Human nutrition and physiology
LV0137, 20115.2526

7.5 Hp
Pace of study = 100%
Education cycle = Basic
Course leader = Ali Moazzami, Galia Zamaratskaia

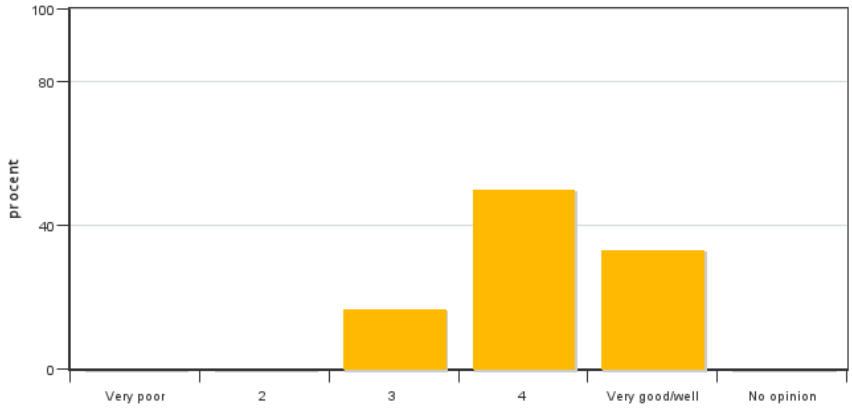
Evaluation report

Evaluation period: 2025-11-26 - 2025-12-17

Answers	6
Number of students	6
Answer frequency	100 %

Mandatory standard questions

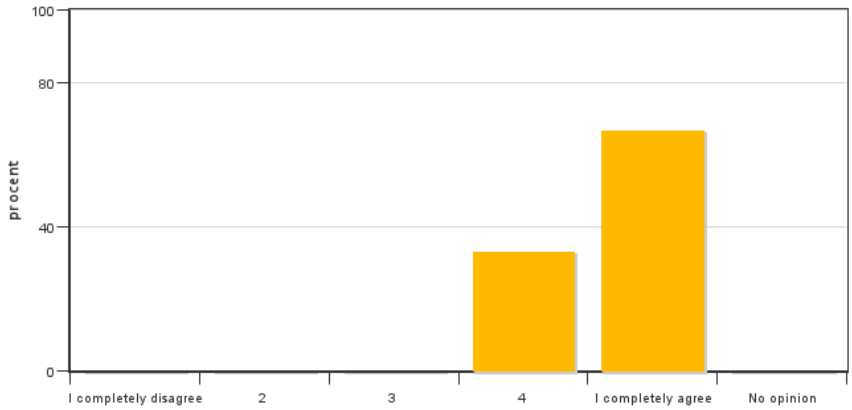
1. My overall impression of the course is:



Number of answers: 6
Average: 4,2
Median: 4

Very poor : 0
2: 0
3: 1
4: 3
Very good/well: 2
No opinion: 0

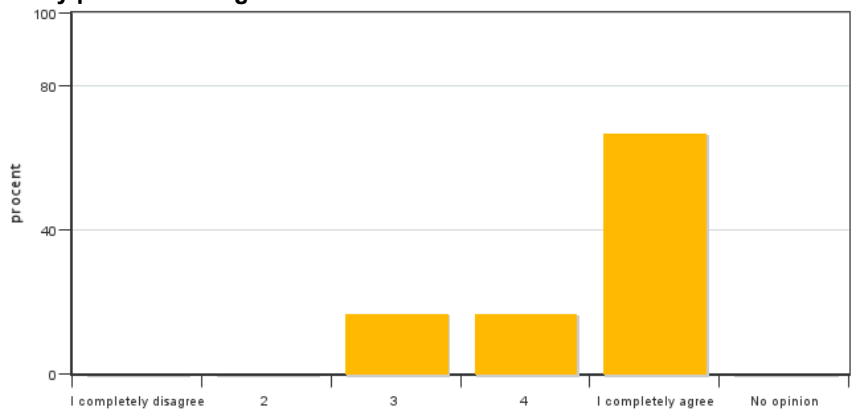
2. I found the course content to have clear links to the learning objectives of the course.



Number of answers: 6
Average: 4,7
Median: 5

I completely disagree: 0
2: 0
3: 0
4: 2
I completely agree: 4
No opinion: 0

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

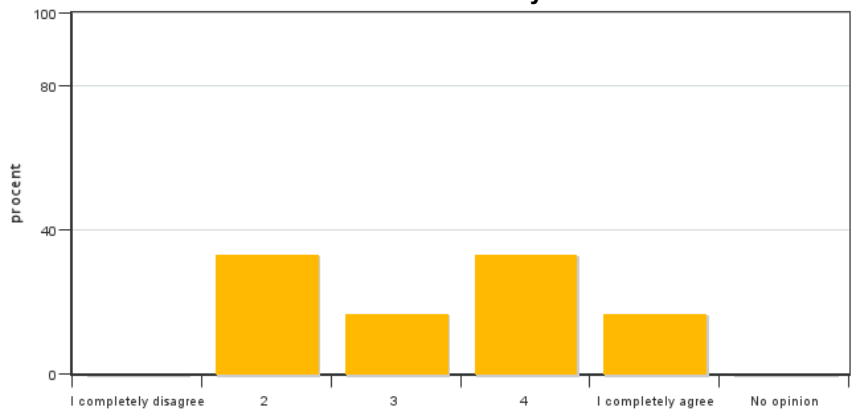


Number of answers: 6
Average: 4,5
Median: 5

I completely disagree: 0
2: 0
3: 1
4: 1
I completely agree: 4

No opinion: 0

4. The information about the course was easily accessible.

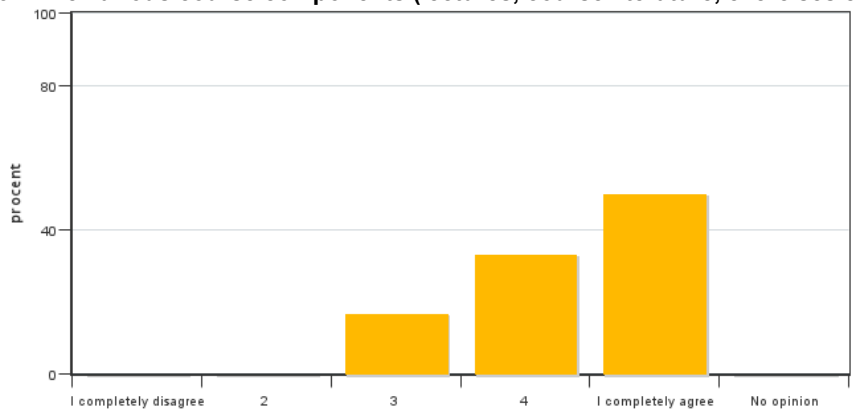


Number of answers: 6
Average: 3,3
Median: 3

I completely disagree: 0
2: 2
3: 1
4: 2
I completely agree: 1

No opinion: 0

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

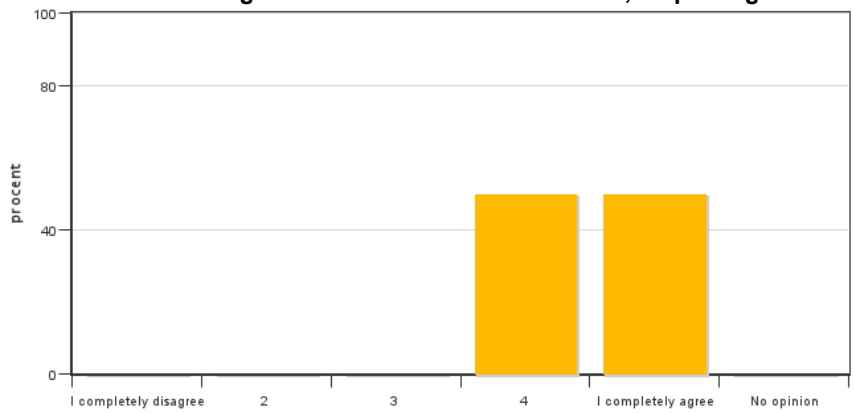


Number of answers: 6
Average: 4,3
Median: 4

I completely disagree: 0
2: 0
3: 1
4: 2
I completely agree: 3

No opinion: 0

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

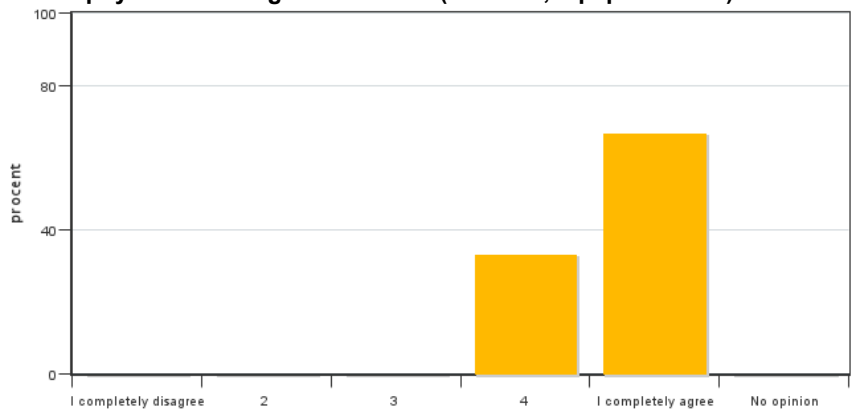


Number of answers: 6
Average: 4,5
Median: 4

I completely disagree: 0
2: 0
3: 0
4: 3
I completely agree: 3

No opinion: 0

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

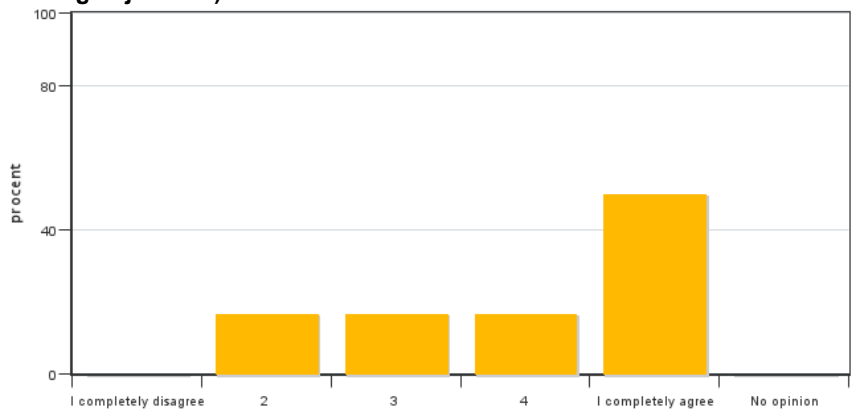


Number of answers: 6
Average: 4,7
Median: 5

I completely disagree: 0
2: 0
3: 0
4: 2
I completely agree: 4

No opinion: 0

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

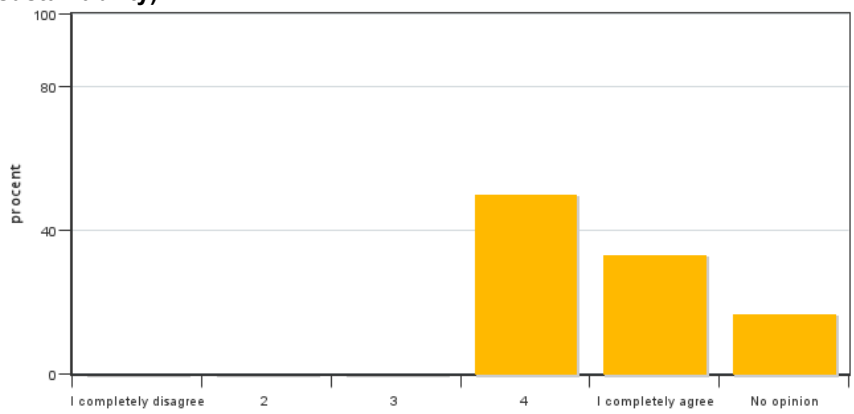


Number of answers: 6
Average: 4,0
Median: 4

I completely disagree: 0
2: 1
3: 1
4: 1
I completely agree: 3

No opinion: 0

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

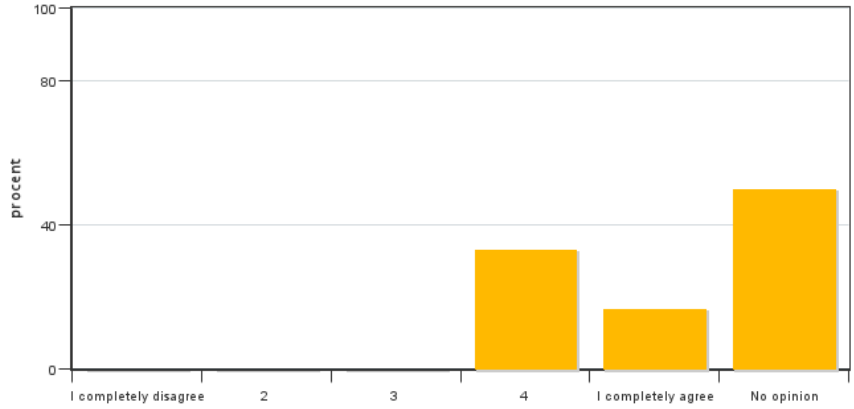


Number of answers: 6
Average: 4,4
Median: 4

I completely disagree: 0
2: 0
3: 0
4: 3
I completely agree: 2

No opinion: 1

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).

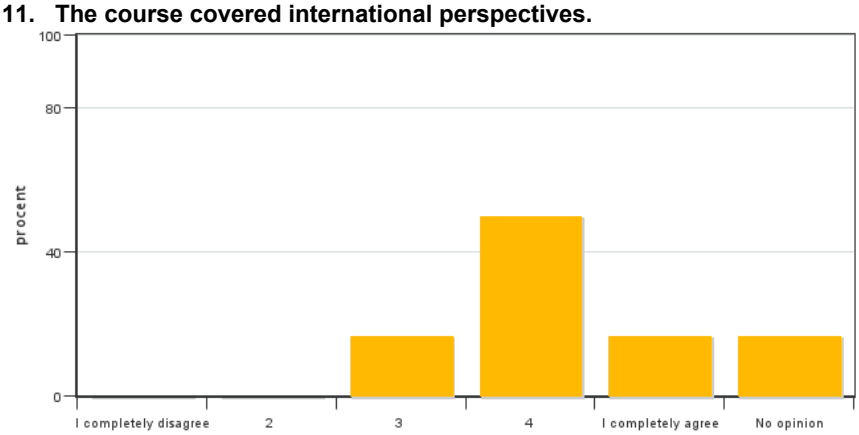


Number of answers: 6
Average: 4,3
Median: 4

I completely disagree: 0
2: 0
3: 0
4: 2
I completely agree: 1

No opinion: 3

11. The course covered international perspectives.

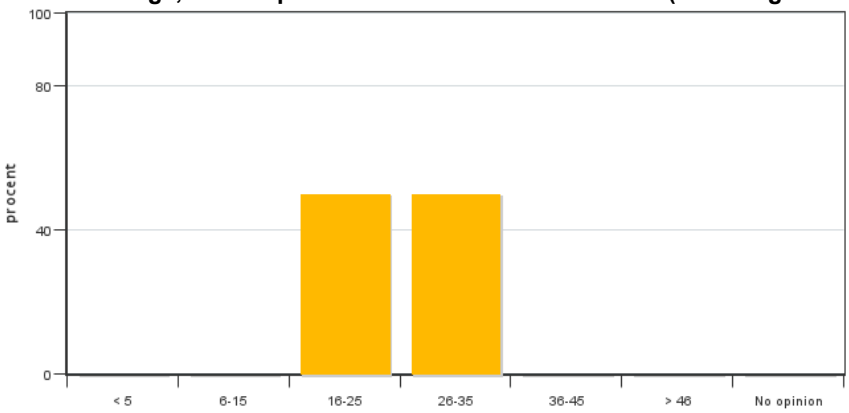


Number of answers: 6
Average: 4,0
Median: 4

I completely disagree: 0
2: 0
3: 1
4: 3
I completely agree: 1

No opinion: 1

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



Number of answers: 6
Average: 25,0
Median: 16-25

< 5: 0
6-15: 0
16-25: 3
26-35: 3
36-45: 0
> 46: 0

No opinion: 0

Course leaders comments

It was a great experience to be involved in the **Human Nutrition** course this year. Overall, the students rated the course very good, with a median score of **4.2**.

During the course evaluation session, I discussed with the students possible ways to further improve the course. The students suggested reorganizing the Canvas modules to enhance accessibility and navigation. In addition, they recommended longer laboratory sessions to further support the learning process. These suggestions will be implemented in the course in the coming years.

Ali Moazzami
Course Organizer

Internal comments

Student representatives comments

Generally all the students were happy with the course and found it interesting. The students especially enjoyed the labs at Akademiska even though they felt a bit rushed and some times a bit unorganizied as we discussed during course evaluation session. We also discussed that the structure on canvas could be more clear with the use of modules insted of juste files.

There were a bit of a discussion about there beeing some repetitions from previous couses, some students found it unnesserary but most students found it helpfull.

Regarding the exam several students commented about the repeated questions from the 2024 exam uploaded on canvas, they would have liked to have more uniqe questions. One student also commeted on the lack of writing space for some of the questions.