

Table 1 – NEEDS ASSESSMENT RESULTS

Question:	Total N	Response Number (Percentage)								
<b>What grade are you in this year (2012-2013)?</b>	N	9 <sup>th</sup>		10 <sup>th</sup>		11 <sup>th</sup>		12 <sup>th</sup>		
	26	0 (0%)		13 (50%)		7 (26.9%)		6 (23%)		
<b>How physically active are you on most days?</b>	N	Very Active (60 minutes or more each day)			Active (30-60 minutes each day)			Not Very Active (less than 30 minutes each day)		
	26	5 (19.2%)			13 (50%)			8 (30.7%)		
<b>Who in your family is diabetic?</b>	N	Myself	Sibling	My Mother	My Father	My Grandmother	My Grandfather	My Uncle	My Aunt	No One
	26	0 (0%)	0 (0%)	2 (7%)	2 (7%)	11 (42.3%)	5 (19.2%)	9 (34.6%)	5 (19.2%)	7 (26.9%)
<b>Who in your family has had a heart attack?</b>	N	Myself	Sibling	My Mother	My Father	My Grandmother	My Grandfather	My Uncle	My Aunt	No One
	26	0 (0%)	0 (0%)	0 (0%)	0 (0%)	4 (15.3%)	2 (7%)	5 (19.2%)	6 (23%)	14 (53.8%)
<b>Who in your family has had a stroke?</b>	N	Myself	Sibling	My Mother	My Father	My Grandmother	My Grandfather	My Uncle	My Aunt	No One
	26	1 (3%)	0 (0%)	1 (3%)	0 (0%)	4 (15.3%)	1 (3%)	6 (23%)	3 (11.5%)	15 (57.6%)
<b>Who in your family has asthma?</b>	N	Myself	Sibling	My Mother	My Father	My Grandmother	My Grandfather	My Uncle	My Aunt	No One
	26	9 (34.6%)	2 (7%)	1 (3%)	0 (0%)	5 (19.2%)	1 (3%)	2 (7%)	3 (11.5%)	13 (50%)
<b>Compared to middle school, how would you rate your current level of physical activity?</b>	N	I am more active than in middle school			I am less active than in middle school			I am active about the same as in middle school		
	26	11 (42.3%)			7 (26.9%)			8 (30.7%)		

Table 1 – NEEDS ASSESSMENT RESULTS (Continued)

Question:	Total N	Response Number (Percentage)					
<b>What current health issues are you facing?</b>	N	Unexplained weight loss	Unexplained weight gain	Daily fatigue	Increased appetite	Decreased appetite	
	26	2 (7%)	4 (15.3)	3 (11.5%)	7 (26.9%)	3 (11.5%)	
<b>What current health issues are you facing? (continued)</b>	N	Chest pains	Fainting/Light-headedness	High blood pressure	Shortness of breath	Daily joint & muscle pain	
	26	4 (15.3%)	4 (15.3%)	1 (3.8%)	8 (30.7%)	3 (11.5%)	
<b>What current health issues are you facing? (continued)</b>	N	Low back pain	Swollen/stiff joints	Arthritis	Diabetes	Chronic cough	
	26	10 (38.4%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	
<b>What current health issues are you facing? (continued)</b>	N	Wheezing	Emphysema	Memory loss	Trouble sleeping	Depression	Anxiety
	26	1 (3.8%)	0 (0%)	0 (0%)	3 (11.5%)	4 (15.3%)	4 (15.3)
<b>How would you rate your experience with performing muscular fitness exercises (such as lifting weights)?</b>	N	I have never lifted weights before this class.	I have a little experience lifting weights	I have lifted before but have never been formally taught how	I have a lot of experience lifting weights		
	26	6 (23%)	5 (19.2%)	9 (34.6%)	6 (23%)		
<b>How would you rate your desire to learn more about performing muscular fitness exercises?</b>	N	I am not very excited to learn muscular fitness exercises	I am a little scared to learn muscular fitness exercises	I am fine with learning muscular fitness exercises	I am excited to learn muscular fitness exercises		
	26	3 (11.5%)	1 (3.8%)	8 (30.7%)	14 (53.8%)		