



Course analysis (course evaluation)

Course code 4NT023	Course title Diet, Physical Activity and Fitness: Assessment and Evaluation	Credits 10
Semester (VT/HT-yr) HT-2025	Dates 2025-12-01 to 2026-01-18	

Course Director Johanna Sandborg	Examiner Magdalena Rosell
Teachers in charge of different parts of the course Johanna Sandborg Eric Poortvliet Callum Reagan Christina Alexandrou Linnea Hedin	Other participating teachers

Number of registered students at the 3-week check 32	Number passed at final course day	Response frequency course valuation survey 75%
Other methods for student influence (in addition to the final course valuation/survey) Anonymous evaluation (Menti surveys) as well as a course council with three 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		

Note that...

The analysis should (together with a summarising quantitative summary of the students' course evaluation) be communicated to the education committee at the department responsible for the course and for programme courses also to the programme coordinating committee.

The analysis was communicated to the education committee on the following date:

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

No major changes were made. Specific lectures and seminars were updated and modified based on the feedback from the previous year.



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

(Based on the students' quantitative responses to the course valuation and key views from free text responses. Quantitative summary and any graphs are attached.)

The response rate of the course evaluation was similar to the previous year (75% vs 76%). The overall opinion of the course was very positive. Of those who filled in the course evaluation 92% thought the course provided opportunities for active learning (mean 5.2 [SD 1.1] on a scale of 1-6, min-max: 3.0-6.0), all felt respected during the course (mean 5.7 [SD 0.6], min-max: 4.0-6.0), thought the course as a whole was good (mean 5.2 [SD 0.7], min-max: 4.0-6.0), and felt that they could turn to the teachers for guidance (mean 5.7 [SD], min-max: 5.0-6.0). Overall, the responses were very positive with the lowest score being 4.8 (SD 1.3, min-max: 2.0-6.0) regarding how well the course was organized. This was also reflected in the comments and suggestions for future improvements (e.g., re-structuring of Canvas including step-by-step provision of the course material rather than getting all at once). Constructive suggestions for future improvements also included recorded lectures during the holidays to enable self-paced learning, clearer instructions regarding the exam to calibrate expectations, and more opportunities for journal clubs and/or seminars.

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

Strengths of the course:

Strengths of the course were the mix of practical sessions, recordings and Campus lectures. Positive feedback was given for the hands-on activities (e.g., physical activity tests, collection and analysis of real data for the assignments, development of FFQ, the UKK walk test) intertwined with the theory, the opportunity to learn in different ways, diversity of the lectures, the flexibility of the recorded lectures, and good and relevant lectures.

Weaknesses of the course:

The main weakness identified in the course was the initial load of information and course materials, and how these were organized in Canvas. Several students found it challenging to navigate the materials and the guidance of the preparation for the written exam can be further clarified.

3. Other views

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

(If changes are suggested, state who is responsible for implementing them and provide a schedule.)

Overall, the course went very well and showed improvements compared to 2024. Based on students' feedback, the following suggested changes for next year will be reviewed and, where feasible, implemented by Johanna and Eric:

1. Review the schedule to explore possible adjustments of the course flow and content, particularly around the Christmas period but no major changes are planned
2. Simplify the course structure in Canvas without changing the core content
3. Revise the instructions for the written exam to better calibrate expectations
4. More recorded lectures will be made available during the holidays to enable more self-paced studies during this time
5. Potentially substitute the body composition lab with a journal club/interactive lecture focusing on validation studies
6. Add a brief presentation in the course introduction to clarify how various lectures and learning activities support the knowledge and skills required for the final written assignment



**Karolinska
Institutet**

Appendices: