

HLAC 1040
Belly Dancing Basics (LW)
Pre-test/Self-evaluation

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Please answer these questions as honestly as possible. Take into account exactly how you feel right now, not how you think you *should* answer. It is solely for your benefit. Answer the questions in the space provided or circle the answer that best describes you.

1. At this time, what is your average stress level during the week?

High **Medium** Low

2. How well do you think you deal with stress?

Well **Somewhat well** Not well

3. What do you expect to gain from Belly Dance this semester?

Somehow flexibility as well as relaxation according
to new movements learn

4. Do you have previous dance/fitness experience? If so, what and when?

Zumba Fitness (Taking the class for about a year)

5. Do you have any limitations and/or injuries? If so, what and when?

N / A

6. How flexible would you consider yourself to be?

Very flexible **Moderately flexible** Not flexible at all

7. List three health and wellness goals that you will work towards this semester?

A) POSSTURE

B) MORE FLEXIBILITY

C) CORE STRENGTH