

Course analysis (course evaluation)

Course code 4NT016	Course title Diet and physical activity – interventions and digital health	Credits 8
Semester Spring 2026	Period Second period	
Course coordinator Christine Delisle Nyström		Examiner Christine Delisle Nyström
Teacher in charge of component Christine Delisle Nyström		Other participating teachers Stephanie Bonn, Maria Henström, Åsa Norman, Jenny Rossen, Kristi Sidney Annerstedt, Emmie Söderström, Linnea Hedin, Magdalena Rossell, Eric Poortvliet, Ioannis Ioakeimidis
Number of registered students during the three week check 31	Number approved on the last course date	Response frequency course valuation survey 55%
Other methods for student influence (in addition to concluding course valuation) An oral course evaluation was conducted at the end of the course. A course council with three student representatives after the conclusion of the course will also be conducted.		
Feedback reporting of the course valuation results to the students The students were informed via an announcement at Canvas 09/04.		

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

This is the fourth time this course is given, and the course now seems to have found a good structure that works well. No major changes were made from last year regarding course structure; however, some components were made mandatory as well as one teaching session was removed as the student's felt it was redundant.

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

Overall, students were satisfied with the course. For the question the course as whole was good, in the course evaluation, 35% totally agreed (answer 6), 35% reported answer 5, and 30% answered answer 4. From both the oral and electronic course evaluations, the main things to improve for next year are re-organization with moving some workshops earlier in the course (e.g. BCT and implementation workshop), providing more time for feedback, and providing more time for the individual discussion. I will also provide a better link for the health economics lecture for this course.

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 structure. The students like the examination tasks of creating a study protocol and then writing an individual discussion. The teaching forms were very appreciated, such as workshops, seminars, lectures which included a lot of discussions. The students also appreciated that the teachers were supportive and available.

Weaknesses of the course: Not enough time for the individual discussion.

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 having the implementation and BCT workshops earlier, providing more time for the individual discussion, as well as providing some more feedback sessions. Finally, smaller adjustments/improvements will be made regarding the instructions for the study guide with regard to the study protocol and discussion and more information regarding the study protocol will be made earlier.