



S.Y.A

Final questionnaire

Please answer honestly.

1. Did you enjoy this course?

Yes

2. Why did you/didnt you enjoy the course?

Learning new things that we wouldn't learn in class like Sympathetic and parasympathetic.

3. In what way has the course helped you?

This course has made me realise that I can't go around eating anything I want or do anything I want without there being consequences.

4. Have you/will you do anything differently in life since completing this course?

I will take more interest into my protein and carbs and my Sympathetic and parasympathetic systems.

5. What did you enjoy/find interesting the most?

I enjoyed using the heart beat/breathing monitor and learning about everything.

6. What did you NOT enjoy and why?

7. Who do you think should be taught S.Y.A in the future?

EVERYONE!!!

8. What would you say about S.Y.A to someone else?

That it was an awesome and amazing experience!