Course analysis (course evaluation)

Course code 4NT002	Course title Diet, Physical Activity and Fitness: assessment and evaluation	Credits 7.5 credits
Semester Autumn 2023	**Period** 27 Nov 2023 – 14 Jan 2024	

Course coordinator Eric Poortvliet (EP)	Examiner EP
Teacher in charge of component Eric Poortvliet	**Other participating teachers** Jairo Hidalgo Migueles, Ellinor Nisson Christina Alexandrou, Callum Regan, Billy Langlet

Number of registered students during the threeweek check: 33	Number approved on the last course date: 33	Response frequency course valuation survey: 39 %
Other methods for student influence (in addition to concluding course evaluation) Informal verbal evaluation as well as a course council with two student representatives who collected comments from the whole class.		
Feedback reporting of the course evaluation results to the students Course analysis will be added to Canvas		

1. Description of any conducted changes since the previous course occasion based on the views of former students: No major changes. The biggest changes were a new session covering an introduction to R and basical statistical tests in R and a written exam in the third week. Recorded lectures in the holiday period between Christmas and New Years replaced some live ZOOM lectures and two new question time slots during these days were added. The session on physical activity recommendations was shortened slighly and supervised by 2 teachers (instead of one). Upload of collected data was moved forward a few days to allow for earlier upload of the final SPSS database required for the home report.

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

Unfortunately, the response rate was much lower than previous years at 39% (13 out of 33 students). However, the overall opinion of the course was positive. Of those who filled in the course evaluation, almost all students (12/13 = 93%) thought the course was very good (54%) or good (38%) and 92% of all students agreed with the statement that the course promoted a scientific way of thinking to a very large (46%) or large extent (46%). Also, 85% responded that they had developed valuable expertise/skills to a large or very large extent with 11 out of 13 students responding that they thought that they had achieved all the intended learning outcomes. Students also appreciated that the teacher was available for them (85% agreed to a large or very large extent with this statement). Recurring comments for improvements included a need for a bit more time to write the home report and clearer instructions for the report. One student commented that the written exam was a bit too easy and one student would have wanted earlier feedback on the group assignments

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

Strengths of the course were the mix of the practical sessions, live ZOOM lectures, recordings and Campus lectures. Positive feedback ('best aspects') was given for the statistical sessions in SPSS, the practical physical activity and fitness sessions and the enthusiasm of the course leader. The work flow during the holiday period between Christmas and the New Year was clearly improved. The UKK walk test with the whole class had to be cancelled due to bad weather conditions (-13 C) and was done individually or in smaller groups on alternative days. The results for the written exam were very good and no negative feedback was received from any students on this new session. Overall, the course went very well and was improved compared to 2022.

3. Other views

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

No major changes needed, except for the day on R and basic statistics in R which is taken out of this course and moved forward to the next course in the program. If students are late with uploading variables for the home report analyses, these will be replaced with external data to speed up completion of the final dataset. The experiences from the first written exam are positive and will expanded on next year, probably with more and slightly more challenging questions.