

## Course analysis (course evaluation)

<b>Course code</b> 4NT0023	<b>Course title</b> Diet, Physical Activity and Fitness: assessment and evaluation	<b>Credits</b> 7.5 credits
<b>Semester</b> Autumn 2024	<b>Period</b> 2 December 2024 – 17 Jan 2025	

<b>Course coordinator</b> Johanna Sandborg (JS)	<b>Examiner</b> JS
<b>Teacher in charge of component</b> Johanna Sandborg	<b>Other participating teachers</b> Matilda Ersson, Linnea Hedin, Eric Poortvliet Christina Alexandrou, Callum Regan

<b>Number of registered students during the three-week check:</b> 29	<b>Number approved on the last course date:</b> 27	<b>Response frequency course valuation survey:</b> 76 %
<b>Other methods for student influence</b> (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.		
<b>Feedback reporting of the course evaluation results to the students</b> Course analysis will be added to Canvas		

**1. Description of any changes conducted since the previous course occasion based on the views of former students:** No major changes other than a new course leader. The introduction to R and basic statistical tests in R were moved forward to the next course in the program.

**2.**

### **Brief summary of the students' evaluations of the course**

The response rate was much higher than in previous years at 76%. The overall opinion of the course was very positive. Of those who filled in the course evaluation, almost all students (91%) thought the course was very good (41%) or good (50%) 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 (37%). Also, 86% responded that they had developed valuable expertise/skills to a large or very large extent with 19 out of 22 students responding that they thought that they had achieved all the intended learning outcomes. Students also appreciated that the teacher was available for them (95% agreed to a large or very large extent with this statement). The mean for all questions that can be averaged on the 1 to 5 scale (12/13) was 4.3.

### **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 was given for the statistical sessions in SPSS and being able to use the data from the practical physical activity and fitness sessions for analysis. Overall, the course went very well and was improved compared to 2023. Suggested changes for next year are to introduce some newer research methods for assessing physical activity methods, preparatory questions for both the Journal Club and seminar on Physical Activity recommendations and a better integration with the reading material from the MRC DAPA toolkit.

### **3. Course coordinator's conclusions and any suggestions for changes**

No major changes (see above for smaller changes) are needed. The course information on KI's website could perhaps emphasize even more that this is not a 'Sports Nutrition' course, i.e. the course does not cover nutrition for athletes.