

LIFT Instructor Post- Training Survey

Individual Information				
First three letters of first name				
First three letters of last name				
Two digit month of your birth				
Two digit day of your birth				
First four letters of your county				
State Abbreviation				

Participation in this survey is voluntary. This survey was developed to contribute to the ongoing research projects in the Physical Activity Research and Community Implementation (PARCI) Laboratory. These research projects relate to delivery personnel's' comfort delivering physical activity interventions and other behaviors and practices. All of the results will be reported as group data, whereby no individual will be identifiable in the results or any reports of the study findings. The research may be published. Any information you provide will remain confidential. Please answer each question to the best of your knowledge. If you choose not to answer any question, just leave it blank and move on to the next question.

For questions or concerns about this survey or study, please contact:	Should you have any questions or concerns about the study's conduct or your rights as a research subject, or need to report a research-related injury or event, you may contact:
Dr. Samantha Harden, Principal Investigator, Virginia Tech Email: harden.samantha@vt.edu Phone: (540) 231-9960	Virginia Tech Institutional Review Board Phone: (540) 231-3732 Email: irb@vt.edu

**By completing this form,
I am providing my consent to partake in this research study.**

PLEASE SHARE YOUR FEEDBACK AND THOUGHTS ABOUT THE FOLLOWING:

1. What do you consider the most positive aspects of today's LIFT training?
2. What do you consider the least positive aspects of today's LIFT training?
3. What changes would you suggest when the training is given the next time?

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PLEASE TELL US ABOUT YOUR PLANS

1. List three marketing strategies you will use to recruit new participants.
2. List the core elements that you are most excited to implement.
3. Who do you see as the most in need, underserved populations in your community?
4. How will you reach your underserved populations?

PLEASE SHARE WHAT YOU KNOW ABOUT LIFT:

How many times does LIFT meet in person with participants?

- 1 hour twice per week for 8 weeks, 16 total sessions
- 1 hour twice per week for 12 weeks, 24 total sessions
- 2 hours once per week for 8 weeks, 16 total hours
- None of the above

What are the three key principles for exercise during LIFT:

- Stay in range of motion, do not use momentum, have fun
- Do what you can see other people doing, push through pain (no pain, no gain!), have fun

How many days per week should adults engage in muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups?

- 1
- 2
- 3
- 4
- 5

Please fill in the following sentence regarding aerobic recommendations for adults:

Adults should do at least _____ minutes a week of moderate-intensity, or _____ minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

Why does LIFT use group dynamics strategies (please select all that apply)?

- To ensure that behaviors extend beyond the life of the program
- To reduce social isolation among aging adults
- To improve adherence (attendance) rates

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PLEASE INDICATE YOUR LEVEL OF AGREEMENT/DISAGREEMENT WITH THE FOLLOWING STATEMENTS.

Item:	Scale:				
The program has potential to attract/recruit a large number of participants.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The program has potential to attract/recruit a group of participants that is representative of the members of my organization or community.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The program has been successful when tested in research settings under optimal conditions.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The program has been successful when tested in community settings.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The training made me feel like I could offer this program.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
Other LIFT instructors recommended this program.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I can deliver LIFT according to the guidelines in the program manual.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I do not have the resources (e.g. time, cost, handouts, volunteers) to deliver the LIFT program.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I feel confident making adaptations to LIFT that would not detract from its effectiveness.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The program can be maintained/sustained easily for longer than one year without special funding.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
The program will receive good public relations opportunities and visibility for me and my organization.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I believe I have the knowledge and ability to deliver LIFT.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I find it easy to deliver LIFT.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵

I do not feel comfortable delivering LIFT.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
Compared to other physical activity programs, this program is easy to deliver.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
This program fits the mission of my organization or community.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I do not have the expertise that is needed to deliver LIFT.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I do not feel that the program is part of my job or volunteer responsibilities.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I am not physically active, so do not feel comfortable delivering a physical activity program.	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵
I intend to deliver LIFT	Strongly Disagree ¹	Disagree ²	Neither agree nor disagree ³	Agree ⁴	Strongly Agree ⁵

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