

Participant questionnaire

Student number: _____

Ethics reference number HEC19527

Demographic details

What is your gender? ☐ Female ☐ Male ☐ Non-binary; fluid; queer ☐ Prefer not to answer

What is your current age? _____years

Are you enrolled as an international student? ☐ Yes ☐ No

What physiotherapy course are you enrolled into?

☐ Graduate Entry Masters Program

☐ Bachelor of Applied Sciences and Master of Physiotherapy Program

Are you a Bendigo or Bundoora student?

☐ Bendigo

☐ Bundoora

Week 2

Class 1

Please indicate your overall perceived level of alertness, concentration and enjoyment throughout the class by drawing a line at the appropriate point on each line below.

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
 Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
 Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
 Least enjoyable _____ Most enjoyable

Class 2

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
 Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
 Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
 Least enjoyable _____ Most enjoyable

Week 3

Class 1

Please indicate your overall perceived level of alertness, concentration and enjoyment throughout the class by drawing a line at the appropriate point on each line below.

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
Least enjoyable _____ Most enjoyable

Class 2

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
Least enjoyable _____ Most enjoyable

Week 4

Class 1

Please indicate your overall perceived level of alertness, concentration and enjoyment throughout the class by drawing a line at the appropriate point on each line below.

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
 Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
 Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
 Least enjoyable _____ Most enjoyable

Class 2

Class: EBP / CDM (please circle)

Movement breaks: Yes/No (please circle)

Overall level of mental alertness (your ability to think quickly and notice things)

0 _____ 10
 Least alert _____ Most alert

Overall level of concentration (your ability to focus your attention without getting distracted)

0 _____ 10
 Least concentration _____ Most concentration

Overall level of enjoyment

0 _____ 10
 Least enjoyable _____ Most enjoyable