The Marching Band Member Wellness (MBMW) program was first implemented for Cal Poly marching band members during Fall Quarter 2011 by Chris Borgard, M.S., CSCS. An assessment period was first performed during the fall of *2010* at indoor and outdoor rehearsals, as well as at pre-game and game day performances.

In order to best improve *the* effectiveness of the program, please answer all questions completely:

Name or Code # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Instrument \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# of Fall Quarters in Mustang Marching Band \_\_\_\_\_\_ Height \_\_\_\_\_\_ Weight \_\_\_\_\_\_\_Race \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. During the fall of *2010*, did the program designer (Chris Borgard) appear to put in the time needed to observe and determine your physical wellness needs while practicing and performing?

Strongly agree Agree Neutral Disagree Strongly disagree

1. In your opinion, does the program designer seem to care about the wellness of marching band members at Cal Poly?

Strongly agree Agree Neutral Disagree Strongly disagree

1. This season, how often did you make the effort to perform all warm-up stretches before practice?

Almost always Regularly Occasionally Rarely Almost never

1. Do you feel that the current stretch/warm-up routine has helped you more than last year’s routine?

Very much Substantially Not really sure Hardly Not at all

1. Have you familiarized yourself with the wellness information links posted to the band’s website?

Very much Substantially Not really sure Hardly Not at all

1. Has the wellness information on the website been helpful or encouraged you to think about some aspects of performance-related health that you may not have considered before?

Very much Substantially Not really sure Hardly Not at all

1. How often did you come to practice properly hydrated (at least 12-16 ounces of water consumed in two hours prior to a practice session) AND well fueled (have eaten more than a snack within the previous 3-4 hours prior to) before practice?

Almost always Regularly Occasionally Rarely Almost never

1. Do you have diabetes, exercise-induced asthma, known neurological or muscular disorders such as epilepsy, or a history of fainting?

YES NO

\**If yes, please describe*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. This year, while rehearsing or performing, do you recall experiencing any significantepisodes of feeling faint and/or weak, dizzy, or periods of muscle cramping or excessive thirst on the field?

YES NO

1. Do you have a recent history of smoking? (i.e., for at least 6 months over the last year)

YES NO

1. Have you experienced any bone or joint injuries *prior to* joining the marching band at Cal Poly that still sometimes hamper your performance (ex. degenerative joint conditions, stress fractures, strains, sprains, etc.?\*

YES NO

\**If yes, please describe*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Have you dealt with any chronic overuse injuries *prior to this year* that developed over time and were aggravated by repetitive movements associated with marching or playing your instrument?\*

Yes, limited my practice time Yes, but wasn’t limited Unsure No significant injury No injuries at all

\**If so, please list affected body region(s)* (ex. foot, knee, hand, neck, etc.) *and # of practices missed:*

Body Region(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # practices missed: \_\_\_\_\_\_

1. Are you currently dealing with any *recent* acute (sudden) injuries that appear related to marching?\*

Yes, limited my practice time Yes, but wasn’t limited Unsure No significant injury No injuries at all

\**If so, please list affected body region(s)*(*ex. ankle, low back, shoulder, etc.) and # practices missed*:

Body Region(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # practices missed: \_\_\_\_\_\_

1. If you listed any injuries above, have you sought medical attention or had the injured area(s) taped, wrapped or braced during their occurrence(s)?\*

Almost always Regularly Occasionally Rarely Almost never

\**If so, has the action helped your condition?*

Very much Substantially Not really sure Hardly Not at all

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1. For how long have you owned and worn the shoe(s)\* that you currently practice in? (see scale below)

<6months 6 months – 1 year About 1 year 1-2 years > 2 years

*\*Please list the brand and model of your practice shoe(s)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you engage in regular exercise 3-4 times a week?\*

YES NO

\**If so, what type of exercise (ex. yoga/Pilates, aerobic, resistance training, sport/outdoor activity, etc.)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many times did you perform the recommended strength training sessions on your own time this fall?

10 or more sessions 5-10 sessions Not sure 1-5 sessions Never

1. Do you feel physically stronger and less prone to injury as a result of the strength training or warm-up exercise routines?

Very much Substantially Not really sure Hardly Not at all

1. Were you able to learn and recognize the strength exercises after two training sessions with Chris?\*

Very much Substantially Not really sure Hardly Not at all

\**If not, how many sessions do you think would be necessary to learn and retain the techniques?*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you feel that the marching band directors have made an adequate effortduring the last year working with the program designer to improve the physical wellness of band members?

Strongly agree Agree Neutral Disagree Strongly disagree