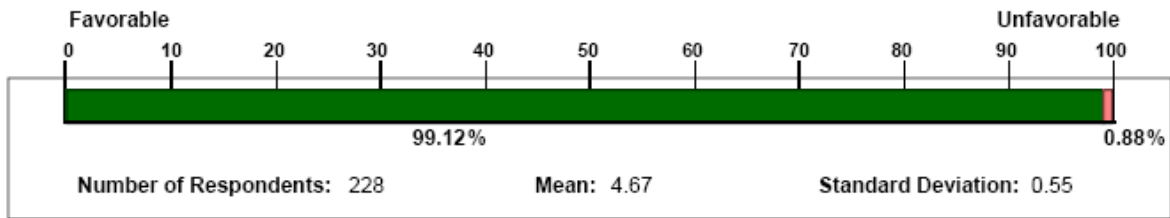
And, the same high levels of satisfaction were reported with the scheduling of classes. The few student comments received in this area generally related to the desire for more days per week of class, with many students expressing the desire to have their class meet every day of the week.

Scheduling of classes (time of day, length of class sessions, days of week)



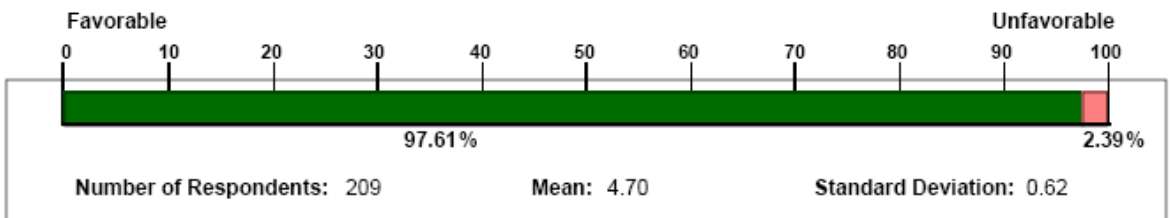
Registration support provided by Special Programs is clearly appreciated by the students, with only 2 out of 228 students indicating that registration was not easy.

Ease of student registration process



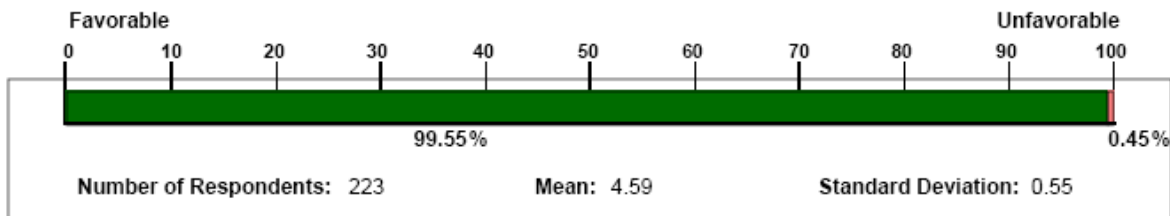
The overall quality of the Adaptive Fitness Program also drew high marks from students. Almost 98% expressed satisfaction with the program as a whole.

Overall quality of the program



Students are also extremely pleased with their own success and the benefits that they gain from participation in the Adaptive Fitness Program.

Your own success in the program



Conclusions

Coastline Community College's Adaptive Fitness Program meets the needs of seniors with disabilities. Students, professionals within the community, and faculty show overwhelming satisfaction with almost every aspect of the program. Some of the Adaptive Fitness Program's strengths include:

- Quality of instruction
- Helpfulness and dedication of faculty and staff
- Accessibility within in the community
- The ability to facilitate improvement and maintenance in students' physical fitness
- No cost program
- Faculty's continued efforts to stay current with the latest fitness theories with the field of aging.

As with any program, there is always room for improvement. Students and staff would like the program to continue to grow by adding more classes. Larger classroom spaces are needed.

Recommendations

With the implementation of Banner and the transition from paper registration to online registration, the Adaptive Fitness program will require some flexibility from the administration of Admissions and Records to develop processes that are friendly to our seniors and off-site faculty. While some seniors are very computer savvy, others have little or no experience with computers. Low vision and hearing difficulties make automated registration procedures difficult.

As the office of Fiscal Affairs continues to search for an alternative site to the Costa Mesa Center, Special Programs would like a commitment that the new facility would be equipped with a large multipurpose room(s) equipped with mirrors and storage so that the Adaptive Fitness Program may have a permanent home at one of the college centers. This would not only allow the program to grow but also purchase equipment like stationary bikes and treadmills.

Goals

Progress on Prior Goals

1. Given the District's decreased need for non-credit FTES, program faculty members should be encouraged to investigate the appropriateness of altering the current curriculum to create one-unit classes. Students might be surveyed to ascertain the predicted effects of a higher tuition than was in effect when previously surveyed.

After meeting with the then Vice President of Student Services, John Breihan, and exploring the possibility of turning this non-credit curriculum to credit, it was determined that it was not in the student's interest nor the college's interest to make such a modification. Analysis by the Program Review Steering Committee resulted in the deletion of this goal. The amount of FTES generated by such a change would justify neither the administrative burden nor the costs for the students. Additionally, course repeatability could be an issue.

2. The Special Programs staff will work with community sites to pursue the possibility of acquiring larger classrooms at those sites or at others.

Special Programs Coordinator and faculty continue to work with the community sites to pursue acquiring larger classrooms at the sites whenever possible. While some classes have been moved to larger meeting spaces, very quickly these rooms are too small based on the demand. Coastline's Adaptive Fitness classes are popular and all have a wait lists at this time.

3. Special Programs staff members who serve on the Westminster Center Steering Committee should keep the issue of continued Adaptive Fitness classes at the new Westminster under discussion by the committee.

While this was a concern, initially, the transition from the Westminster Center to the Le-Jao Center in the Spring of 2006 was seamless. The Adaptive Fitness Program was accommodated with a multiple use classroom.

4. Special Programs staff should discuss with site facilitators at area offices the possibility of taking responsibility for getting the Letter of Agreement document to the sites and securing appropriate signatures. This procedure may aid in the

communication between class sites and the Special Programs staff. This interaction also would provide the opportunity to discuss other areas of concern such as room size, registration, and scheduling.

While this was discussed with the site facilitators, it was decided that the responsibility of Letter of Agreements should stay with the site facilitators. It was determined that Letter of Agreements that contained only partial listings of classes might only confuse facility staff. At this time, the Coordinator and site faculty members maintain communication with site personnel regarding classroom and site needs related to program operation.

New Five-Year Goals

1. Update all course outlines to include expected student learning outcomes and plans for assessing those outcomes (by September 2008)
2. Develop program brochure and flyers for distribution at senior centers, marketing of Adaptive Fitness program, and the further development of partnerships (by November 2008)
3. Continue efforts to streamline mandated paper work and processes such as registration, application for services, student education plans, student learning outcomes, etc for ease of administration to students, staff, and faculty (ongoing)
4. Hire aides for classes on an as needed basis (ongoing)
5. Special Programs staff will continue to work with community sites to pursue the possibility of acquiring larger classrooms and storage at those sites (ongoing)



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Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
Quality of instruction	Respondents: 241	
Very Satisfied	225	93.36 %
Satisfied	16	6.64 %
Total Responses	241	100 %
Variety of classes	Respondents: 198	
Very Satisfied	111	56.06 %
Satisfied	73	36.87 %
Dissatisfied	2	1.01 %
Don't know or n/a	12	6.06 %
Total Responses	198	100 %
Relevance of courses to your vocational, academic, or personal needs	Respondents: 205	
Very Satisfied	139	67.80 %
Satisfied	59	28.78 %
Don't know or n/a	7	3.41 %
Total Responses	205	100 %
Scheduling of classes (time of day, length of class sessions, days of week)	Respondents: 221	
Very Satisfied	142	64.25 %
Satisfied	77	34.84 %
Dissatisfied	2	0.90 %
Total Responses	221	100 %
Convenience of the location where your class meets	Respondents: 228	
Very Satisfied	172	75.44 %
Satisfied	53	23.25 %
Dissatisfied	2	0.88 %
Very Dissatisfied	1	0.44 %
Total Responses	228	100 %
Overall satisfaction with the facility at which your class meets	Respondents: 230	

Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
Overall satisfaction with the facility at which your class meets	Respondents: 230	
Very Satisfied	147	63.91 %
Satisfied	44	19.13 %
Dissatisfied	22	9.57 %
Very Dissatisfied	17	7.39 %
Total Responses	230	100 %
Size of the classroom in which your class meets	Respondents: 233	
Very Satisfied	107	45.92 %
Satisfied	61	26.18 %
Dissatisfied	32	13.73 %
Very Dissatisfied	33	14.16 %
Total Responses	233	100 %
Adequacy and quality of classroom equipment	Respondents: 221	
Very Satisfied	118	53.39 %
Satisfied	67	30.32 %
Dissatisfied	25	11.31 %
Very Dissatisfied	11	4.98 %
Total Responses	221	100 %
Ease of student registration process	Respondents: 228	
Very Satisfied	158	69.30 %
Satisfied	68	29.82 %
Dissatisfied	1	0.44 %
Very Dissatisfied	1	0.44 %
Total Responses	228	100 %
Staff support for the program and classes in terms of staff availability	Respondents: 198	
Very Satisfied	121	61.11 %
Satisfied	61	30.81 %
Dissatisfied	2	1.01 %
Don't know or n/a	14	7.07 %
Total Responses	198	100 %

Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
Staff support for the program and classes in terms of staff responsiveness	Respondents: 191	
Very Satisfied	110	57.59 %
Satisfied	64	33.51 %
Dissatisfied	2	1.05 %
Don't know or n/a	15	7.85 %
Total Responses	191	100 %

Extent to which faculty and staff meet the needs of culturally diverse students	Respondents: 190	
Very Satisfied	109	57.37 %
Satisfied	58	30.53 %
Dissatisfied	1	0.53 %
Don't know or n/a	22	11.58 %
Total Responses	190	100 %

Extent to which faculty and staff meet the needs of older adults	Respondents: 207	
Very Satisfied	139	67.15 %
Satisfied	52	25.12 %
Dissatisfied	5	2.42 %
Very Dissatisfied	3	1.45 %
Don't know or n/a	8	3.86 %
Total Responses	207	100 %

Amount of information you receive about the program from the class site	Respondents: 200	
Very Satisfied	105	52.50 %
Satisfied	87	43.50 %
Dissatisfied	1	0.50 %
Very Dissatisfied	1	0.50 %
Don't know or n/a	6	3.00 %
Total Responses	200	100 %

Amount of information you receive about the program from Coastline College Respondents: 202

Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
Amount of information you receive about the program from Coastline College		
	Respondents: 202	
Very Satisfied	90	44.55 %
Satisfied	102	50.50 %
Dissatisfied	3	1.49 %
Very Dissatisfied	3	1.49 %
Don't know or n/a	4	1.98 %
Total Responses	202	100 %
Overall quality of the program		
	Respondents: 209	
Very Satisfied	158	75.60 %
Satisfied	46	22.01 %
Dissatisfied	4	1.91 %
Very Dissatisfied	1	0.48 %
Total Responses	209	100 %
Your own success in the program		
	Respondents: 224	
Very Satisfied	134	59.82 %
Satisfied	88	39.29 %
Very Dissatisfied	1	0.45 %
Don't know or n/a	1	0.45 %
Total Responses	224	100 %
I take the classes to help maintain or improve my mobility		
	Respondents: 233	
Strongly Agree	209	89.70 %
Agree	24	10.30 %
Total Responses	233	100 %
I take the classes to improve my cardio-pulmonary functioning		
	Respondents: 213	
Strongly Agree	165	77.46 %
Agree	48	22.54 %
Total Responses	213	100 %
I take the classes to help maintain or improve my mental abilities		
	Respondents: 218	

Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
I take the classes to help maintain or improve my mental abilities	Respondents: 218	
Strongly Agree	154	70.64 %
Agree	54	24.77 %
Disagree	9	4.13 %
Strongly Disagree	1	0.46 %
Total Responses	218	100 %

I take the classes to help my recovery from illness or injury	Respondents: 173	
Strongly Agree	99	57.23 %
Agree	48	27.75 %
Disagree	24	13.87 %
Strongly Disagree	2	1.16 %
Total Responses	173	100 %

I take the classes because I like the social interaction	Respondents: 204	
Strongly Agree	122	59.80 %
Agree	74	36.27 %
Disagree	8	3.92 %
Total Responses	204	100 %

I take the classes to help cope with depression	Respondents: 162	
Strongly Agree	58	35.80 %
Agree	46	28.40 %
Disagree	45	27.78 %
Strongly Disagree	13	8.02 %
Total Responses	162	100 %

At which location does your current Adaptive Fitness class(es) meet?	Respondents: 225	
(Mark all that apply.)		
Coastline Costa Mesa Center	5	2.22 %
Coastline Le-Jao Center in Westminster	18	8.00 %
Fountain Valley Senior Center	44	19.56 %
Leisure World	86	38.22 %
Oasis	16	7.11 %
Westminster Senior Center	60	26.67 %
Other	1	0.44 %
Total Responses	230	100 %

Count and Percent

Adaptive Fitness Student Survey 2007

	Count	Percent
Do you have any of the following disabilities? (Mark all that apply.)	Respondents: 198	
Health Impairment	53	26.77 %
Hearing Disability	39	19.70 %
Learning Disability	2	1.01 %
Mobility or Orthopedic Disability	98	49.49 %
Severe Visual Impairment	9	4.55 %
No disabilities	49	24.75 %
Other	24	12.12 %
Total Responses	274	100 %

	Count	Percent
Gender	Respondents: 227	
Female	190	83.70 %
Male	37	16.30 %
Total Responses	227	100 %

	Count	Percent
Primary Language	Respondents: 216	
English	195	90.28 %
Spanish	6	2.78 %
Vietnamese	8	3.70 %
Other	7	3.24 %
Total Responses	216	100 %

	Count	Percent
Are you currently enrolled in an educational program in addition to Coastline's fitness classes? (Mark all that apply.)	Respondents: 181	
No, only enrolled in Coastline Adaptive Fitness classes	154	85.08 %
Coastline College Emeritus Program	16	8.84 %
Coastline College (other than Emeritus or Adaptive Fitness)	2	1.10 %
Golden West College	1	0.55 %
A four-year college	2	1.10 %
Adult education (other than at Coastline)	6	3.31 %
City parks and recreation	2	1.10 %
Other	3	1.66 %
Total Responses	186	100 %

Listing of "other" Responses by Question

Adaptive Fitness Student Survey 2007

Question: At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

* Quaker Gardens

Question: Do you have any of the following disabilities? (Mark all that apply.)

- * pinch nerve
- * Chronic leukemia
- * Lower back problems
- * MS
- * Arthritis
- * Neuropathy
- * Diabetes--Improves my glucose
- * MS
- * Cancer survivor
- * Sore ankle
- * Had heart surgery and 4 bypasses; also pacemaker
- * Old age
- * Asthma--pulmonary hypertension
- * Stroke--heart palpitations
- * Heart; kidneys
- * Age (88)
- * Balance
- * Arthritis
- * Knee prosthesis
- * Arthritis
- * High blood pressure and cholesterol
- * Arthritis

Question: Do you have any of the following disabilities? (Mark all that apply.)

- * Osteoporosis
- * Memory loss

Question: Primary Language

- * Legal
- * Japanese
- * Japanese
- * Japanese
- * German
- * Japanese
- * Japanese

Question: Are you currently enrolled in an educational program in addition to Coastline's fitness classes? (Mark all that apply.)

- * Memory class, great!

Favorable/Unfavorable Report

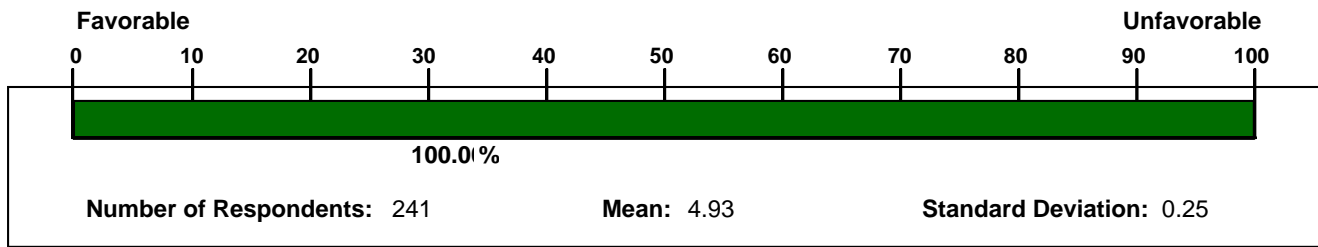
Adaptive Fitness Student Survey 2007

Favorable 

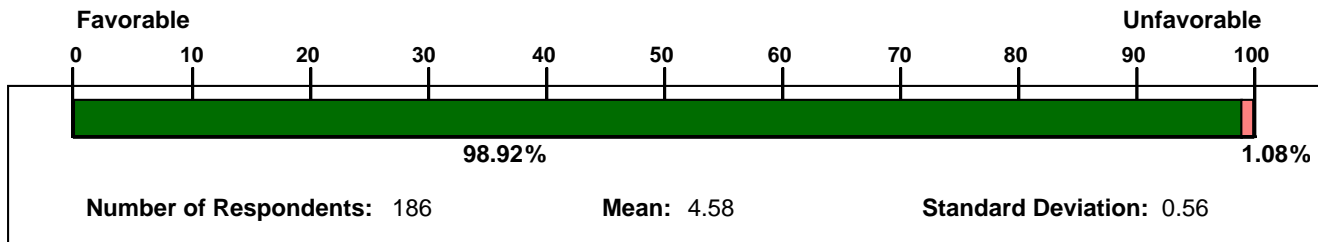
Neutral 

Unfavorable 

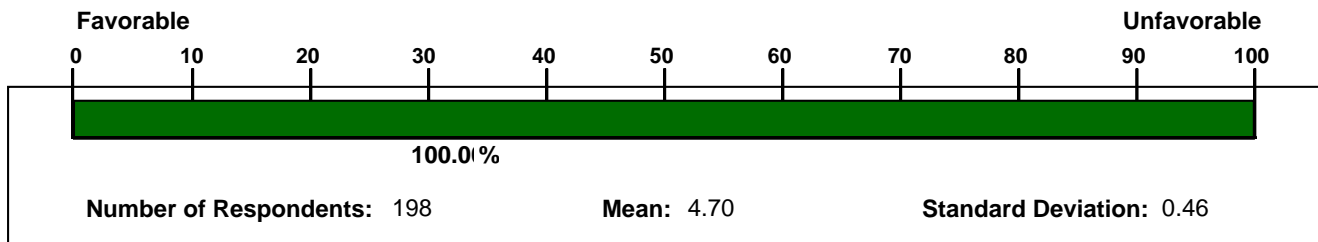
Quality of instruction



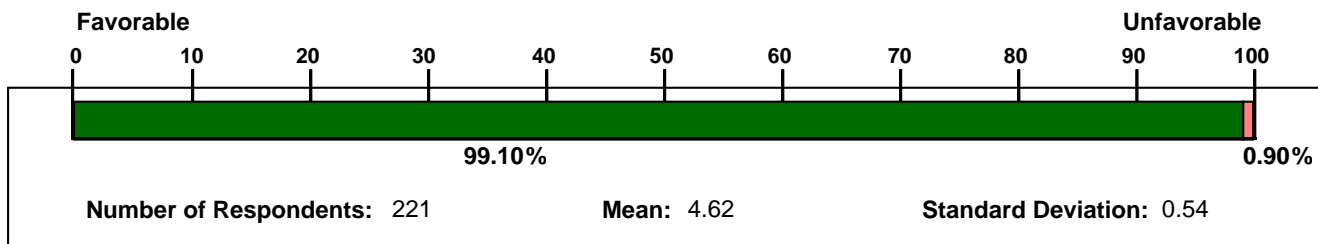
Variety of classes



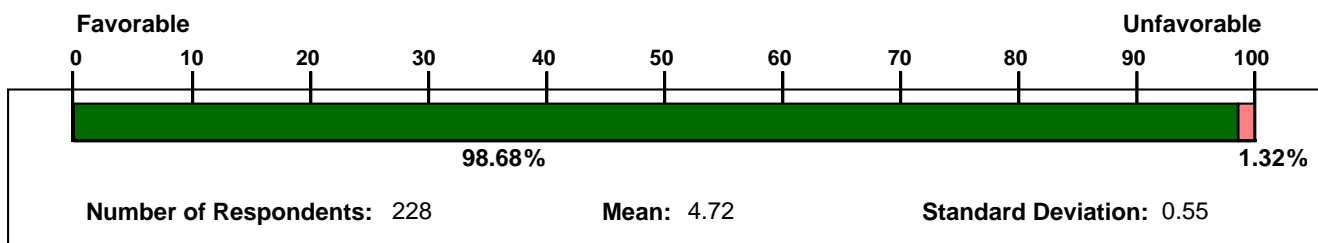
Relevance of courses to your vocational, academic, or personal needs



Scheduling of classes (time of day, length of class sessions, days of week)



Convenience of the location where your class meets



Favorable/Unfavorable Report

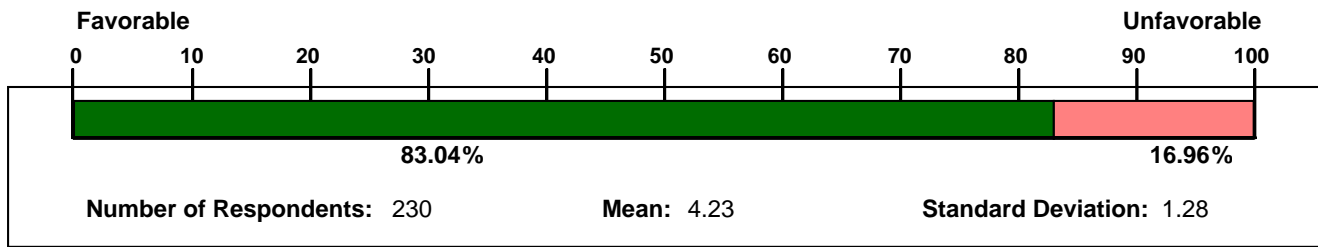
Adaptive Fitness Student Survey 2007

Favorable 

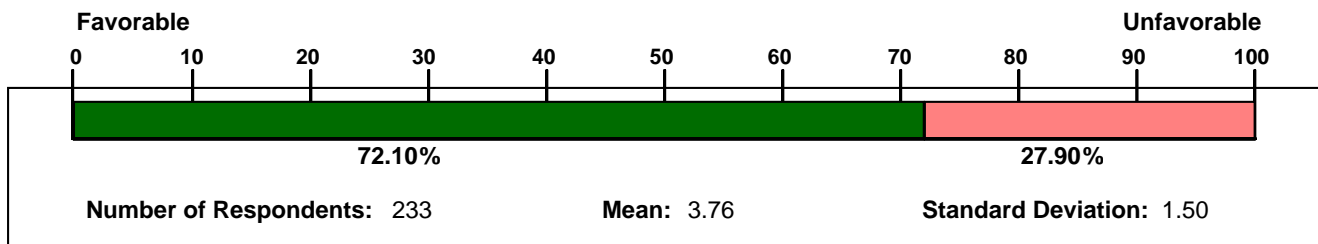
Neutral 

Unfavorable 

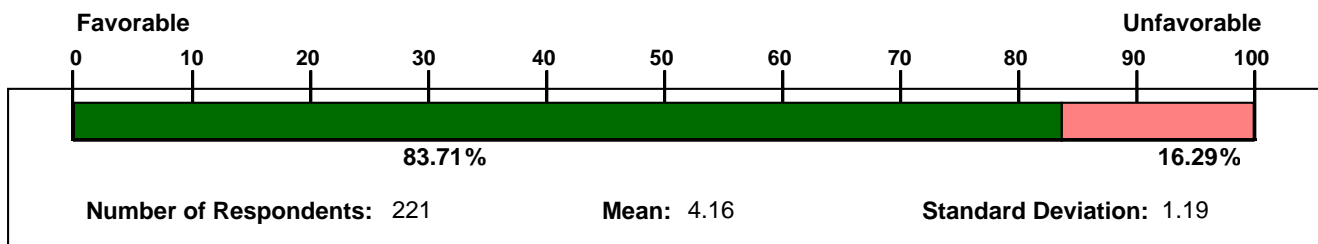
Overall satisfaction with the facility at which your class meets



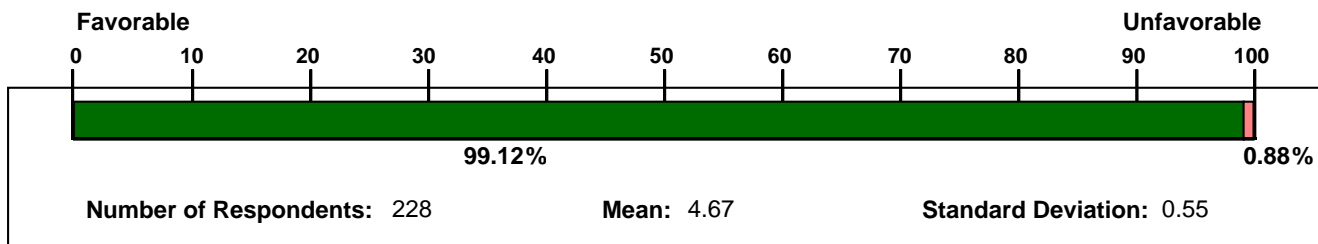
Size of the classroom in which your class meets



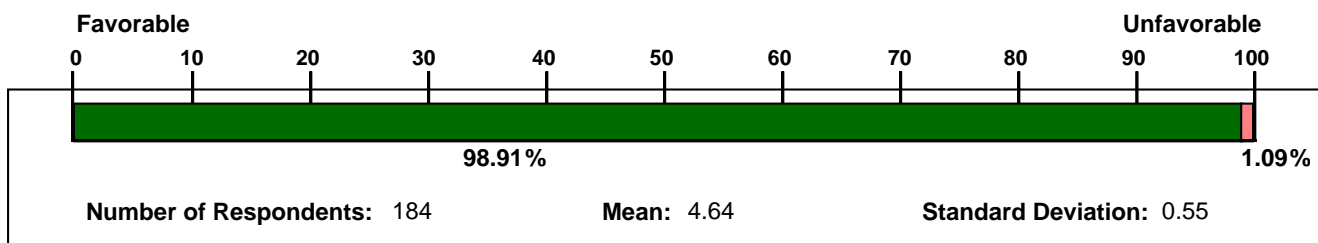
Adequacy and quality of classroom equipment



Ease of student registration process




Staff support for the program and classes in terms of staff availability



Favorable/Unfavorable Report

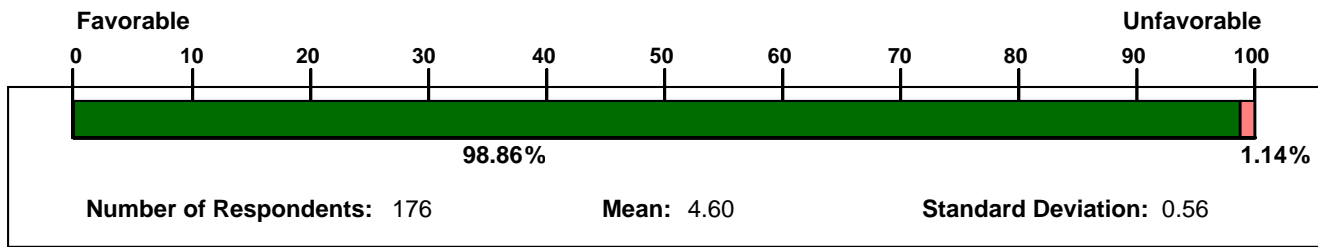
Adaptive Fitness Student Survey 2007

Favorable 

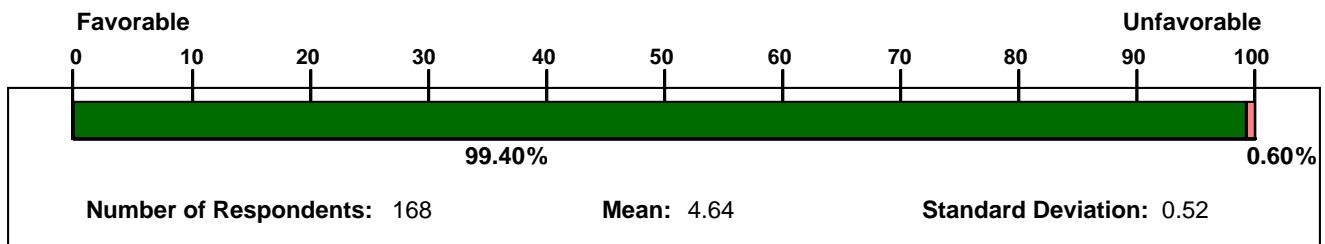
Neutral 

Unfavorable 

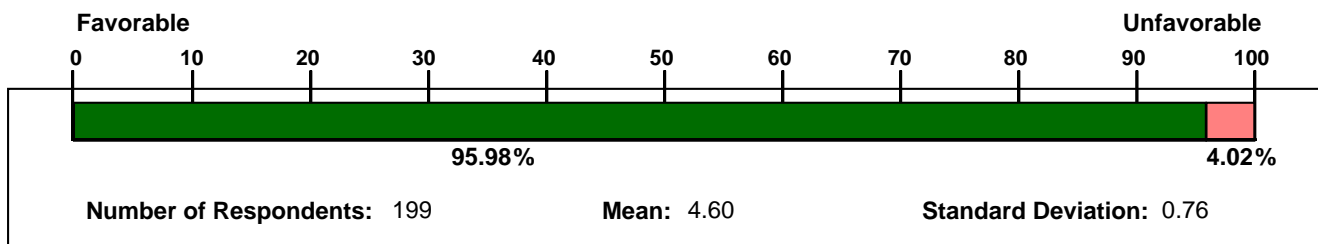
Staff support for the program and classes in terms of staff responsiveness



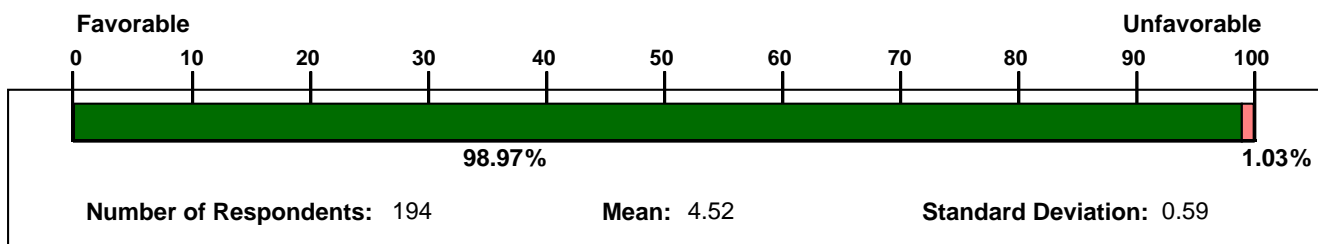
Extent to which faculty and staff meet the needs of culturally diverse students



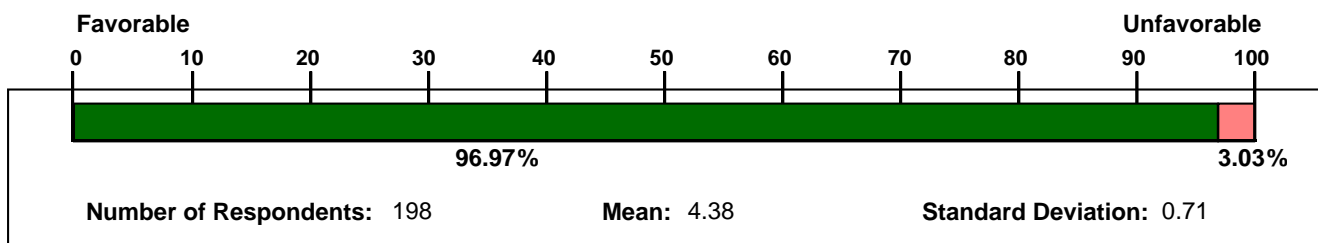
Extent to which faculty and staff meet the needs of older adults



Amount of information you receive about the program from the class site



Amount of information you receive about the program from Coastline College



Favorable/Unfavorable Report

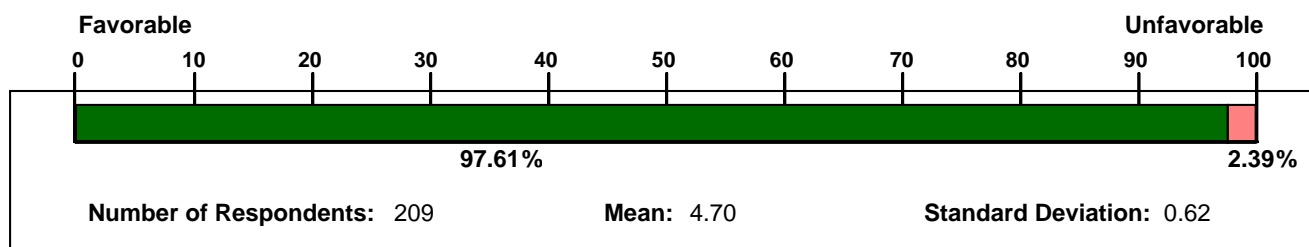
Adaptive Fitness Student Survey 2007

Favorable 

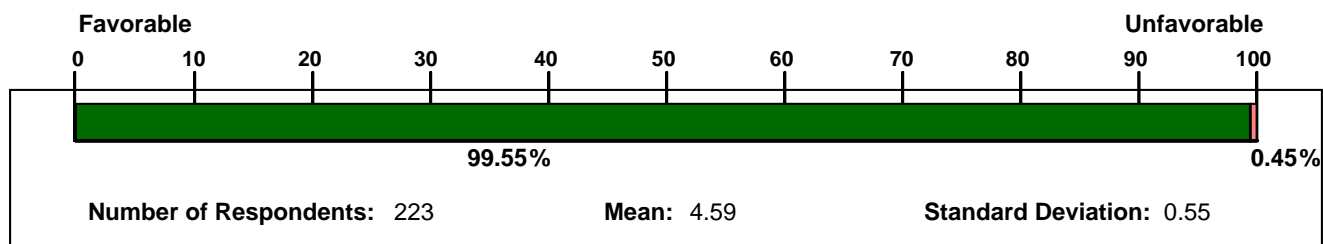
Neutral 

Unfavorable 

Overall quality of the program



Your own success in the program



One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Quality of instruction

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	209	3	13	41	85	15	51	1
Row %		1.44 %	6.22 %	19.62 %	40.67 %	7.18 %	24.40 %	0.48 %
Col %	94.57 %	100.00 %	81.25 %	95.35 %	98.84 %	100.00 %	89.47 %	100.00 %
Total %		1.36 %	5.88 %	18.55 %	38.46 %	6.79 %	23.08 %	0.45 %
Satisfied	12	0	3	2	1	0	6	0
Row %		0.00 %	25.00 %	16.67 %	8.33 %	0.00 %	50.00 %	0.00 %
Col %	5.43 %	0.00 %	18.75 %	4.65 %	1.16 %	0.00 %	10.53 %	0.00 %
Total %		0.00 %	1.36 %	0.90 %	0.45 %	0.00 %	2.71 %	0.00 %
Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	221	3	16	43	86	15	57	1
		1.36 %	7.24 %	19.46 %	38.91 %	6.79 %	25.79 %	0.45 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Variety of classes

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	99	3	8	14	37	8	28	1
Row %		3.03 %	8.08 %	14.14 %	37.37 %	8.08 %	28.28 %	1.01 %
Col %	54.70 %	100.00 %	53.33 %	33.33 %	66.07 %	72.73 %	52.83 %	100.00 %
Total %		1.66 %	4.42 %	7.73 %	20.44 %	4.42 %	15.47 %	0.55 %
Satisfied	68	0	6	27	13	3	19	0
Row %		0.00 %	8.82 %	39.71 %	19.12 %	4.41 %	27.94 %	0.00 %
Col %	37.57 %	0.00 %	40.00 %	64.29 %	23.21 %	27.27 %	35.85 %	0.00 %
Total %		0.00 %	3.31 %	14.92 %	7.18 %	1.66 %	10.50 %	0.00 %
Dissatisfied	2	0	0	0	0	0	2	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	1.10 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	3.77 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.10 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	12	0	1	1	6	0	4	0
Row %		0.00 %	8.33 %	8.33 %	50.00 %	0.00 %	33.33 %	0.00 %
Col %	6.63 %	0.00 %	6.67 %	2.38 %	10.71 %	0.00 %	7.55 %	0.00 %
Total %		0.00 %	0.55 %	0.55 %	3.31 %	0.00 %	2.21 %	0.00 %
Totals	181	3	15	42	56	11	53	1
		1.66 %	8.29 %	23.20 %	30.94 %	6.08 %	29.28 %	0.55 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Relevance of courses to your vocational,
academic, or personal needs

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	126	2	9	25	52	8	29	1
Row %		1.59 %	7.14 %	19.84 %	41.27 %	6.35 %	23.02 %	0.79 %
Col %	66.32 %	100.00 %	60.00 %	58.14 %	80.00 %	66.67 %	55.77 %	100.00 %
Total %		1.05 %	4.74 %	13.16 %	27.37 %	4.21 %	15.26 %	0.53 %
Satisfied	57	0	6	17	13	4	17	0
Row %		0.00 %	10.53 %	29.82 %	22.81 %	7.02 %	29.82 %	0.00 %
Col %	30.00 %	0.00 %	40.00 %	39.53 %	20.00 %	33.33 %	32.69 %	0.00 %
Total %		0.00 %	3.16 %	8.95 %	6.84 %	2.11 %	8.95 %	0.00 %
Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	7	0	0	1	0	0	6	0
Row %		0.00 %	0.00 %	14.29 %	0.00 %	0.00 %	85.71 %	0.00 %
Col %	3.68 %	0.00 %	0.00 %	2.33 %	0.00 %	0.00 %	11.54 %	0.00 %
Total %		0.00 %	0.00 %	0.53 %	0.00 %	0.00 %	3.16 %	0.00 %
Totals	190	2	15	43	65	12	52	1
		1.05 %	7.89 %	22.63 %	34.21 %	6.32 %	27.37 %	0.53 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Scheduling of classes (time of day, length of class sessions, days of week)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	128	2	9	21	50	10	36	0
Row %		1.56 %	7.03 %	16.41 %	39.06 %	7.81 %	28.13 %	0.00 %
Col %	63.37 %	66.67 %	60.00 %	47.73 %	73.53 %	76.92 %	62.07 %	0.00 %
Total %		0.99 %	4.46 %	10.40 %	24.75 %	4.95 %	17.82 %	0.00 %
Satisfied	72	1	6	23	17	3	21	1
Row %		1.39 %	8.33 %	31.94 %	23.61 %	4.17 %	29.17 %	1.39 %
Col %	35.64 %	33.33 %	40.00 %	52.27 %	25.00 %	23.08 %	36.21 %	100.00 %
Total %		0.50 %	2.97 %	11.39 %	8.42 %	1.49 %	10.40 %	0.50 %
Dissatisfied	2	0	0	0	1	0	1	0
Row %		0.00 %	0.00 %	0.00 %	50.00 %	0.00 %	50.00 %	0.00 %
Col %	0.99 %	0.00 %	0.00 %	0.00 %	1.47 %	0.00 %	1.72 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.50 %	0.00 %	0.50 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	202	3	15	44	68	13	58	1
		1.49 %	7.43 %	21.78 %	33.66 %	6.44 %	28.71 %	0.50 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Convenience of the location where your class meets

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	157	2	10	22	74	12	36	1
Row %		1.27 %	6.37 %	14.01 %	47.13 %	7.64 %	22.93 %	0.64 %
Col %	75.12 %	66.67 %	62.50 %	52.38 %	96.10 %	80.00 %	65.45 %	100.00 %
Total %		0.96 %	4.78 %	10.53 %	35.41 %	5.74 %	17.22 %	0.48 %
Satisfied	49	1	5	20	3	3	17	0
Row %		2.04 %	10.20 %	40.82 %	6.12 %	6.12 %	34.69 %	0.00 %
Col %	23.44 %	33.33 %	31.25 %	47.62 %	3.90 %	20.00 %	30.91 %	0.00 %
Total %		0.48 %	2.39 %	9.57 %	1.44 %	1.44 %	8.13 %	0.00 %
Dissatisfied	2	0	1	0	0	0	1	0
Row %		0.00 %	50.00 %	0.00 %	0.00 %	0.00 %	50.00 %	0.00 %
Col %	0.96 %	0.00 %	6.25 %	0.00 %	0.00 %	0.00 %	1.82 %	0.00 %
Total %		0.00 %	0.48 %	0.00 %	0.00 %	0.00 %	0.48 %	0.00 %
Very Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.48 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.82 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.48 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	209	3	16	42	77	15	55	1
		1.44 %	7.66 %	20.10 %	36.84 %	7.18 %	26.32 %	0.48 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Overall satisfaction with the facility at which your class meets

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	137	1	7	16	71	12	30	0
Row %		0.73 %	5.11 %	11.68 %	51.82 %	8.76 %	21.90 %	0.00 %
Col %	64.62 %	33.33 %	43.75 %	36.36 %	91.03 %	85.71 %	53.57 %	0.00 %
Total %		0.47 %	3.30 %	7.55 %	33.49 %	5.66 %	14.15 %	0.00 %
Satisfied	39	2	5	6	7	2	16	1
Row %		5.13 %	12.82 %	15.38 %	17.95 %	5.13 %	41.03 %	2.56 %
Col %	18.40 %	66.67 %	31.25 %	13.64 %	8.97 %	14.29 %	28.57 %	100.00 %
Total %		0.94 %	2.36 %	2.83 %	3.30 %	0.94 %	7.55 %	0.47 %
Dissatisfied	21	0	2	15	0	0	4	0
Row %		0.00 %	9.52 %	71.43 %	0.00 %	0.00 %	19.05 %	0.00 %
Col %	9.91 %	0.00 %	12.50 %	34.09 %	0.00 %	0.00 %	7.14 %	0.00 %
Total %		0.00 %	0.94 %	7.08 %	0.00 %	0.00 %	1.89 %	0.00 %
Very Dissatisfied	15	0	2	7	0	0	6	0
Row %		0.00 %	13.33 %	46.67 %	0.00 %	0.00 %	40.00 %	0.00 %
Col %	7.08 %	0.00 %	12.50 %	15.91 %	0.00 %	0.00 %	10.71 %	0.00 %
Total %		0.00 %	0.94 %	3.30 %	0.00 %	0.00 %	2.83 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	212	3	16	44	78	14	56	1
		1.42 %	7.55 %	20.75 %	36.79 %	6.60 %	26.42 %	0.47 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Size of the classroom in which your class meets

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	98	1	5	4	63	10	15	0
Row %		1.02 %	5.10 %	4.08 %	64.29 %	10.20 %	15.31 %	0.00 %
Col %	45.58 %	33.33 %	31.25 %	9.09 %	78.75 %	71.43 %	26.32 %	0.00 %
Total %		0.47 %	2.33 %	1.86 %	29.30 %	4.65 %	6.98 %	0.00 %
Satisfied	57	2	4	12	17	4	18	0
Row %		3.51 %	7.02 %	21.05 %	29.82 %	7.02 %	31.58 %	0.00 %
Col %	26.51 %	66.67 %	25.00 %	27.27 %	21.25 %	28.57 %	31.58 %	0.00 %
Total %		0.93 %	1.86 %	5.58 %	7.91 %	1.86 %	8.37 %	0.00 %
Dissatisfied	29	0	3	11	0	0	14	1
Row %		0.00 %	10.34 %	37.93 %	0.00 %	0.00 %	48.28 %	3.45 %
Col %	13.49 %	0.00 %	18.75 %	25.00 %	0.00 %	0.00 %	24.56 %	100.00 %
Total %		0.00 %	1.40 %	5.12 %	0.00 %	0.00 %	6.51 %	0.47 %
Very Dissatisfied	31	0	4	17	0	0	10	0
Row %		0.00 %	12.90 %	54.84 %	0.00 %	0.00 %	32.26 %	0.00 %
Col %	14.42 %	0.00 %	25.00 %	38.64 %	0.00 %	0.00 %	17.54 %	0.00 %
Total %		0.00 %	1.86 %	7.91 %	0.00 %	0.00 %	4.65 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	215	3	16	44	80	14	57	1
		1.40 %	7.44 %	20.47 %	37.21 %	6.51 %	26.51 %	0.47 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Adequacy and quality of classroom equipment

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	107	2	3	8	60	11	22	1
Row %		1.87 %	2.80 %	7.48 %	56.07 %	10.28 %	20.56 %	0.93 %
Col %	52.71 %	66.67 %	18.75 %	18.18 %	84.51 %	78.57 %	40.74 %	100.00 %
Total %		0.99 %	1.48 %	3.94 %	29.56 %	5.42 %	10.84 %	0.49 %
Satisfied	62	1	3	18	11	2	27	0
Row %		1.61 %	4.84 %	29.03 %	17.74 %	3.23 %	43.55 %	0.00 %
Col %	30.54 %	33.33 %	18.75 %	40.91 %	15.49 %	14.29 %	50.00 %	0.00 %
Total %		0.49 %	1.48 %	8.87 %	5.42 %	0.99 %	13.30 %	0.00 %
Dissatisfied	23	0	5	12	0	1	5	0
Row %		0.00 %	21.74 %	52.17 %	0.00 %	4.35 %	21.74 %	0.00 %
Col %	11.33 %	0.00 %	31.25 %	27.27 %	0.00 %	7.14 %	9.26 %	0.00 %
Total %		0.00 %	2.46 %	5.91 %	0.00 %	0.49 %	2.46 %	0.00 %
Very Dissatisfied	11	0	5	6	0	0	0	0
Row %		0.00 %	45.45 %	54.55 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	5.42 %	0.00 %	31.25 %	13.64 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	2.46 %	2.96 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	203	3	16	44	71	14	54	1
		1.48 %	7.88 %	21.67 %	34.98 %	6.90 %	26.60 %	0.49 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Ease of student registration process

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	142	2	7	27	63	10	32	1
Row %		1.41 %	4.93 %	19.01 %	44.37 %	7.04 %	22.54 %	0.70 %
Col %	68.27 %	66.67 %	46.67 %	61.36 %	81.82 %	76.92 %	58.18 %	100.00 %
Total %		0.96 %	3.37 %	12.98 %	30.29 %	4.81 %	15.38 %	0.48 %
Satisfied	64	1	8	17	14	3	21	0
Row %		1.56 %	12.50 %	26.56 %	21.88 %	4.69 %	32.81 %	0.00 %
Col %	30.77 %	33.33 %	53.33 %	38.64 %	18.18 %	23.08 %	38.18 %	0.00 %
Total %		0.48 %	3.85 %	8.17 %	6.73 %	1.44 %	10.10 %	0.00 %
Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.48 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.82 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.48 %	0.00 %
Very Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.48 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.82 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.48 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	208	3	15	44	77	13	55	1
		1.44 %	7.21 %	21.15 %	37.02 %	6.25 %	26.44 %	0.48 %

One to Many with Count and Percent

Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Staff support for the program and classes in terms of staff availability

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	110	3	5	27	44	8	23	0
Row %		2.73 %	4.55 %	24.55 %	40.00 %	7.27 %	20.91 %	0.00 %
Col %	61.11 %	100.00 %	33.33 %	61.36 %	77.19 %	80.00 %	46.00 %	0.00 %
Total %		1.67 %	2.78 %	15.00 %	24.44 %	4.44 %	12.78 %	0.00 %
Satisfied	55	0	6	15	10	1	22	1
Row %		0.00 %	10.91 %	27.27 %	18.18 %	1.82 %	40.00 %	1.82 %
Col %	30.56 %	0.00 %	40.00 %	34.09 %	17.54 %	10.00 %	44.00 %	100.00 %
Total %		0.00 %	3.33 %	8.33 %	5.56 %	0.56 %	12.22 %	0.56 %
Dissatisfied	2	0	0	2	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	1.11 %	0.00 %	0.00 %	4.55 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	1.11 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	13	0	4	0	3	1	5	0
Row %		0.00 %	30.77 %	0.00 %	23.08 %	7.69 %	38.46 %	0.00 %
Col %	7.22 %	0.00 %	26.67 %	0.00 %	5.26 %	10.00 %	10.00 %	0.00 %
Total %		0.00 %	2.22 %	0.00 %	1.67 %	0.56 %	2.78 %	0.00 %
Totals	180	3	15	44	57	10	50	1
		1.67 %	8.33 %	24.44 %	31.67 %	5.56 %	27.78 %	0.56 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Staff support for the program and classes in terms of staff responsiveness

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	101	2	3	27	39	7	22	1
Row %		1.98 %	2.97 %	26.73 %	38.61 %	6.93 %	21.78 %	0.99 %
Col %	57.71 %	100.00 %	18.75 %	61.36 %	73.58 %	77.78 %	44.00 %	100.00 %
Total %		1.14 %	1.71 %	15.43 %	22.29 %	4.00 %	12.57 %	0.57 %
Satisfied	58	0	8	15	11	1	23	0
Row %		0.00 %	13.79 %	25.86 %	18.97 %	1.72 %	39.66 %	0.00 %
Col %	33.14 %	0.00 %	50.00 %	34.09 %	20.75 %	11.11 %	46.00 %	0.00 %
Total %		0.00 %	4.57 %	8.57 %	6.29 %	0.57 %	13.14 %	0.00 %
Dissatisfied	2	0	0	2	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	1.14 %	0.00 %	0.00 %	4.55 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	1.14 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	14	0	5	0	3	1	5	0
Row %		0.00 %	35.71 %	0.00 %	21.43 %	7.14 %	35.71 %	0.00 %
Col %	8.00 %	0.00 %	31.25 %	0.00 %	5.66 %	11.11 %	10.00 %	0.00 %
Total %		0.00 %	2.86 %	0.00 %	1.71 %	0.57 %	2.86 %	0.00 %
Totals	175	2	16	44	53	9	50	1
		1.14 %	9.14 %	25.14 %	30.29 %	5.14 %	28.57 %	0.57 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Extent to which faculty and staff meet the needs
of culturally diverse students

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	99	1	3	24	42	9	19	1
Row %		1.01 %	3.03 %	24.24 %	42.42 %	9.09 %	19.19 %	1.01 %
Col %	56.25 %	33.33 %	18.75 %	54.55 %	82.35 %	81.82 %	38.00 %	100.00 %
Total %		0.57 %	1.70 %	13.64 %	23.86 %	5.11 %	10.80 %	0.57 %
Satisfied	54	2	6	18	5	1	22	0
Row %		3.70 %	11.11 %	33.33 %	9.26 %	1.85 %	40.74 %	0.00 %
Col %	30.68 %	66.67 %	37.50 %	40.91 %	9.80 %	9.09 %	44.00 %	0.00 %
Total %		1.14 %	3.41 %	10.23 %	2.84 %	0.57 %	12.50 %	0.00 %
Dissatisfied	1	0	0	1	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.57 %	0.00 %	0.00 %	2.27 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.57 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	22	0	7	1	4	1	9	0
Row %		0.00 %	31.82 %	4.55 %	18.18 %	4.55 %	40.91 %	0.00 %
Col %	12.50 %	0.00 %	43.75 %	2.27 %	7.84 %	9.09 %	18.00 %	0.00 %
Total %		0.00 %	3.98 %	0.57 %	2.27 %	0.57 %	5.11 %	0.00 %
Totals	176	3	16	44	51	11	50	1
		1.70 %	9.09 %	25.00 %	28.98 %	6.25 %	28.41 %	0.57 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Extent to which faculty and staff meet the needs
of older adults

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	127	1	3	30	55	12	25	1
Row %		0.79 %	2.36 %	23.62 %	43.31 %	9.45 %	19.69 %	0.79 %
Col %	66.49 %	33.33 %	18.75 %	68.18 %	88.71 %	92.31 %	48.08 %	100.00 %
Total %		0.52 %	1.57 %	15.71 %	28.80 %	6.28 %	13.09 %	0.52 %
Satisfied	48	2	7	9	5	1	24	0
Row %		4.17 %	14.58 %	18.75 %	10.42 %	2.08 %	50.00 %	0.00 %
Col %	25.13 %	66.67 %	43.75 %	20.45 %	8.06 %	7.69 %	46.15 %	0.00 %
Total %		1.05 %	3.66 %	4.71 %	2.62 %	0.52 %	12.57 %	0.00 %
Dissatisfied	5	0	1	2	0	0	2	0
Row %		0.00 %	20.00 %	40.00 %	0.00 %	0.00 %	40.00 %	0.00 %
Col %	2.62 %	0.00 %	6.25 %	4.55 %	0.00 %	0.00 %	3.85 %	0.00 %
Total %		0.00 %	0.52 %	1.05 %	0.00 %	0.00 %	1.05 %	0.00 %
Very Dissatisfied	3	0	0	3	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	1.57 %	0.00 %	0.00 %	6.82 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	1.57 %	0.00 %	0.00 %	0.00 %	0.00 %
Don't know or n/a	8	0	5	0	2	0	1	0
Row %		0.00 %	62.50 %	0.00 %	25.00 %	0.00 %	12.50 %	0.00 %
Col %	4.19 %	0.00 %	31.25 %	0.00 %	3.23 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	2.62 %	0.00 %	1.05 %	0.00 %	0.52 %	0.00 %
Totals	191	3	16	44	62	13	52	1
		1.57 %	8.38 %	23.04 %	32.46 %	6.81 %	27.23 %	0.52 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Amount of information you receive about the program from the class site

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	95	1	3	17	44	9	20	1
Row %		1.05 %	3.16 %	17.89 %	46.32 %	9.47 %	21.05 %	1.05 %
Col %	51.63 %	50.00 %	18.75 %	38.64 %	75.86 %	81.82 %	38.46 %	100.00 %
Total %		0.54 %	1.63 %	9.24 %	23.91 %	4.89 %	10.87 %	0.54 %
Satisfied	81	1	10	27	12	2	29	0
Row %		1.23 %	12.35 %	33.33 %	14.81 %	2.47 %	35.80 %	0.00 %
Col %	44.02 %	50.00 %	62.50 %	61.36 %	20.69 %	18.18 %	55.77 %	0.00 %
Total %		0.54 %	5.43 %	14.67 %	6.52 %	1.09 %	15.76 %	0.00 %
Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.54 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.54 %	0.00 %
Very Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.54 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.54 %	0.00 %
Don't know or n/a	6	0	3	0	2	0	1	0
Row %		0.00 %	50.00 %	0.00 %	33.33 %	0.00 %	16.67 %	0.00 %
Col %	3.26 %	0.00 %	18.75 %	0.00 %	3.45 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	1.63 %	0.00 %	1.09 %	0.00 %	0.54 %	0.00 %
Totals	184	2	16	44	58	11	52	1
		1.09 %	8.70 %	23.91 %	31.52 %	5.98 %	28.26 %	0.54 %

One to Many with Count and Percent

Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Amount of information you receive about the program from Coastline College

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	82	1	2	6	43	8	21	1
Row %		1.22 %	2.44 %	7.32 %	52.44 %	9.76 %	25.61 %	1.22 %
Col %	44.09 %	33.33 %	13.33 %	14.29 %	70.49 %	80.00 %	38.89 %	100.00 %
Total %		0.54 %	1.08 %	3.23 %	23.12 %	4.30 %	11.29 %	0.54 %
Satisfied	94	2	10	35	17	2	28	0
Row %		2.13 %	10.64 %	37.23 %	18.09 %	2.13 %	29.79 %	0.00 %
Col %	50.54 %	66.67 %	66.67 %	83.33 %	27.87 %	20.00 %	51.85 %	0.00 %
Total %		1.08 %	5.38 %	18.82 %	9.14 %	1.08 %	15.05 %	0.00 %
Dissatisfied	3	0	0	1	0	0	2	0
Row %		0.00 %	0.00 %	33.33 %	0.00 %	0.00 %	66.67 %	0.00 %
Col %	1.61 %	0.00 %	0.00 %	2.38 %	0.00 %	0.00 %	3.70 %	0.00 %
Total %		0.00 %	0.00 %	0.54 %	0.00 %	0.00 %	1.08 %	0.00 %
Very Dissatisfied	3	0	2	0	0	0	1	0
Row %		0.00 %	66.67 %	0.00 %	0.00 %	0.00 %	33.33 %	0.00 %
Col %	1.61 %	0.00 %	13.33 %	0.00 %	0.00 %	0.00 %	1.85 %	0.00 %
Total %		0.00 %	1.08 %	0.00 %	0.00 %	0.00 %	0.54 %	0.00 %
Don't know or n/a	4	0	1	0	1	0	2	0
Row %		0.00 %	25.00 %	0.00 %	25.00 %	0.00 %	50.00 %	0.00 %
Col %	2.15 %	0.00 %	6.67 %	0.00 %	1.64 %	0.00 %	3.70 %	0.00 %
Total %		0.00 %	0.54 %	0.00 %	0.54 %	0.00 %	1.08 %	0.00 %
Totals	186	3	15	42	61	10	54	1
		1.61 %	8.06 %	22.58 %	32.80 %	5.38 %	29.03 %	0.54 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Overall quality of the program

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	145	2	6	30	59	12	35	1
Row %		1.38 %	4.14 %	20.69 %	40.69 %	8.28 %	24.14 %	0.69 %
Col %	75.92 %	100.00 %	37.50 %	71.43 %	90.77 %	92.31 %	67.31 %	100.00 %
Total %		1.05 %	3.14 %	15.71 %	30.89 %	6.28 %	18.32 %	0.52 %
Satisfied	41	0	10	9	6	1	15	0
Row %		0.00 %	24.39 %	21.95 %	14.63 %	2.44 %	36.59 %	0.00 %
Col %	21.47 %	0.00 %	62.50 %	21.43 %	9.23 %	7.69 %	28.85 %	0.00 %
Total %		0.00 %	5.24 %	4.71 %	3.14 %	0.52 %	7.85 %	0.00 %
Dissatisfied	4	0	0	3	0	0	1	0
Row %		0.00 %	0.00 %	75.00 %	0.00 %	0.00 %	25.00 %	0.00 %
Col %	2.09 %	0.00 %	0.00 %	7.14 %	0.00 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	0.00 %	1.57 %	0.00 %	0.00 %	0.52 %	0.00 %
Very Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.52 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.92 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.52 %	0.00 %
Don't know or n/a	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	191	2	16	42	65	13	52	1
		1.05 %	8.38 %	21.99 %	34.03 %	6.81 %	27.23 %	0.52 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Your own success in the program

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Very Satisfied	122	3	5	28	50	11	25	0
Row %		2.46 %	4.10 %	22.95 %	40.98 %	9.02 %	20.49 %	0.00 %
Col %	59.51 %	100.00 %	31.25 %	63.64 %	67.57 %	84.62 %	46.30 %	0.00 %
Total %		1.46 %	2.44 %	13.66 %	24.39 %	5.37 %	12.20 %	0.00 %
Satisfied	81	0	10	16	24	2	28	1
Row %		0.00 %	12.35 %	19.75 %	29.63 %	2.47 %	34.57 %	1.23 %
Col %	39.51 %	0.00 %	62.50 %	36.36 %	32.43 %	15.38 %	51.85 %	100.00 %
Total %		0.00 %	4.88 %	7.80 %	11.71 %	0.98 %	13.66 %	0.49 %
Dissatisfied	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Very Dissatisfied	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.49 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	1.85 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.49 %	0.00 %
Don't know or n/a	1	0	1	0	0	0	0	0
Row %		0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.49 %	0.00 %	6.25 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.49 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	205	3	16	44	74	13	54	1
		1.46 %	7.80 %	21.46 %	36.10 %	6.34 %	26.34 %	0.49 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes to help maintain or improve my mobility

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	197	3	12	38	79	13	51	1
Row %		1.52 %	6.09 %	19.29 %	40.10 %	6.60 %	25.89 %	0.51 %
Col %	89.14 %	100.00 %	75.00 %	88.37 %	94.05 %	86.67 %	86.44 %	100.00 %
Total %		1.36 %	5.43 %	17.19 %	35.75 %	5.88 %	23.08 %	0.45 %
Agree	24	0	4	5	5	2	8	0
Row %		0.00 %	16.67 %	20.83 %	20.83 %	8.33 %	33.33 %	0.00 %
Col %	10.86 %	0.00 %	25.00 %	11.63 %	5.95 %	13.33 %	13.56 %	0.00 %
Total %		0.00 %	1.81 %	2.26 %	2.26 %	0.90 %	3.62 %	0.00 %
Disagree	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Strongly Disagree	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	221	3	16	43	84	15	59	1
		1.36 %	7.24 %	19.46 %	38.01 %	6.79 %	26.70 %	0.45 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes to improve my
cardio-pulmonary functioning

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	155	2	9	29	60	8	46	1
Row %		1.29 %	5.81 %	18.71 %	38.71 %	5.16 %	29.68 %	0.65 %
Col %	77.11 %	66.67 %	60.00 %	76.32 %	81.08 %	61.54 %	80.70 %	100.00 %
Total %		1.00 %	4.48 %	14.43 %	29.85 %	3.98 %	22.89 %	0.50 %
Agree	46	1	6	9	14	5	11	0
Row %		2.17 %	13.04 %	19.57 %	30.43 %	10.87 %	23.91 %	0.00 %
Col %	22.89 %	33.33 %	40.00 %	23.68 %	18.92 %	38.46 %	19.30 %	0.00 %
Total %		0.50 %	2.99 %	4.48 %	6.97 %	2.49 %	5.47 %	0.00 %
Disagree	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Strongly Disagree	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	201	3	15	38	74	13	57	1
		1.49 %	7.46 %	18.91 %	36.82 %	6.47 %	28.36 %	0.50 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes to help maintain or improve my
mental abilities

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	144	3	5	16	65	10	45	0
Row %		2.08 %	3.47 %	11.11 %	45.14 %	6.94 %	31.25 %	0.00 %
Col %	69.57 %	100.00 %	31.25 %	40.00 %	84.42 %	76.92 %	78.95 %	0.00 %
Total %		1.45 %	2.42 %	7.73 %	31.40 %	4.83 %	21.74 %	0.00 %
Agree	53	0	10	17	12	3	10	1
Row %		0.00 %	18.87 %	32.08 %	22.64 %	5.66 %	18.87 %	1.89 %
Col %	25.60 %	0.00 %	62.50 %	42.50 %	15.58 %	23.08 %	17.54 %	100.00 %
Total %		0.00 %	4.83 %	8.21 %	5.80 %	1.45 %	4.83 %	0.48 %
Disagree	9	0	1	6	0	0	2	0
Row %		0.00 %	11.11 %	66.67 %	0.00 %	0.00 %	22.22 %	0.00 %
Col %	4.35 %	0.00 %	6.25 %	15.00 %	0.00 %	0.00 %	3.51 %	0.00 %
Total %		0.00 %	0.48 %	2.90 %	0.00 %	0.00 %	0.97 %	0.00 %
Strongly Disagree	1	0	0	1	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.48 %	0.00 %	0.00 %	2.50 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.48 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	207	3	16	40	77	13	57	1
		1.45 %	7.73 %	19.32 %	37.20 %	6.28 %	27.54 %	0.48 %

One to Many with Count and Percent

Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes to help my recovery from illness or injury

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	90	3	2	21	30	6	27	1
Row %		3.33 %	2.22 %	23.33 %	33.33 %	6.67 %	30.00 %	1.11 %
Col %	55.90 %	100.00 %	14.29 %	53.85 %	61.22 %	75.00 %	57.45 %	100.00 %
Total %		1.86 %	1.24 %	13.04 %	18.63 %	3.73 %	16.77 %	0.62 %
Agree	46	0	5	13	12	2	14	0
Row %		0.00 %	10.87 %	28.26 %	26.09 %	4.35 %	30.43 %	0.00 %
Col %	28.57 %	0.00 %	35.71 %	33.33 %	24.49 %	25.00 %	29.79 %	0.00 %
Total %		0.00 %	3.11 %	8.07 %	7.45 %	1.24 %	8.70 %	0.00 %
Disagree	23	0	6	5	6	0	6	0
Row %		0.00 %	26.09 %	21.74 %	26.09 %	0.00 %	26.09 %	0.00 %
Col %	14.29 %	0.00 %	42.86 %	12.82 %	12.24 %	0.00 %	12.77 %	0.00 %
Total %		0.00 %	3.73 %	3.11 %	3.73 %	0.00 %	3.73 %	0.00 %
Strongly Disagree	2	0	1	0	1	0	0	0
Row %		0.00 %	50.00 %	0.00 %	50.00 %	0.00 %	0.00 %	0.00 %
Col %	1.24 %	0.00 %	7.14 %	0.00 %	2.04 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.62 %	0.00 %	0.62 %	0.00 %	0.00 %	0.00 %
Totals	161	3	14	39	49	8	47	1
		1.86 %	8.70 %	24.22 %	30.43 %	4.97 %	29.19 %	0.62 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes because I like the social interaction

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	111	3	4	11	45	10	37	1
Row %		2.70 %	3.60 %	9.91 %	40.54 %	9.01 %	33.33 %	0.90 %
Col %	57.51 %	100.00 %	25.00 %	27.50 %	65.22 %	76.92 %	72.55 %	100.00 %
Total %		1.55 %	2.07 %	5.70 %	23.32 %	5.18 %	19.17 %	0.52 %
Agree	74	0	11	27	21	3	12	0
Row %		0.00 %	14.86 %	36.49 %	28.38 %	4.05 %	16.22 %	0.00 %
Col %	38.34 %	0.00 %	68.75 %	67.50 %	30.43 %	23.08 %	23.53 %	0.00 %
Total %		0.00 %	5.70 %	13.99 %	10.88 %	1.55 %	6.22 %	0.00 %
Disagree	8	0	1	2	3	0	2	0
Row %		0.00 %	12.50 %	25.00 %	37.50 %	0.00 %	25.00 %	0.00 %
Col %	4.15 %	0.00 %	6.25 %	5.00 %	4.35 %	0.00 %	3.92 %	0.00 %
Total %		0.00 %	0.52 %	1.04 %	1.55 %	0.00 %	1.04 %	0.00 %
Strongly Disagree	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Totals	193	3	16	40	69	13	51	1
		1.55 %	8.29 %	20.73 %	35.75 %	6.74 %	26.42 %	0.52 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

I take the classes to help cope with depression

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Strongly Agree	52	2	1	5	26	3	15	0
Row %		3.85 %	1.92 %	9.62 %	50.00 %	5.77 %	28.85 %	0.00 %
Col %	33.77 %	66.67 %	7.14 %	12.82 %	54.17 %	50.00 %	34.88 %	0.00 %
Total %		1.30 %	0.65 %	3.25 %	16.88 %	1.95 %	9.74 %	0.00 %
Agree	45	1	5	11	12	2	13	1
Row %		2.22 %	11.11 %	24.44 %	26.67 %	4.44 %	28.89 %	2.22 %
Col %	29.22 %	33.33 %	35.71 %	28.21 %	25.00 %	33.33 %	30.23 %	100.00 %
Total %		0.65 %	3.25 %	7.14 %	7.79 %	1.30 %	8.44 %	0.65 %
Disagree	44	0	6	19	6	1	12	0
Row %		0.00 %	13.64 %	43.18 %	13.64 %	2.27 %	27.27 %	0.00 %
Col %	28.57 %	0.00 %	42.86 %	48.72 %	12.50 %	16.67 %	27.91 %	0.00 %
Total %		0.00 %	3.90 %	12.34 %	3.90 %	0.65 %	7.79 %	0.00 %
Strongly Disagree	13	0	2	4	4	0	3	0
Row %		0.00 %	15.38 %	30.77 %	30.77 %	0.00 %	23.08 %	0.00 %
Col %	8.44 %	0.00 %	14.29 %	10.26 %	8.33 %	0.00 %	6.98 %	0.00 %
Total %		0.00 %	1.30 %	2.60 %	2.60 %	0.00 %	1.95 %	0.00 %
Totals	154	3	14	39	48	6	43	1
		1.95 %	9.09 %	25.32 %	31.17 %	3.90 %	27.92 %	0.65 %

One to Many with Count and Percent

Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Coastline Costa Mesa Center	5	3	0	0	0	0	2	0
Row %		60.00 %	0.00 %	0.00 %	0.00 %	0.00 %	40.00 %	0.00 %
Col %	2.17 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %	3.17 %	0.00 %
Total %		1.30 %	0.00 %	0.00 %	0.00 %	0.00 %	0.87 %	0.00 %
Coastline Le-Jao Center in Westminster	18	0	16	0	0	0	2	0
Row %		0.00 %	88.89 %	0.00 %	0.00 %	0.00 %	11.11 %	0.00 %
Col %	7.83 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	3.17 %	0.00 %
Total %		0.00 %	6.96 %	0.00 %	0.00 %	0.00 %	0.87 %	0.00 %
Fountain Valley Senior Center	44	0	0	44	0	0	0	0
Row %		0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	19.13 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	19.13 %	0.00 %	0.00 %	0.00 %	0.00 %
Leisure World	86	0	0	0	86	0	0	0
Row %		0.00 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %
Col %	37.39 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	37.39 %	0.00 %	0.00 %	0.00 %
Oasis	16	0	0	0	0	16	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %
Col %	6.96 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	6.96 %	0.00 %	0.00 %
Westminster Senior Center	60	0	0	0	0	0	59	1
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	98.33 %	1.67 %
Col %	26.09 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	93.65 %	50.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	25.65 %	0.43 %
Other	1	0	0	0	0	0	0	1
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Col %	0.43 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	50.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.43 %
Totals	230	3	16	44	86	16	63	2
		1.30 %	6.96 %	19.13 %	37.39 %	6.96 %	27.39 %	0.87 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Do you have any of the following disabilities?

(Mark all that apply.)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Health Impairment	52	2	2	14	14	4	16	0
Row %		3.85 %	3.85 %	26.92 %	26.92 %	7.69 %	30.77 %	0.00 %
Col %	19.55 %	66.67 %	13.33 %	23.33 %	14.89 %	19.05 %	22.22 %	0.00 %
Total %		0.75 %	0.75 %	5.26 %	5.26 %	1.50 %	6.02 %	0.00 %
Hearing Disability	38	0	1	6	19	3	9	0
Row %		0.00 %	2.63 %	15.79 %	50.00 %	7.89 %	23.68 %	0.00 %
Col %	14.29 %	0.00 %	6.67 %	10.00 %	20.21 %	14.29 %	12.50 %	0.00 %
Total %		0.00 %	0.38 %	2.26 %	7.14 %	1.13 %	3.38 %	0.00 %
Learning Disability	1	0	0	0	0	1	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %	0.00 %
Col %	0.38 %	0.00 %	0.00 %	0.00 %	0.00 %	4.76 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.38 %	0.00 %	0.00 %
Mobility or Orthopedic Disability	96	1	3	25	35	9	22	1
Row %		1.04 %	3.13 %	26.04 %	36.46 %	9.38 %	22.92 %	1.04 %
Col %	36.09 %	33.33 %	20.00 %	41.67 %	37.23 %	42.86 %	30.56 %	100.00 %
Total %		0.38 %	1.13 %	9.40 %	13.16 %	3.38 %	8.27 %	0.38 %
Severe Visual Impairment	8	0	1	1	5	0	1	0
Row %		0.00 %	12.50 %	12.50 %	62.50 %	0.00 %	12.50 %	0.00 %
Col %	3.01 %	0.00 %	6.67 %	1.67 %	5.32 %	0.00 %	1.39 %	0.00 %
Total %		0.00 %	0.38 %	0.38 %	1.88 %	0.00 %	0.38 %	0.00 %
No disabilities	47	0	7	8	15	3	14	0
Row %		0.00 %	14.89 %	17.02 %	31.91 %	6.38 %	29.79 %	0.00 %
Col %	17.67 %	0.00 %	46.67 %	13.33 %	15.96 %	14.29 %	19.44 %	0.00 %
Total %		0.00 %	2.63 %	3.01 %	5.64 %	1.13 %	5.26 %	0.00 %
Other	24	0	1	6	6	1	10	0
Row %		0.00 %	4.17 %	25.00 %	25.00 %	4.17 %	41.67 %	0.00 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

*Do you have any of the following disabilities?
(Mark all that apply.)*

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Col %	9.02 %	0.00 %	6.67 %	10.00 %	6.38 %	4.76 %	13.89 %	0.00 %
Total %		0.00 %	0.38 %	2.26 %	2.26 %	0.38 %	3.76 %	0.00 %
Totals	266	3	15	60	94	21	72	1
		1.13 %	5.64 %	22.56 %	35.34 %	7.89 %	27.07 %	0.38 %

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Gender

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Female	182	3	14	20	79	13	52	1
Row %		1.65 %	7.69 %	10.99 %	43.41 %	7.14 %	28.57 %	0.55 %
Col %	83.11 %	100.00 %	87.50 %	45.45 %	92.94 %	86.67 %	94.55 %	100.00 %
Total %		1.37 %	6.39 %	9.13 %	36.07 %	5.94 %	23.74 %	0.46 %
Male	37	0	2	24	6	2	3	0
Row %		0.00 %	5.41 %	64.86 %	16.22 %	5.41 %	8.11 %	0.00 %
Col %	16.89 %	0.00 %	12.50 %	54.55 %	7.06 %	13.33 %	5.45 %	0.00 %
Total %		0.00 %	0.91 %	10.96 %	2.74 %	0.91 %	1.37 %	0.00 %
Totals	219	3	16	44	85	15	55	1
		1.37 %	7.31 %	20.09 %	38.81 %	6.85 %	25.11 %	0.46 %

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Primary Language

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
English	191	3	12	43	78	12	42	1
Row %		1.57 %	6.28 %	22.51 %	40.84 %	6.28 %	21.99 %	0.52 %
Col %	90.95 %	100.00 %	75.00 %	97.73 %	97.50 %	92.31 %	79.25 %	100.00 %
Total %		1.43 %	5.71 %	20.48 %	37.14 %	5.71 %	20.00 %	0.48 %
Spanish	6	0	1	0	1	1	3	0
Row %		0.00 %	16.67 %	0.00 %	16.67 %	16.67 %	50.00 %	0.00 %
Col %	2.86 %	0.00 %	6.25 %	0.00 %	1.25 %	7.69 %	5.66 %	0.00 %
Total %		0.00 %	0.48 %	0.00 %	0.48 %	0.48 %	1.43 %	0.00 %
Vietnamese	6	0	2	0	0	0	4	0
Row %		0.00 %	33.33 %	0.00 %	0.00 %	0.00 %	66.67 %	0.00 %
Col %	2.86 %	0.00 %	12.50 %	0.00 %	0.00 %	0.00 %	7.55 %	0.00 %
Total %		0.00 %	0.95 %	0.00 %	0.00 %	0.00 %	1.90 %	0.00 %
Other	7	0	1	1	1	0	4	0
Row %		0.00 %	14.29 %	14.29 %	14.29 %	0.00 %	57.14 %	0.00 %
Col %	3.33 %	0.00 %	6.25 %	2.27 %	1.25 %	0.00 %	7.55 %	0.00 %
Total %		0.00 %	0.48 %	0.48 %	0.48 %	0.00 %	1.90 %	0.00 %
Totals	210	3	16	44	80	13	53	1
		1.43 %	7.62 %	20.95 %	38.10 %	6.19 %	25.24 %	0.48 %

One to Many with Count and Percent

Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Are you currently enrolled in an educational program in addition to Coastline's fitness classes? (Mark all that apply.)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
, only enrolled in Coastline Adaptive Fitness classes	154	3	8	43	53	9	37	1
Row %		1.95 %	5.19 %	27.92 %	34.42 %	5.84 %	24.03 %	0.65 %
Col %	83.24 %	100.00 %	44.44 %	100.00 %	85.48 %	69.23 %	82.22 %	100.00 %
Total %		1.62 %	4.32 %	23.24 %	28.65 %	4.86 %	20.00 %	0.54 %
Coastline College Emeritus Program	15	0	4	0	6	1	4	0
Row %		0.00 %	26.67 %	0.00 %	40.00 %	6.67 %	26.67 %	0.00 %
Col %	8.11 %	0.00 %	22.22 %	0.00 %	9.68 %	7.69 %	8.89 %	0.00 %
Total %		0.00 %	2.16 %	0.00 %	3.24 %	0.54 %	2.16 %	0.00 %
ne College (other than Emeritus or Adaptive Fitness)	2	0	0	0	0	1	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	50.00 %	50.00 %	0.00 %
Col %	1.08 %	0.00 %	0.00 %	0.00 %	0.00 %	7.69 %	2.22 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.54 %	0.54 %	0.00 %
Golden West College	1	0	0	0	0	0	1	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	100.00 %	0.00 %
Col %	0.54 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	2.22 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.54 %	0.00 %
Orange Coast College	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Other community college	0	0	0	0	0	0	0	0
Row %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Col %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %	0.00 %
A four-year college	2	0	0	0	1	0	1	0

One to Many with Count and Percent Adaptive Fitness Student Survey 2007

At which location does your current Adaptive Fitness class(es) meet? (Mark all that apply.)

Are you currently enrolled in an educational program in addition to Coastline's fitness classes? (Mark all that apply.)

	Total	Coastline Costa Mesa Center	Coastline Le-Jao Center in Westminster	Fountain Valley Senior Center	Leisure World	Oasis	Westminster Senior Center	Other
Row %		0.00 %	0.00 %	0.00 %	50.00 %	0.00 %	50.00 %	0.00 %
Col %	1.08 %	0.00 %	0.00 %	0.00 %	1.61 %	0.00 %	2.22 %	0.00 %
Total %		0.00 %	0.00 %	0.00 %	0.54 %	0.00 %	0.54 %	0.00 %
Adult education (other than at Coastline)	6	0	4	0	1	1	0	0
Row %		0.00 %	66.67 %	0.00 %	16.67 %	16.67 %	0.00 %	0.00 %
Col %	3.24 %	0.00 %	22.22 %	0.00 %	1.61 %	7.69 %	0.00 %	0.00 %
Total %		0.00 %	2.16 %	0.00 %	0.54 %	0.54 %	0.00 %	0.00 %
City parks and recreation	2	0	1	0	0	0	1	0
Row %		0.00 %	50.00 %	0.00 %	0.00 %	0.00 %	50.00 %	0.00 %
Col %	1.08 %	0.00 %	5.56 %	0.00 %	0.00 %	0.00 %	2.22 %	0.00 %
Total %		0.00 %	0.54 %	0.00 %	0.00 %	0.00 %	0.54 %	0.00 %
Other	3	0	1	0	1	1	0	0
Row %		0.00 %	33.33 %	0.00 %	33.33 %	33.33 %	0.00 %	0.00 %
Col %	1.62 %	0.00 %	5.56 %	0.00 %	1.61 %	7.69 %	0.00 %	0.00 %
Total %		0.00 %	0.54 %	0.00 %	0.54 %	0.54 %	0.00 %	0.00 %
Totals	185	3	18	43	62	13	45	1
		1.62 %	9.73 %	23.24 %	33.51 %	7.03 %	24.32 %	0.54 %

Costa Mesa Center: Comments

Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * Need larger room
 - * We could do with a bigger room for exercise and stretching. We miss class when closed long over the holidays.
 - * We need a bigger classroom for exercising. We have outgrown this one.
-

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Strength; memory; mobility; improved health
 - * For a polio person it has help my legs, arms, back and maybe get me back to walking.
 - * It makes my body feel better and mind. Love being with the ladies and Mindy is a great teacher.
-

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

Question: Do you have any other comments or recommendations?

Le-Jao Center: Comments

Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * Would like--need--classes during winter break. We all hate the chairs at Le-Jao Center are bad--not appropriate for exercise.
- * Better chairs
- * Better chairs
- * We would like to have bigger room.
- * We need better chairs.
- * Need better chairs.
- * Need better chairs as I have short legs.
- * Very small classroom to exercise. Better chairs are needed.
- * Classroom is too small and chairs are not good for exercise.
- * Need better chairs
- * Need better chairs
- * New chairs

Le-Jao Center: Comments Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Do follow-up at home
 - * Stronger
 - * Health
 - * Feel good
 - * Keeps me in shape.
 - * Keeping fit.
 - * Helps me with my arthritis and balance.
 - * Exercise I would not do otherwise.
 - * Staying fit
 - * Staying healthy
 - * Healthy
-

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

Question: Do you have any other comments or recommendations?

- * Be able to attend more adaptive fitness classes
- * Excellent
- * Teacher is great. Facilities NOT as convenient as at Senior Center--Parking--Cleanliness--CHAIRS
- * Keep classes during winter intersession as we lose so much strength and mobility.
- * Need better chairs.
- * Better chairs
- * No. Just size of class too large for room and chairs are not good for exercise.
- * Excellent

Fountain Valley Senior Center: Comments

Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * The fitness room is too small and does not meet all that is needed to improve balance and mobility.
- * The fitness room is too small and does not meet all that is needed to improve balance and mobility.
- * Need bigger room and additional equipment
- * Room too small. Equipment good--need more.
- * Ridiculous small room. Could do more in class if more room. Good equipment--too little.
- * Space too little. Limits opportunity. Have to wait turn. Need more equipment.
- * Absurdly small room. Need walking mats.
- * Small room, too crowded. Space limitations hinder exercise.
- * Small room. Need more equipment.
- * Small room limits equipment and exercise.
- * Inadequate room. Too little equipment.
- * Silly little room for exercise. Need more space for more equipment.
- * Small room; limited amount of equipment
- * We need more room and equipment. People have to wait to get their turn.
- * Not enough room for exercise
- * Class could use more physical space
- * If the room were larger, more students could attend. Also, the added space would mean more equipment.
- * Room is crowded at times. This causes delays in getting exercise machine you need.
- * There is not enough room for all the equipment we could use if the space was larger.
- * Classroom is too small
- * Room is too small
- * The room is too small. With a larger room we could meet the needs of more seniors, and more of their needs.

Fountain Valley Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * Too small a space
- * Facility is much too small. Instructor is outstanding.
- * Classroom size is too small and equipment too limited.
- * Classroom is too small
- * Area could be larger.

Fountain Valley Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Social and wellness needs.
- * Social and wellness needs.
- * Keeping myself active.
- * Improvement of my mobility
- * Keeps me healthy
- * Improves my health!
- * Added strength and endurance.
- * I maintain the fitness I have obtained.
- * Learn how to improve my health through this fitness program.
- * Improving my physical fitness and maintaining an active life style
- * Exercise! Meet different people!
- * Physical well being, social satisfaction, ability to lose weight
- * My 94-year-old father is still able to walk and more.
- * Improvement of the daily work to be performed.
- * Weight loss. Balance and mobility
- * Mobility
- * Mobility
- * Mobility
- * I have more energy.
- * Keeps me moving. Reduces aches and pains. Walking is much easier.
- * Maintaining myself. Keeping my muscles in as good a shape as possible.
- * Feeling better about my health.

Fountain Valley Senior Center: Comments

Adaptive Fitness Student Survey 2007

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

Question: Do you have any other comments or recommendations?

- * Instructor is great but need support from the Senior Center staff.
- * Instructor is great but the staff at the center are not that cooperative with the instructor.
- * Mary LoSasso is conducting an excellent class. I would recommend it very highly to anyone who needs to improve his or her mobility.
- * This program helps a great number of people. Thanks.
- * A larger classroom with more machines would help eliminate waiting time between machines.
- * Mary LoSasso is an outstanding instructor.
- * Class and instruction and teacher very beneficial. Space is too small.
- * I'm very satisfied.
- * Instructor great.

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * Not a serious concern but I have trouble doing the arm and shoulder exercise. Shoulder worse if I do them.
- * More classes needed at Leisure World, Seal Beach
- * I get to exercise twice a week.
- * Very pleased

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * I learned a lot about the posture and breathing
- * Motivation to use weights regularly. Inspired by teachers physique.
- * Helps keep me limber
- * Flexibility
- * Mobility
- * Balance--learn coordination--relieve the stiffness in my body
- * Mobility and overall well-being
- * Improve my mobility. Improve my mentality.
- * Maintaining flexibility
- * Improvement of my general physical condition.
- * Keeps me on my feet and walking.
- * Meets my physical needs
- * Better well being, balance
- * Body strengthening
- * Keep my physical condition is very important
- * Any exercise helps me.
- * Stimulate mind and muscles
- * Still around and breathing!
- * It makes me get exercise I might not bother to get unless it was scheduled.
- * Able to walk more steadily and overall a feeling of good
- * Feel great
- * Helps with all my problems with my body

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * The exercises have improved my surgical condition.
- * Health and movement
- * More flexibility and better posture
- * It's very helpful taking the kinks out and strengthening weak areas.
- * Self improvement
- * Feel good knowing I need to exercise and being close to home.
- * Helps my body to move better and safer. Also, the social and fun is so healthy.
- * Staff support
- * Improvement in condition of my physical body
- * Muscletone; easing of joints
- * Being able to keep myself active.
- * Enjoyable fitness and social class. Lots of fun.
- * Mixing with people and exercises you don't get any other place
- * Exercise
- * Exercise
- * Feel better
- * Ease of mobility
- * Great help--movement--balance--general fitness
- * The best physical fitness! Judy is excellent instructor.
- * Keeps me motivated to improve my health
- * Excellent class
- * I am much stronger than before I came to class.

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * I am much stronger and my balance is so much improved.
- * Stretching, strengthening, and laughter
- * Makes you feel good. Keep body moving well.
- * Getting my body working better
- * Continue to maintain dexterity and my balance
- * Much better mobility
- * Keeps me flexible and active. Instructor is fun and knows our old bodies!

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

- * More chair exercise classes.
- * Chi gong, Brain Gym Program
- * A balance class
- * Yoga
- * Balance
- * Yoga
- * Other times
- * More please
- * I'd like this class to be 3x a week.
- * Yes. Would like some other exercise class.
- * Yoga
- * Yoga
- * Aerobics for seniors
- * More of Judy stretch class

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: Do you have any other comments or recommendations?

- * I like the class very much.
- * Very happy with my class. I have learned to stand "tall."
- * I also take the LW Chorale and ceramics.
- * Judy is a wonderful, excellent teacher. She is energetic with a great sense of humor. I recommend this class to all my friends.
- * Judy April wonderful
- * Class is helping me to improve my mobility.
- * Love fitness class and the instructor
- * Enjoy it very much!
- * Judy Aprile is a wonderful instructor.
- * Judy Aprile is an excellent instructor.
- * Great class and teacher
- * Clone Judy Aprile
- * The instructor is super
- * Terrific gal to help us
- * Thank you for the class.
- * Thank you!
- * I'm glad they are here.
- * Judy Aprile is absolutely terrific.
- * Very satisfied and needed
- * Judy Aprile is a top-drawer teacher.
- * Have classes 1 day more per week. We now have 2 days.
- * Have more classes

Leisure World: Comments

Adaptive Fitness Student Survey 2007

Question: Do you have any other comments or recommendations?

- * This class is a great benefit to Seal Beach Leisure World. Judy is a great teacher.
- * Help with mobility
- * Best class college has
- * A third class of chair aerobics a week
- * Always feel better after class--mentally and physically
- * Wonderful teacher (Judy)

Oasis: Comments

Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Better balance--stronger
 - * Exercise and better balance
 - * It is about the only exercise I get.
 - * Better health
 - * Staying fit and mobile
 - * I enjoyed the fitness part of this class.
 - * Better balance!
 - * Health--well-being
-

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

- * Variety of current education
-

Question: Do you have any other comments or recommendations?

- * Our instructor Judy is wonderful.
- * Great teacher! Thanx!

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * The room is too small.
- * Need larger room
- * Room too small
- * Need larger room
- * Room is too small. Difficulty doing exercise.
- * Room is too small; need larger room
- * Want more classes. Room too small.
- * Want more classes
- * We would like a larger room.
- * We would like a larger room. It is sometimes almost a danger bumping into one another.
- * Not geared to ability and age. No info on program of class site or college.
- * We would like to have bigger room.
- * Want more classes; room small
- * Need bigger classroom with carpeting
- * Need more room. Need intersession class.
- * We need a bigger classroom for exercising. We have outgrown this one.
- * Need larger room for numbers of participants
- * Bigger exercise room
- * Could use more equipment
- * Need larger room. Need more classes cause we are only allowed 1 class.
- * Classroom is too small
- * Not enough room; more space

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: If you indicated dissatisfaction with any of the above items, please describe your concerns.

- * Some rooms not adequate for exercises.
- * The facility is too small to accommodate all the students. Sometimes too hot in summer time.
- * Next time invite me to the Tea. Last year we went.
- * We need better chairs.
- * We need more room size to exercise safely. We need more of the equipment like large balls and cones.

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Muscles more flexible. Meeting new people.
- * We need an intersession class.
- * We need an intersession class.
- * Makes me aware of all suitable activities to help me become more agile.
- * I feel so much better and continue with exercise at home.
- * I feel better after the class.
- * Strength; memory; mobility; improved health
- * Flexibility; strength
- * Exercise; friendship
- * Improvement in muscle coordination.
- * Motivation.
- * Motivation
- * Increases energy and well being.
- * Good therapy
- * Regularity of exercise and motivation.
- * Balance and mobility. Balance mainly.
- * I am continuing to move in spite of severe arthritis. Love the social interaction with others. The 80-90 year olds are awesome.
- * Motivation
- * Better balance
- * More flexibility.
- * Helps my arthritis. I can now move much better.
- * Making my muscles better.

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: What is the most important thing that you get out of taking Adaptive Fitness classes?

- * Increased balance and mobility. Better health.
- * Good exercises that help me physically.
- * Flexible and strength
- * Keeps you fit
- * My body feels good and my health has improved.
- * It keeps my parts moving
- * Keeps me more happy, at ease and relaxed
- * More strength
- * Maintain muscle tone.
- * Instructor and variety of lessons strengths and energizes me to perform more effectively.
- * Keeping in shape.
- * It helps my mobility

Question: Are there other courses related to adaptive fitness that you would like Coastline to offer?

- * More programs for senior citizens
- * Aqua exercise in warm pool to help arthritis. More equipment would be helpful.
- * I would like to attend all PE classes if possible.
- * More days
- * More classes for exercise
- * More classes
- * Balance classes
- * Would like this class 3x a week if possible at the Westminster Center in a larger classroom.
- * More days needed

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: Do you have any other comments or recommendations?

- * Intersession
- * We need an intersession class!
- * We need an intersession class.
- * Thoroughly enjoy all help provided. Would enjoy having Intersession.
- * We have an excellent teacher--the best we have ever had.
- * Larger classroom.
- * We have a great instructor. Very professional--the best teacher.
- * Mindy has been a great teacher. Lots of variety.
- * More classes.
- * We could use a larger room.
- * Need more classes. Bigger room.
- * Our teacher is wonderful. She adapts to different problems.
- * More classes
- * Keep classes during winter intersession as we lose so much strength and mobility.
- * Need classes during winter intersession.
- * Would like afternoon classes to commence at 1 p.m.
- * This is a very good class and instructor!
- * Invite seniors to community tea.
- * Very good instructor, but could use more equipment
- * We love our new instructor, Mindi.
- * We were limited in course. That's not justified.
- * Heated pool activity--Los Cab?

Westminster Senior Center: Comments Adaptive Fitness Student Survey 2007

Question: Do you have any other comments or recommendations?

- * We need more classes in winter intersession

Table of Contents

Adaptive Fitness Faculty 2007

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Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
At which location(s) or type of facility are you currently teaching Adaptive Fitness classes? (Mark all that apply.)	Respondents: 3	
Coastline Le-Jao Center in Westminster	1	33.33 %
Fountain Valley Senior Center	1	33.33 %
Leisure World	1	33.33 %
Oasis	1	33.33 %
Westminster Senior Center	1	33.33 %
Total Responses	5	100 %

Curriculum and Program Satisfaction - Relevancy of courses to the vocational, academic, or personal needs of students	Respondents: 3	
Very Satisfied	2	66.67 %
Dissatisfied	1	33.33 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - Scheduling of classes (time of day, length of class sessions, days of weeks)	Respondents: 3	
Very Satisfied	2	66.67 %
Satisfied	1	33.33 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - Opportunity to provide input into the scheduling process	Respondents: 3	
Very Satisfied	2	66.67 %
Don't know or n/a	1	33.33 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - Opportunities for you to participate in curriculum review and program development	Respondents: 3	
Very Satisfied	2	66.67 %
Don't know or n/a	1	33.33 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - Opportunities for you to suggest new courses	Respondents: 3	
---	----------------	--

Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
Curriculum and Program Satisfaction - Opportunities for you to suggest new courses	Respondents: 3	
Very Satisfied	2	66.67 %
Don't know or n/a	1	33.33 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - College-wide recognition of the program	Respondents: 3	
Don't know or n/a	3	100.00 %
Total Responses	3	100 %

Curriculum and Program Satisfaction - Marketing of classes and program	Respondents: 3	
Satisfied	1	33.33 %
Don't know or n/a	2	66.67 %
Total Responses	3	100 %

Program Materials and Services - Ease of student registration process	Respondents: 3	
Very Satisfied	2	66.67 %
Satisfied	1	33.33 %
Total Responses	3	100 %

Program Materials and Services - Quality of equipment/materials supplied	Respondents: 3	
Very Satisfied	2	66.67 %
Dissatisfied	1	33.33 %
Total Responses	3	100 %

Program Materials and Services - Amount of equipment/materials supplied	Respondents: 3	
Very Satisfied	1	33.33 %
Satisfied	1	33.33 %
Very Dissatisfied	1	33.33 %
Total Responses	3	100 %

Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
Program Materials and Services - Staff support for the program and classes in terms of staff availability	Respondents: 3	
Very Satisfied	2	66.67 %
Dissatisfied	1	33.33 %
Total Responses	3	100 %

Program Materials and Services - Staff support for the program and classes in terms of staff responsiveness	Respondents: 3	
Very Satisfied	2	66.67 %
Dissatisfied	1	33.33 %
Total Responses	3	100 %

Program Materials and Services - Availability of computers for faculty use	Respondents: 3	
Don't know or n/a	3	100.00 %
Total Responses	3	100 %

Program Materials and Services - Extent to which faculty and staff meet the needs of non-traditional students (e.g., older adults)	Respondents: 3	
Very Satisfied	1	33.33 %
Satisfied	1	33.33 %
Very Dissatisfied	1	33.33 %
Total Responses	3	100 %

Program Materials and Services - Extent to which faculty and staff meet the needs of culturally diverse students	Respondents: 3	
Don't know or n/a	3	100.00 %
Total Responses	3	100 %

Program Materials and Services - Your own success teaching in the program	Respondents: 3	
Very Satisfied	1	33.33 %
Satisfied	1	33.33 %
Dissatisfied	1	33.33 %
Total Responses	3	100 %

Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
Outcomes - The classes help participants maintain or improve their mobility	Respondents: 3	
Strongly Agree	2	66.67 %
Agree	1	33.33 %
Total Responses	3	100 %

Outcomes - The classes help participants improve their cardio-pulmonary functioning	Respondents: 3	
Strongly Agree	1	33.33 %
Disagree	2	66.67 %
Total Responses	3	100 %

Outcomes - The classes help participants maintain or improve their mental abilities	Respondents: 3	
Strongly Agree	1	33.33 %
Agree	1	33.33 %
Disagree	1	33.33 %
Total Responses	3	100 %

Outcomes - The classes help participants who are recovering from illness or injuries	Respondents: 3	
Strongly Agree	2	66.67 %
Agree	1	33.33 %
Total Responses	3	100 %

Outcomes - The classes provide opportunities for social interaction among the participants	Respondents: 3	
Strongly Agree	3	100.00 %
Total Responses	3	100 %

Outcomes - The classes help participants cope with depression	Respondents: 3	
Strongly Agree	2	66.67 %
Disagree	1	33.33 %
Total Responses	3	100 %

Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
Methods Used for Assessing SLOs - Participation	Respondents: 3	
Frequently	3	100.00 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Objective tests (multiple choice, true/false, short answer, etc.)	Respondents: 3	
Frequently	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Skill demonstration	Respondents: 3	
Frequently	3	100.00 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Essay tests	Respondents: 3	
Not at all	3	100.00 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Case studies	Respondents: 3	
Rarely	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Individual projects	Respondents: 3	
Frequently	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Group projects	Respondents: 3	
Sometimes	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %

Count and Percent

Adaptive Fitness Faculty Survey 2007

	Count	Percent
Methods Used for Assessing SLOs - Report of application of knowledge/skill to daily life	Respondents: 3	
Frequently	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %

Methods Used for Assessing SLOs - Pre and post tests of abilities	Respondents: 3	
Frequently	1	33.33 %
Not at all	2	66.67 %
Total Responses	3	100 %


Methods Used for Assessing SLOs - Portfolios	Respondents: 3	
Not at all	3	100.00 %
Total Responses	3	100 %

What steps, if any, have you taken to incorporate student learning outcomes (SLOs) into your course? (Mark all that apply.)	Respondents: 2	
I haven't yet identified expected student learning outcomes.	1	50.00 %
I have identified expected SLOs.	1	50.00 %
I have developed a plan for assessing SLOs.	1	50.00 %
I have assessed students based on expected SLOs.	1	50.00 %
I use results from SLO assessments to modify my instruction.	1	50.00 %
Total Responses	5	100 %

In which of the following professional development activities have you participated within the past three years? (Mark all that apply.)	Respondents: 3	
CCC General Faculty Meeting	1	33.33 %
Discipline-related workshops	1	33.33 %
Other workshops	2	66.67 %
Membership in professional associations	2	66.67 %
Professional conferences	2	66.67 %
Graduate classes/program	1	33.33 %
Professional training	2	66.67 %
Discipline-related reading	1	33.33 %
Technology-related reading	1	33.33 %
Total Responses	13	100 %

Favorable/Unfavorable Report

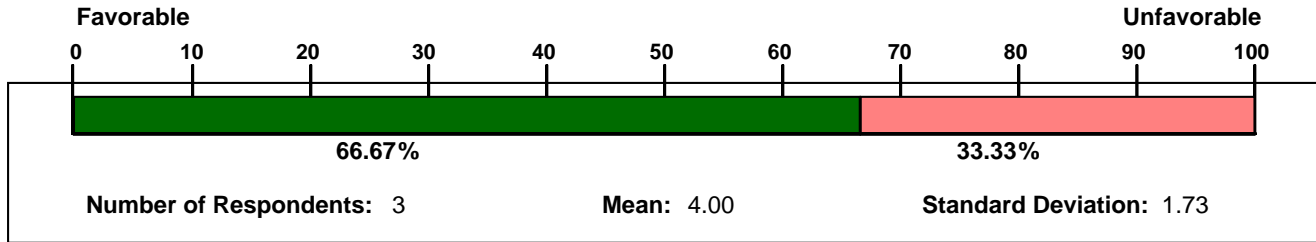
Adaptive Fitness Faculty Survey 2007

Favorable 

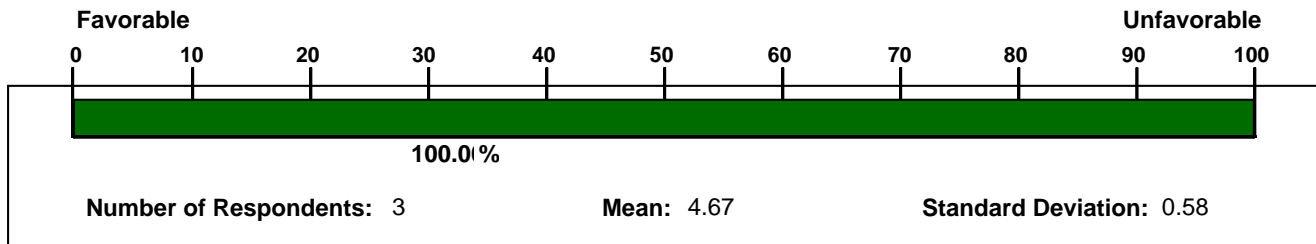
Neutral 

Unfavorable 

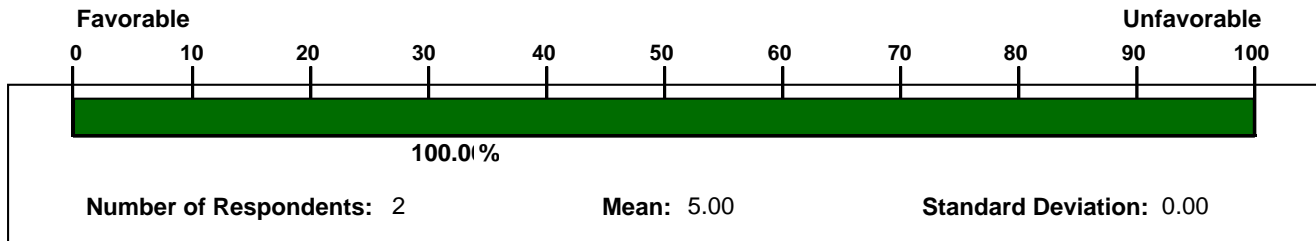
Curriculum and Program Satisfaction - Relevancy of courses to the vocational, academic, or personal needs of students



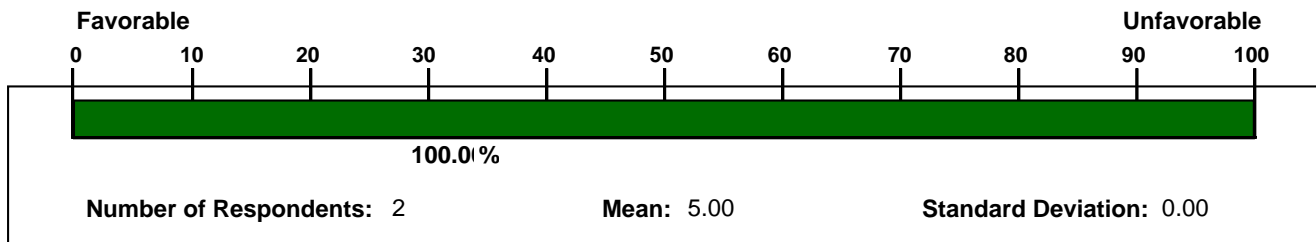
Curriculum and Program Satisfaction - Scheduling of classes (time of day, length of class sessions, days of weeks)



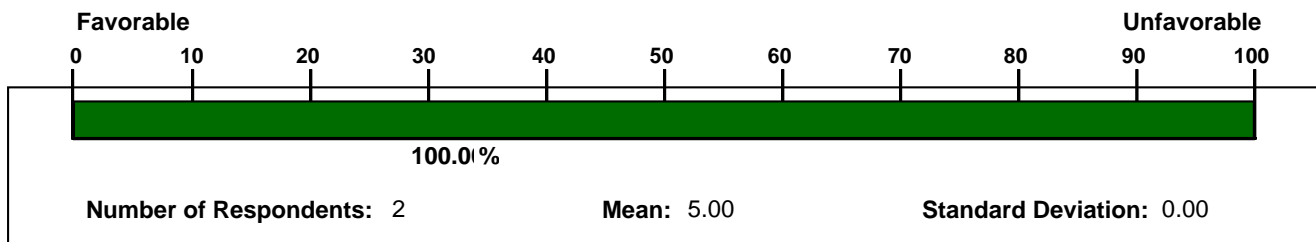
Curriculum and Program Satisfaction - Opportunity to provide input into the scheduling process



Curriculum and Program Satisfaction - Opportunities for you to participate in curriculum review and program development



Curriculum and Program Satisfaction - Opportunities for you to suggest new courses



Favorable/Unfavorable Report

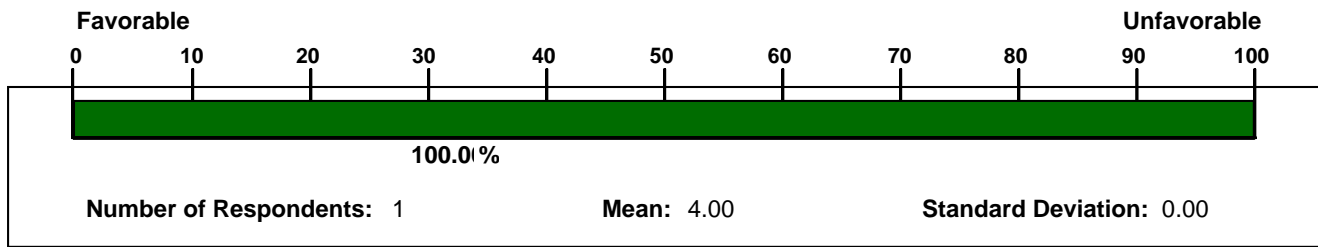
Adaptive Fitness Faculty Survey 2007

Favorable 

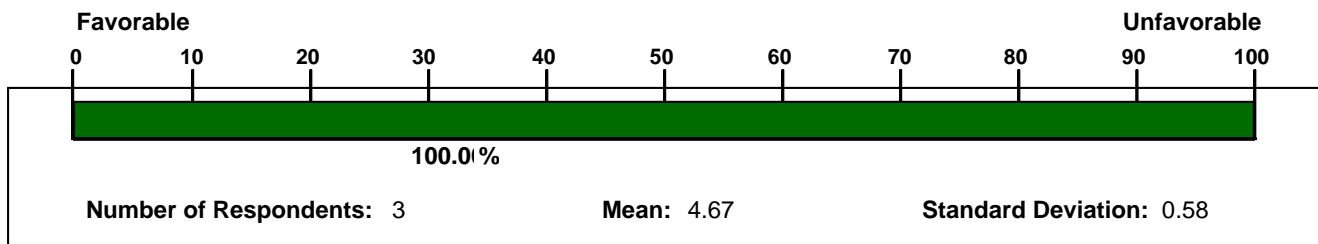
Neutral 

Unfavorable 

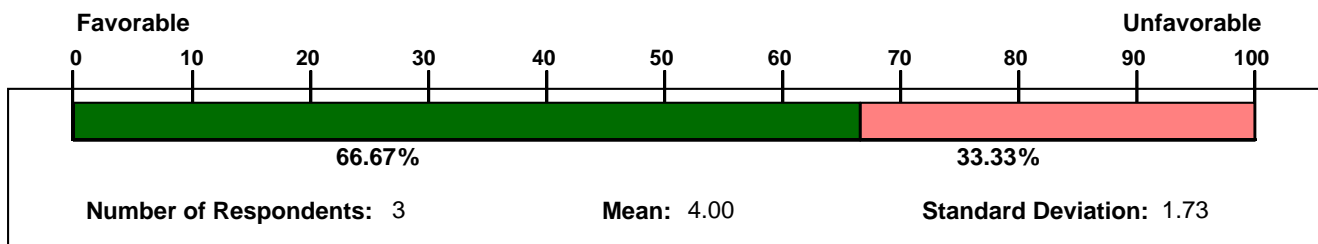
Curriculum and Program Satisfaction - Marketing of classes and program



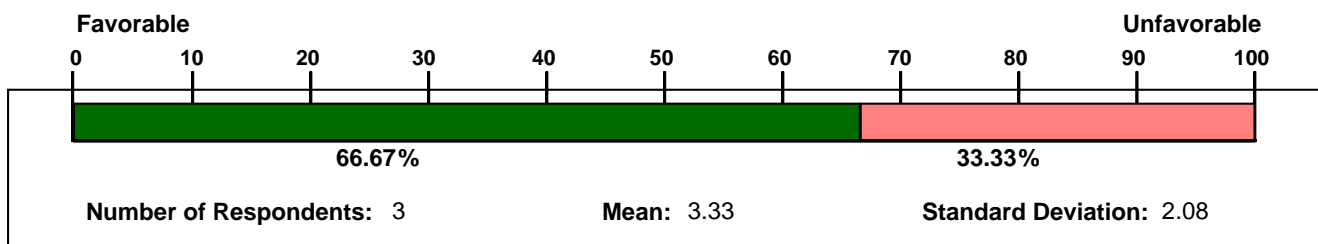
Program Materials and Services - Ease of student registration process



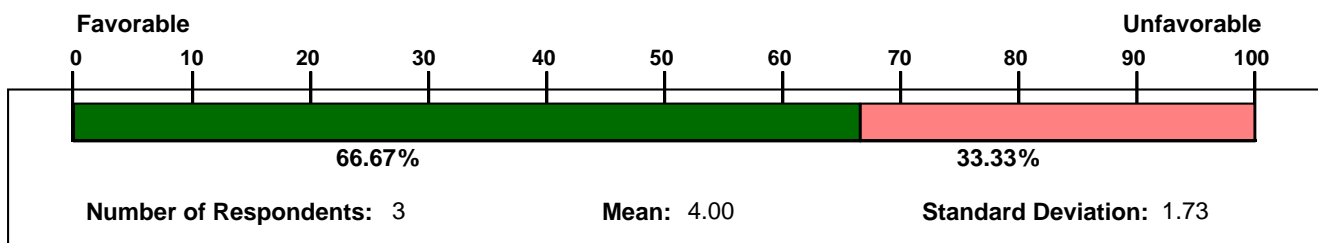
Program Materials and Services - Quality of equipment/materials supplied



Program Materials and Services - Amount of equipment/materials supplied



Program Materials and Services - Staff support for the program and classes in terms of staff availability



Favorable/Unfavorable Report

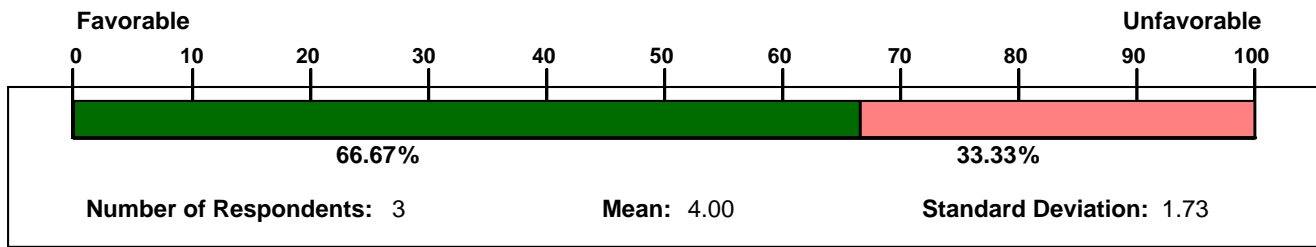
Adaptive Fitness Faculty Survey 2007

Favorable 

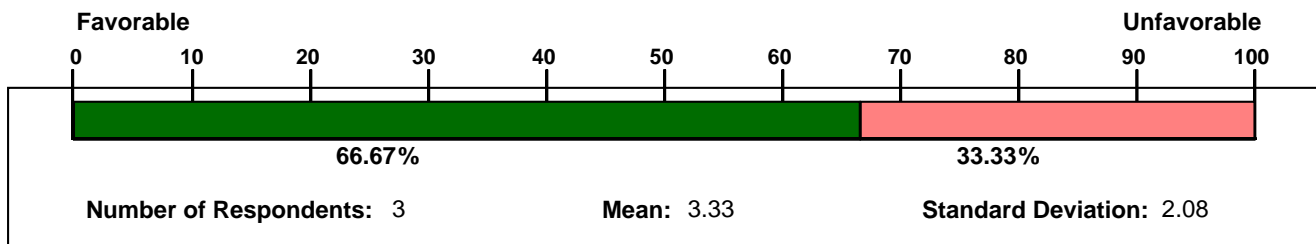
Neutral 

Unfavorable 

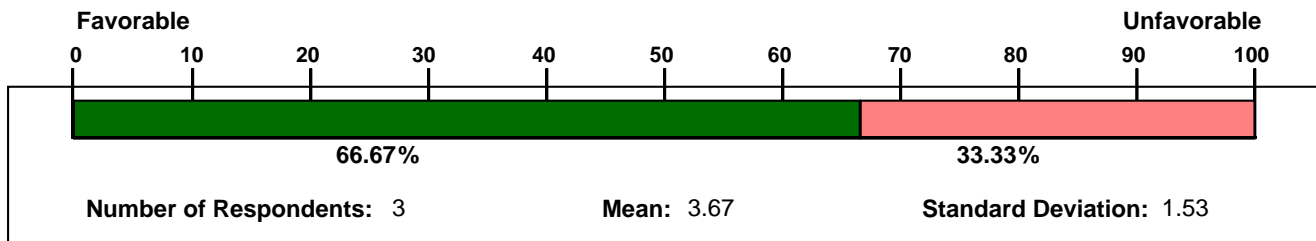
Program Materials and Services - Staff support for the program and classes in terms of staff responsiveness



Program Materials and Services - Extent to which faculty and staff meet the needs of non-traditional students (e.g., older adults)



Program Materials and Services - Your own success teaching in the program



Text and Paragraph Responses by Question

Adaptive Fitness Faculty Survey 2007

Question: If you marked "Dissatisfied" or "Very Dissatisfied" to any of the above items about the curriculum or program, please describe your concerns.

- * The space limitations and physical resources of the room severely restrict opportunities for content development particularly appropriate for persons with balance impairments, fragile mobility, physical impairments due to the aging process, and physical disabilities associated with chronic disabling conditions, ie. s/p stroke, M.S., joint replacements, arthritis, etc.
If and when a more appropriate and user friendly space becomes available I would like to see increased active marketing to inform the community of the program's existence.
-

Question: If you marked "Dissatisfied" or "Very Dissatisfied" to any of the above items related to materials and services, please describe your concerns.

- * All comments referring to dissatisfaction are associated not with Coastline CC but with City staff, equipment, materials, and restrictions limiting program implementation and student progress. City seems resistant to providing equitable opportunity and resources to non-traditional students (disabled) at the senior center, and non-disabled senior citizen exercisers compared to other population groups at the Center.
-

Question: What is the most important thing that you believe participants get out of taking Coastline Adaptive Fitness classes?

- * Strength training with consistency. Proper form when doing exercises to get maximum response and prevent injury.
 - * Satisfaction in taking positive action toward improving their strength and mobility and confidence.
-

Question: Are there any other methods you use to assess student learning outcomes?

- * Instructor observation
Student reports
 - * Individualized tracking coupled with exercise regimen modification and progression as indicated. Feedback from spousal/family member/caregiver providing concurrent performance data base of information pertaining to home based profile of changes in functional abilities or difficulties.
-

Question: Please list any other professional development activities in which you have been involved or awards, honors, or grants you have received in the past three years:

- * Active member of the Fountain Valley Citizen Advisory committee for the Disabled. Active member of the Fountain Valley Community Service Commission. Professional advisor to the Fountain Valley SEST (Senior Exercise Study Team). SEST is a group of senior citizen exercisers at the center who have come to recognize the importance and value of senior exercise and the criticality of the need for the City to provide an appropriate facility promoting active lifestyles in the community....beyond softball/soccer fields and Bingo at the Center.

Text and Paragraph Responses by Question

Adaptive Fitness Faculty Survey 2007

Question: Are there other types of Adaptive Fitness courses that you would like Coastline College to offer?

- * Water classes.
 - * Water Exercise
 - * As the senior population demographic increases, so will the need for appropriate exercise facilities. As this happens, the each fitness course whould be able to focus on each individual aspect of fitness rather than having to try to address all aspects in a single course.
-

Question: As part of this review, Coastline's Adaptive Fitness Program will be identifying new five-year goals for the program. Please suggest one or more goals that you believe would be important for the program to pursue.

- * I think the need and desire for these types of classes will only increase. Having more classes to ensure participants are exercising 2-3 per week will be needed. Students often asking for more classes or be allowed to enroll in more than one. Better identification on the fitness level of the participants to provide the right amount of challenge and make the classes more uniformed.
 - * Establishing partnerships with local City Governments promoting fitness opportunities for the general population (disabled included). Coastline providing the professionally staff and staff support. The city providing the real estate and the facility to conduct the classes (gymnasiums, weight rooms, lap pools, swimming pools, walking, bike/gerry tricycle trails).
-

Question: Do you have any other comments or suggestions for improving Coastline's Adaptive Fitness Program?

- * Facilities are lacking. Rooms are too small, they need mirrors so students can watch their form. Need more ways to stablize exercises, such as bars to hold on to to improve the balance and mobility
- * Change the name to Adapted from Adaptive. Adapted refers to the indiviualized modification of content -methods- equipment utilized in the conduct of the program on an as needed basis according to the student's needs. Adaptive refers to a psychological change in behavior.

Be a stronger public advocate for the need of publically funded agencies to work together to improve service to their constituencies.

Thank- you for this opportunity !!!



Program Review 2007-08 Validation Report

Adaptive Fitness Program

1. Has the program adequately responded to the elements identified in the outline for instructional or student services programs (see appropriate checklist)?

Yes No

If no, note which topics were either omitted or not addressed clearly or substantially enough:

2. List the most important things (issues, trends, concerns, etc.) that are apparent from this report:

- A. The number of students enrolled in Adaptive Fitness has nearly doubled since the last program review. This trend can be expected to continue since the segment of the population over 85 is the fast growing demographic in Orange County.
- B. "English is the primary language for 90% of students taking Adaptive Fitness classes." Given the demographics of our service area, there must be a great number of disabled elderly persons in our service area that are not, or are not able, to take advantage of our programs.
- C. Because of the cost/revenue benefit to the school for this program, Adaptive Fitness is generating a tremendous amount of revenue (\$110,528) that is used by other DSP&S programs.
- D. There are waiting lists for all classes. This suggests the need more classrooms, more locations, more teachers, and/or more course sections.
- E. Larger classrooms are needed, particularly to serve students taking classes out Founders Village in Fountain Valley.
- F. Online registration will present additional challenges to students and to the Special Programs staff who assist them.

3. Does the data substantiate the conclusions and recommendations made?

Yes No

If no, note the areas and manner in which data does not match conclusions or recommendations.

4. List any realistic suggestions the Steering Committee may have for the program based on information in the self-study.

- A. Since there are waiting lists for all classes, the program should make sure that students with disabilities get priority placement in classes and that, as additional facilities can be identified, more sections and/or classes are added to accommodate demand.
- B. Explore the possibility of offering courses at or near Coastline's Garden Grove Center and at or near the Costa Mesa Center (possibly the Costa Mesa Senior Center); continue the program's close work with the City of Huntington Beach in order to take advantage of opportunities for offering classes at the city's new senior center that will be opening soon.
- C. Continue to work with the City of Fountain Valley and Founders Village to address facility size concerns raised by faculty and students.
- D. As the program works to improve marketing and outreach efforts, explore methods for increasing participation of underrepresented groups, particularly Hispanic and Vietnamese older adults.

5. List program accomplishments and aspects for which the program should be commended.
 - A. The program, classes, and instructors get high marks from the students.
 - B. Growth of the program, through either new or continuing students, suggests great satisfaction with the experiences and outcomes associated with the courses and instructors.
 - C. Dealing with older individuals who may be in distress or pain requires special skills, devotion, and great patience. Coastline's Adaptive Fitness faculty is to be commended for their consistently high quality of service, instruction, and support to older adults students with disabilities.
 - D. Instructor/Coordinator Celeste Ryan is to be commended for her excellent work in establishing partnerships with cities and senior centers, in building this program, and effectively managing enrollments to maximize fiscal resources and services for students with disabilities.
 - E. Special Programs has been creative and responsive to student needs by seeking and implementing adaptations to the student registration process.

Prepared by the Program Review Steering Committee, May 2008