

## Course analysis (course evaluation)

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| <b>Course code</b><br>3NT002   | <b>Course title</b><br>Diet, Physical Activity and Fitness: assessment and evaluation | <b>Credits</b><br>7.5 credits |
| <b>Semester</b><br>Autumn 2020 | <b>Period</b><br>5 Nov – 4 Dec 2020   |                               |

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| <b>Course coordinator</b><br>Eric Poortvliet (EP) | <b>Examiner</b><br>EP               |
| <b>Teacher in charge of component</b><br>EP       | <b>Other participating teachers</b> |

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| <b>Number of registered students during the three week check</b><br>39   | <b>Number approved on the last course date 36</b> | <b>Response frequency course valuation survey</b><br>79 % |
| <b>Other methods for student influence</b> (in addition to concluding course valuation)<br>Verbal evaluation during the course as well as a course council with two student representatives who collect comments from the whole class. |   |   |
| <b>Feedback reporting of the course evaluation results to the students</b><br>Feedback will be added to the course-web   |   |   |

**1. Description of any conducted changes since the previous course occasion based on the views of former students:** Two recorded lectures were added to the curriculum as well as an additional Q and A session in week 4. No major changes were needed based upon the previous evaluation (HT19)

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

In general, the overall opinion of the course was positive: Of those who filled in the course evaluation, the large majority of the students thought the course was very good (39%) or good (39%) and 84% of all students agreed with the statement that the course promoted a scientific way of thinking to a very large (39%) or large extent (45%). Also, 77% responded that they had developed valuable expertise/skills to a large or very large extent (see course evaluation for details). The students appreciated that the teacher was available for them (90% agreed to a large or very large extent with this statement). Suggested changes for improvement were to improve the red thread and structure throughout the course and have more time available for the home exam (make available earlier). Other recurring comments were to make the lecture PDF's available earlier and provide more feedback and have more time for feedback and discussions in class.

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

Strengths of the course: the mix of live and recorded lectures and the mix of theory and practical sessions in physical activity, body composition and the more analytical data treatment in SPSS. All students thought that the course structure and methods, as well as the examination were (very) relevant in relation to the learning outcomes. Overall, the structure and the content of the course worked well, although the larger number of students this year combined with the covid pandemic proved challenging in a course with no external lecturers. It was harder this year to keep track of individual students' progress and difficulties and provide timely feedback.

### 3. Other views

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

The study guide will be updated significantly to clarify and separate the different 'red threads' (diet, physical activity and body composition) and provide more structure to the topics. Also, new exercises will be added to the guide to better prepare for the assignments. One or two external lecturers will be invited to free up time to allow the course leader to track students' progress and provide more feedback.