

Course analysis (course evaluation)

Course code 4NT000	Course title Diet and health – scientific evidence, recommendations and sustainability	Credits 10
Semester Autumn -24	Period First period (2 Sep-15 Oct)	
Course coordinator Magdalena Rosell		Examiner Magdalena Rosell
Teacher in charge of component Magdalena Rosell		Other participating teachers Stephanie Pitt, Fredrik Söderlund, Anna-Maria Lampousi, Elinor Hallström, Ellinor Nilsson, Christina Alexandrou, Elin Rööös, and others
Number of registered students during the three week check 29	Number approved on the last course date	Response frequency course valuation survey 69 %
Other methods for student influence (in addition to concluding course valuation) Discussions during the course as well as an oral course evaluation at the end of the course. A course council with three student representatives after the course (7/11).		
Feedback reporting of the course valuation results to the students The students were informed via an announcement at Canvas 13/11		

1. Description of any conducted changes since the previous course occasion based on the views of former students

This is the third time this course is given, and the structure of the course seems to work fine. No major changes were made from last year, but some adjustments were made regarding the schedule, the structure of some seminars as well as the instructions for the practical task with clarified structure and content. Additionally, the material in Canvas was reorganized in a new and improved way.

2. Brief summary of the students' valuations of the course

Overall, students were very satisfied with the course. In the course evaluation, the overall opinion of the course was rated very good (30%) or good (65%) by all students, except for one student. All questions in the course evaluation were rated in average at or above 4.0 (scale 1-5), except for the first question that was rated 3.8 in average. From the evaluations (the electronic and discussions), things to consider for next year includes development of questions at the seminars to stimulate more discussions. It is preferable if the afternoon after the written exam is free, and the follow-up of the preparatory questions can be integrated in the seminar nutrition and health aspects of different food groups. The follow-up of the preparatory questions can also partly be done on other courses. Some students would have appreciated some more space in the schedule in the first weeks, but some also expressed that the schedule was good. Some also found that the seminars study for learning could be more effective. There were some comments regarding the software Dietist, which is in Swedish and

it takes some time for the international students to understand it and find the Swedish terms for different foods.

3. The course coordinator's reflections on the implementation and results of the course

Strengths of the course: Overall, the course worked very well regarding the content and structure. Relevant and basics topics in nutrition science are covered that the students need for the coming courses. The teaching forms are appreciated, such as a lot of discussions and the debate. The students also appreciated that the teachers were supportive and available.

Weaknesses of the course: The course seems to work well with no major weaknesses. Things to be consider includes improving the discussion questions for the seminars. A challenge might also be the students' different backgrounds and varying levels of pre-knowledge in epidemiology and statistics, but this was not an apparent issue. The Swedish software Dietist is also not optimal for international students, although it works.

4. Course coordinator's conclusions and any suggestions for changes

Based on the feedback and the analysis above, changes that will be done for next year are: improving the questions for the seminars to stimulate relevant discussions about the content, emphasising the use of also the scoping reviews as course literature, making the afternoon after the written exam free, and integrating the follow-up of the preparatory question with some other teaching and dividing it across different courses on the programme. We will investigate if more help or guidance can be provided regarding Dietist, that could save time for students when they search for different foods in the database. A Q&A site on Canvas for general questions will also be considered. Support sessions on zoom will also have a structure of 1 hour drop-in. The content of seminars Study for learning will be reviewed.