

Course analysis (course evaluation)

Course code 4NT003	Course title Diet and Physical Activity – Interventions, eHealth and mHealth	Credits 10
Semester Spring 2023	Period 6 February 2023 – 26 March 2023	

Course coordinator Anna Ek (AE)	Examiner Magdalena Rosell (MR)
Teacher in charge of component AE	Other participating teachers AE, MR and several invited teachers

Number of registered students during the three week check 33	Number approved on the last course date	Response frequency course valuation survey 54,55%
Other methods for student influence (in addition to concluding course valuation) Oral evaluation conducted on the day the student's had their oral presentations (2) Course council with two student representatives who collected comments from their peers in the class was conducted towards the end of the course.		
Feedback reporting of the course valuation results to the students The students were informed via an announcement at Canvas.		

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

This was the first time this was conducted as a 10-credit course. Based on the students' comments from last year we revised and further clarified the instructions in the study guide. A lecture about implementation theories of interventions was added and a workshop on the same topic was also added to the course. As requested by former students, to follow-up on how the group work was going, the students were asked to provide reflections at three time-point during the course. In addition, during the research ethics seminar, the students were instructed to discuss the cases found in "Good research practice".

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

In general, the overall opinion of the course was that it was well structured and that instructions for the assignments were easy to follow. Of those that responded to the survey, 33% thought the course was 'good' or 'very good', and 56% 'ok'. Furthermore, a majority of the respondents thought they reached the intended learning outcomes of the course (22% - 'to a very large extent', 50% - 'to a large extent', and 22% - 'to some extent'). Respondents also reported that they developed valuable expertise/skills during this course (11% - 'to a very large extent', 22% - 'to a large extent', and 50% - 'to some extent'). When the students had questions/problems the majority of students felt they could turn to the teacher for guidance (56% answered 'to a very large extent' and 33% answered 'to a large extent').

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

Strengths of the course: The students appreciated designing their own intervention, on a topic they could choose, as well as writing a study protocol as a group work. The students especially liked the pitching seminar with the eHealth core facility and the lecture on implementation theories by Anna Bergström. Furthermore, the students appreciated feedback sessions on their group work.

Weaknesses of the course: The schedule need to be adjusted for next year so that lectures and workshops are given earlier and are more aligned with the process of the group work. The

group work could even start 1-2 week later. The students suggested more teacher led seminar/small group discussions e.g., during the research ethics seminar. The workshop on implementation had to be postponed and was delivered online later, this did not turn out well and few students participated. The students requested more instructions on how to integrate an implementation model into their study protocol. The students thought that this course and the focus on eHealth and mHealth, took too much time of the master program.

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

This was the first time the course was given February to March, for next year the schedule can be improved by having more lectures and workshops towards the beginning of the course and leave more room for the group work and individual assignment later. We will also consider shortening this course. Also, students suggested to move the pitching seminar a week forward to make more room for revision of the protocols. Furthermore, the lecture on implementation theories and the workshop that was meant to increase understanding of implementation processes will also be moved forward and more precise instructions for how to describe the implementation framework in the study protocol will be added. Group discussions can more often be set up as cross groups to support peer-learning with more in depth discussions and if possible, with facilitators helping the group discussions. The topics for the group works will also be broaden for the next year and leave room for choosing interventions other than those using mHealth and eHealth.