

Course analysis (course evaluation)

Course code 3NT005	Course title Diet and Physical Activity – Interventions, eHealth and mHealth	Credits 7.5
Semester (spring/autumn) Autumn 2021	Period 6 December 2020 to 16 January 2021	

Course coordinator Christine Delisle Nyström (CDN); Bettina Ehrenblad (BE)	Examiner Marie Löf
Teacher in charge of component CDN; BE	Other participating teachers CDN, BE, and several invited teachers

Number of registered students during the three week check 30	Number approved on the last course date 27	Response frequency course valuation survey 83%
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 after the completion of the course.		
Feedback reporting of the course valuation results to the students Yes, feedback was sent.		

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

Based on the students' comments from last year we revised and further clarified the instructions in the study guide. Furthermore, we have made the feedback sessions drop-in so that groups can come in and ask questions when they feel they need to.

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

In general, the overall opinion of the course was positive. Of those that responded to the survey, 79% thought the course was 'good' or 'very good'. Furthermore, the majority of respondents thought they developed valuable expertise/skills during this course (21% - 'to a very large extent', 54% - 'to a large extent', and 17% - 'to some extent'. Overall, the structure and content of the course worked well. When the students had questions/problems the majority of students felt they could turn to the teacher for guidance (54% answered 'to a very large extent' and 42% 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 like designing their own intervention as well as writing a study protocol as this is something very few have done before. The students liked the pitching seminar with the eHealth core facility. Furthermore, the students liked the discussion (seminar) regarding what PhD studies and the career after is like in Sweden.

Weaknesses of the course: The students would like more lecturers in general. More specifically, the students would like more statistics as well as deeper theoretical focus on behaviour change techniques.

3. Other views

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

More lectures will be added to the course in general. Furthermore, we will add a greater focus on statistics as well as a more theoretical approach to the behaviour change techniques seminar.

Appendices

Course evaluation