



## Nutritional physiology HV0163, 20037.2021

15 Hp

Pace of study = 100%

Education cycle = Advanced

### Evaluation report

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**Evaluation period: 2021-01-10 - 2021-01-31**

Answers 7

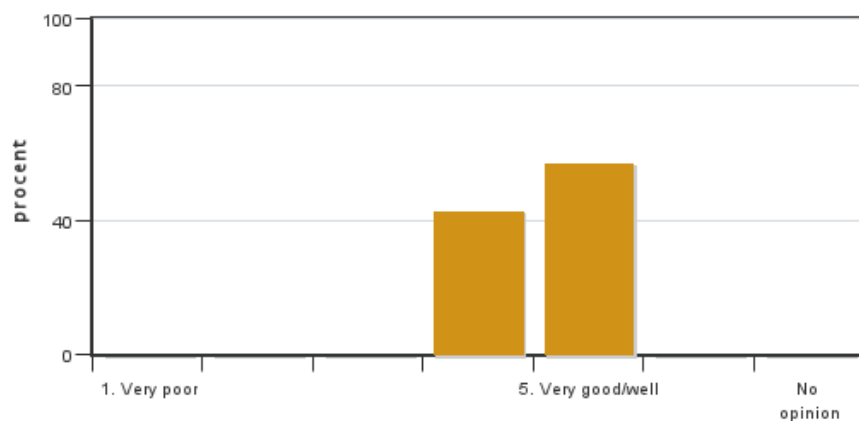
Number of students 12

Answer frequency 58 %

### Mandatory standard questions

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#### 1. My overall impression of the course is:

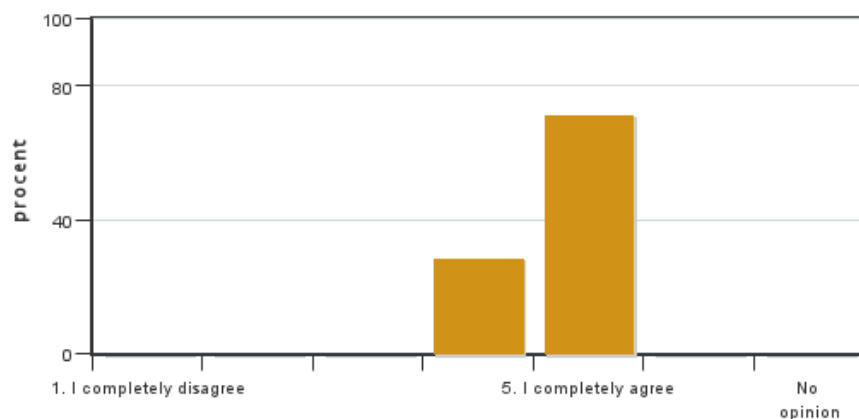


Answers: 7  
Medel: 4,6  
Median: 5

1: 0  
2: 0  
3: 0  
4: 3  
5: 4

No opinion: 0

#### 2. I found the course content to have clear links to the learning objectives of the course.

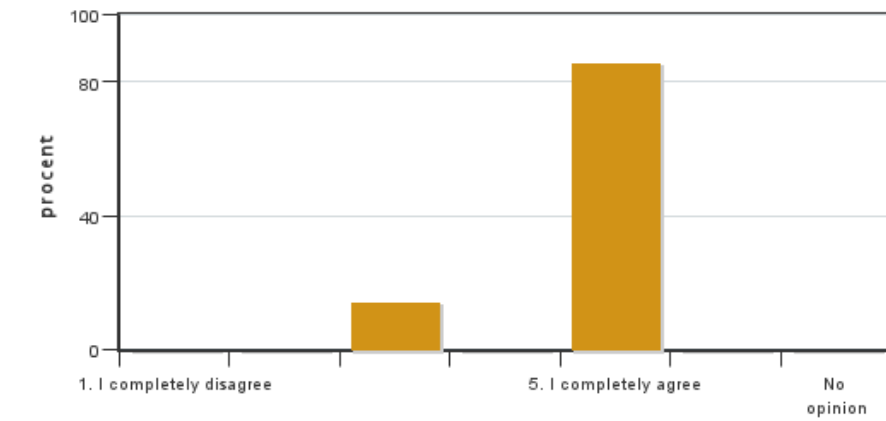


Answers: 7  
Medel: 4,7  
Median: 5

1: 0  
2: 0  
3: 0  
4: 2  
5: 5

No opinion: 0

#### 3. My prior knowledge was sufficient for me to benefit from the course.

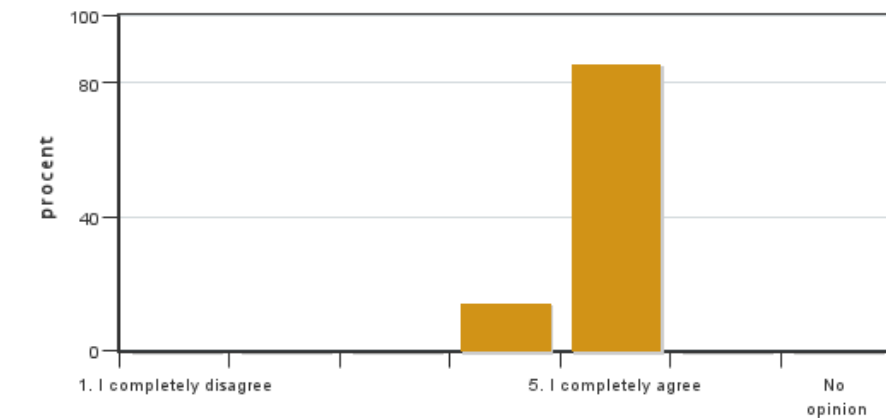


Answers: 7  
 Medel: 4,7  
 Median: 5

1: 0  
 2: 0  
 3: 1  
 4: 0  
 5: 6

No opinion: 0

**4. The information about the course was easily accessible.**

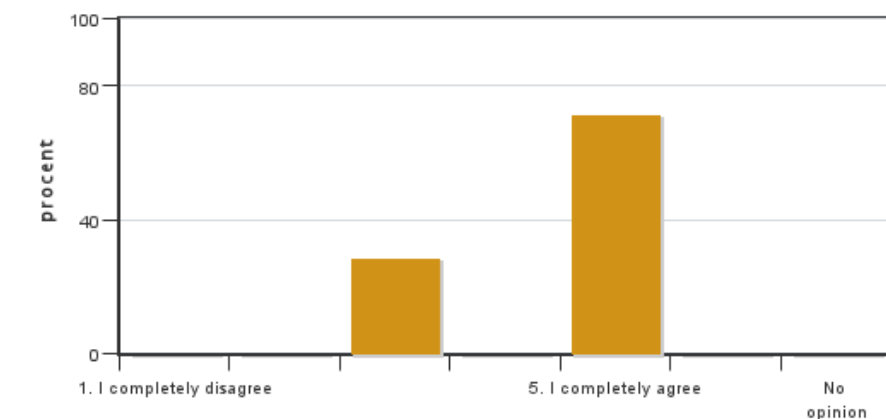


Answers: 7  
 Medel: 4,9  
 Median: 5

1: 0  
 2: 0  
 3: 0  
 4: 1  
 5: 6

No opinion: 0

**5. The various course components (lectures, course literature, exercises etc.) have supported my learning.**

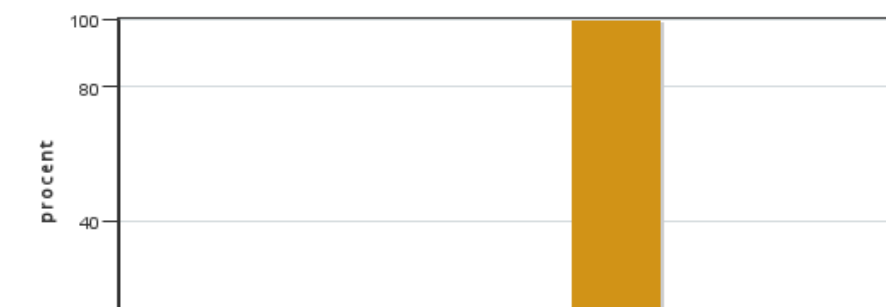


Answers: 7  
 Medel: 4,4  
 Median: 5

1: 0  
 2: 0  
 3: 2  
 4: 0  
 5: 5

No opinion: 0

**6. The social learning environment has been inclusive, respecting differences of opinion.**



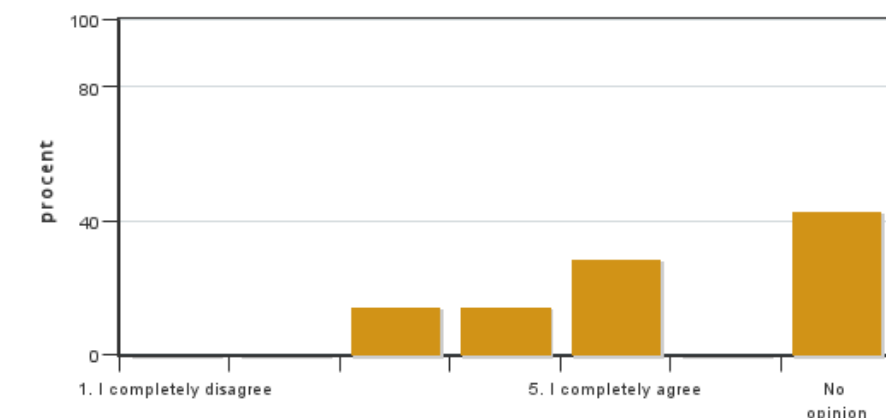
Answers: 7  
 Medel: 5,0  
 Median: 5

1: 0  
 2: 0  
 3: 0  
 4: 0  
 5: 7

No opinion: 0



**7. The physical learning environment (facilities, equipment etc.) has been satisfactory.**

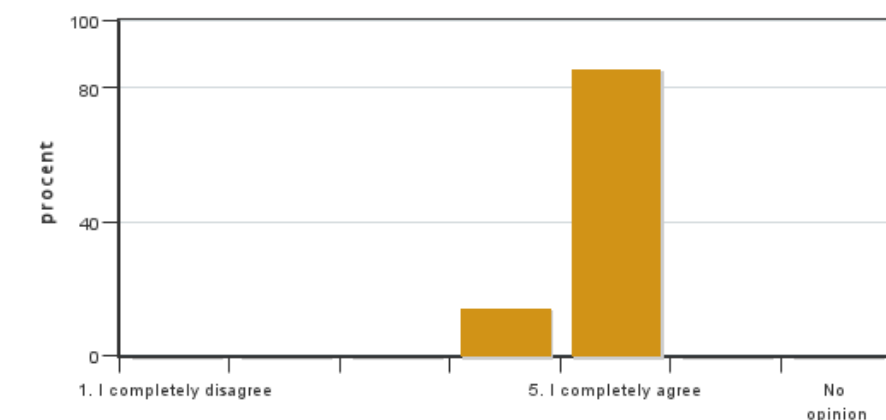


Answers: 7  
Medel: 4,3  
Median: 4

1: 0  
2: 0  
3: 1  
4: 1  
5: 2

No opinion: 3

**8. The examination(s) provided opportunity to demonstrate what I had learnt during the course (see the learning objectives).**

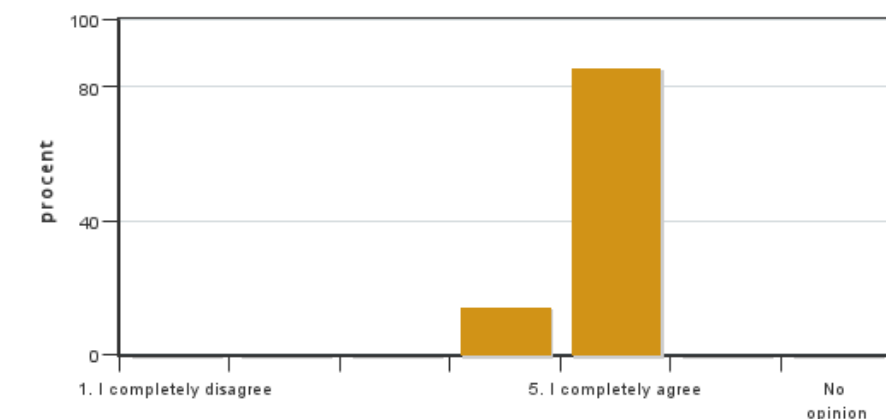


Answers: 7  
Medel: 4,9  
Median: 5

1: 0  
2: 0  
3: 0  
4: 1  
5: 6

No opinion: 0

**9. The course covered the sustainable development aspect (environmental, social and/or financial sustainability).**

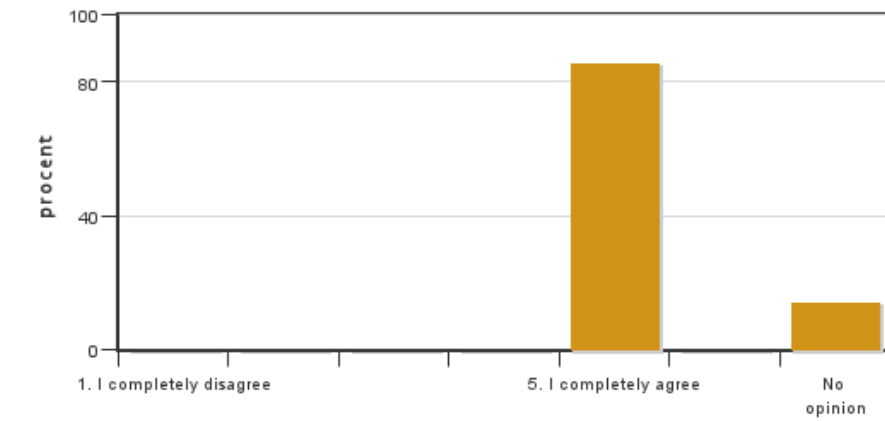


Answers: 7  
Medel: 4,9  
Median: 5

1: 0  
2: 0  
3: 0  
4: 1  
5: 6

No opinion: 0

**10. I believe the course has included a gender and equality aspect, regarding content as well as teaching practices (e.g. perspective on the subject, reading list, allocation of speaking time and the use of master suppression techniques).**

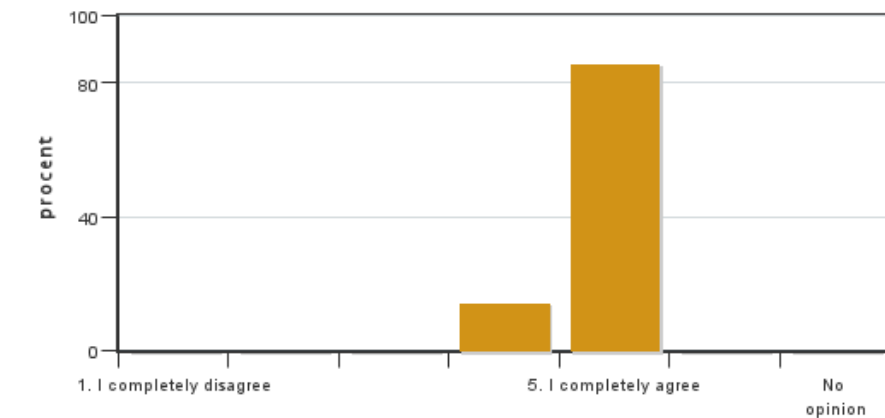


Answers: 7  
Medel: 5,0  
Median: 5

1: 0  
2: 0  
3: 0  
4: 0  
5: 6

No opinion: 1

**11. The course covered international perspectives.**

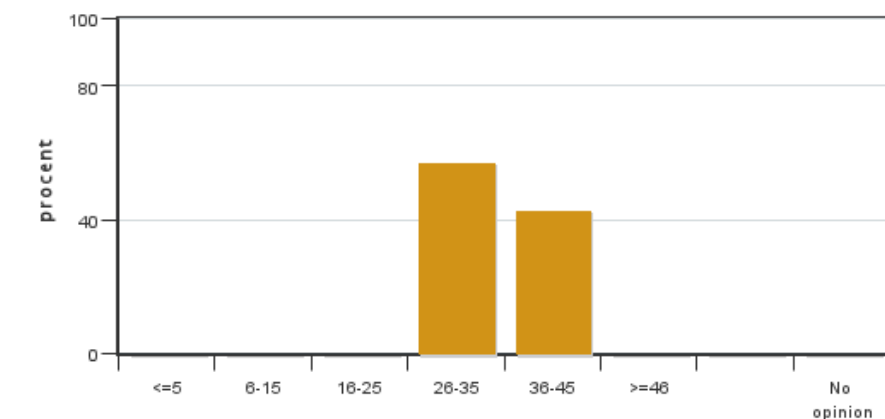


Answers: 7  
Medel: 4,9  
Median: 5

1: 0  
2: 0  
3: 0  
4: 1  
5: 6

No opinion: 0

**12. On average, I have spent ... hours/week on the course (including timetabled hours).**

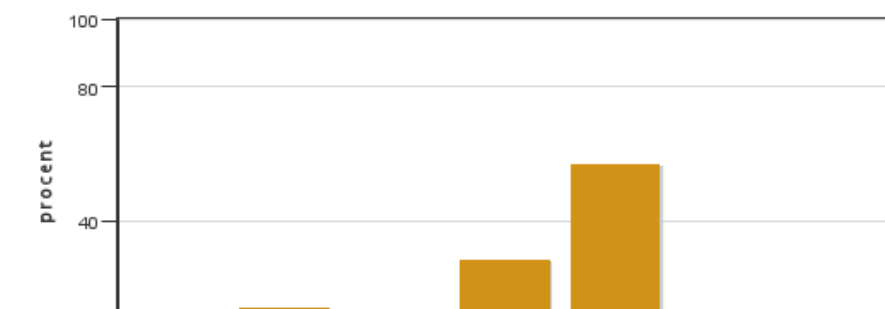


Answers: 7  
Medel: 34,3  
Median: 26-35

≤5: 0  
6-15: 0  
16-25: 0  
26-35: 4  
36-45: 3  
≥46: 0

No opinion: 0

**13. If relevant, what is your overall experience of participating in all or part of your course online?**



Answers: 7  
Medel: 4,3  
Median: 5

1: 0  
2: 1  
3: 0  
4: 2  
5: 4

No opinion: 0

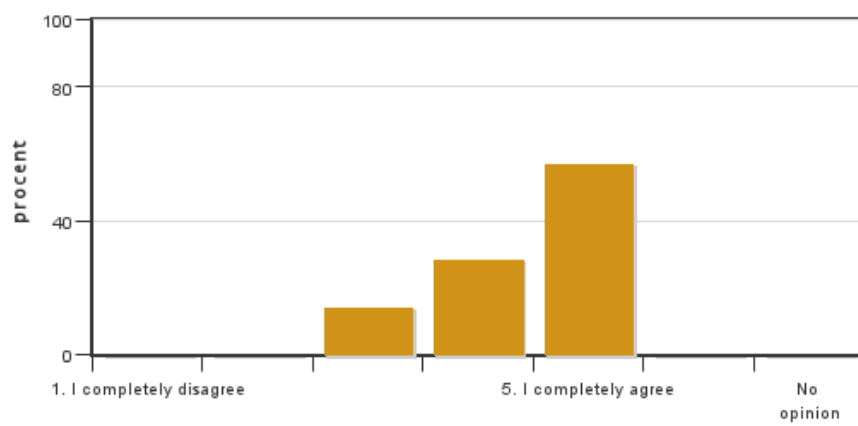


14. If relevant, please share what worked well when participating in teaching on distance

15. If relevant, please share what worked less well when participating in teaching on distance

## Additional own questions

16. The group seminars was a good preparation for the individual project?



Answers: 7  
Medel: 4,4  
Median: 5

1: 0  
2: 0  
3: 1  
4: 2  
5: 4

No opinion: 0

17. What did you think of the arrangement of the energy seminar?

17. What did you think of the arrangement of the vitamin and mineral seminar?

17. What did you think about the extent and instructions for the individual project?

17. The syllabus of this course will be changed, is there something particular from this course that should be kept for the future course?

17. Is there something particular that can be dropped for the future course?

## Course leaders comments

Comments to HV0163, from course leader

The overall impression of the course was very good, which we are happy with. This was the last time the course was given in this format and some of the questions in the evaluation was about how to proceed with the new course and we are happy for the answer and will use this information preparing for a new course.

The group of students is diverse with many different background which can be a great advantage and give good discussion. For the first group seminar some groups had difficulties to cooperate and more teacher time for the first seminar was suggested and can be something to consider for the future also in other courses.

Due to corona the course was given as a distance course, most things worked out good, the discussions was a bit harder and social interactions between students and students-teachers was missed. The teachers within the course thinks the presentations of both seminars and individual projects went really good. The exam was given as a quiz and a written home exam. Some students thought the topics in the home exam was not really reflecting the course objectives, however as course leader I think some students misunderstood the question a bit, writing good exam questions especially for a home exam is not easy.

## Student representatives comments

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Overall most students were satisfied with the course, that scored a 4,7 average out of 5.

Some students, however, reported that the course could be a bit more challenging since the coursebook have been used in other courses and some lecture was very similar to what has been taught to undergraduates. The coursebook was popular in the verbal discussion and have gotten compliments in the evaluation as well, a possible solution would be to recommend or give literature tips for a more advanced book for interested students. The course has benefited from having many people from different backgrounds but not all students are used to working with seminars or in groups in this way. This seems to have caused some frustrations and it can therefore be good to have more active teacher help for the first seminar or in some other way make it easier for new SLU students. The seminars nonetheless seem to have been useful for most students, there are some mixed opinions of how many there should be but at least no one thinks that it would have been good to have more seminars then 3. The home-exam has gotten some criticism for having elements that are not in the course-objectives, like planning a study but overall the opinions on the examination were high (4,9). The project work got good reviews and everyone seems to have been satisfied with it, although one student felt that it could have been made slightly shorter (4 to 8 pages) for more free time during holidays.

The energy seminar was also seen as something positive, the concept of having recorded lecture and a question time after with the teacher have received high praise. Students felt that they had the time to understand the lecture better, read some more information around the subject and got a better discussion than usual since they were more prepared and had time to digest the information. Overall the energy seminar worked well since it was a nice change of pace, it was well structured and with relevant questions. The vitamin and mineral seminar has received a bit more of a mixed response. The seminar was seen as beneficial and fun since it included some fun facts and relevance (corona connection for example). One critique is that it would possibly have been better to keep the same groups as the seminars since it wasn't that long to prepare and working in a new group is often challenging. Other than that, a few students also feel that the area was a bit shallow and more lectures and possibly a quiz/exam could increase the understanding of this complex area.

Students feel like the things that should be kept till next year mainly is the project work, the coursebook and the seminars. Many students felt that everything in the course could be kept and generally think that the course could be expanded upon rather than cut down. The mentions were about the histology lecture, that didn't seem to tie into much and possibly lessening the number of seminars. Some think that more time for the exam would have been good and there is also mentions of adding something practical, like study visits or practical work.

Finally, the course this year was mainly given on distance. Students felt that some things worked better than others. Praise has been given to the easy zoom link that was the same through the course making lectures easy to find as well as the easy to reach teachers. The things that worked well on distance was presentations and lectures, students also felt they had more time to read and as mentioned previously the question time with the teachers gave a better interaction between students and teachers which was appreciated. The students, however, felt that discussions were harder both in lectures and between students. The communication, social aspects and the university itself were missed. Some students also felt that group work was a bit more difficult on zoom and there were some internet issues for some students as well. In conclusion, while distance teaching can work for a limited time and can be successfully used in some areas, many seem to long back to the university and hopefully, we can all be back soon.