

FOHL010 (Health and Lifestyle I, HT 2024, Halmstad, R2012)

Number of possible respondents: 11

Answers: 8

Response rate: 72,73 %

Study pace: 50 %

Examiner's course analysis

Based on the course evaluation result - which are the strengths of the course?

The course comprised 13 lectures on the core subject of health and lifestyle, delivered by senior researchers from Halmstad University. As a result, the doctoral students gained broad insights into the research conducted in this field within the School of Health and Welfare.

Additionally, through peer learning, the doctoral students reviewed each other's ongoing work related to the examination assignment. They appreciated the course structure and found that it enhanced their ability to critically analyze and evaluate research findings. They also considered the course a valuable support in their dissertation work.

Based on the course evaluation result - which are the weaknesses of the course?

Since the course spanned both the Christmas and New Year holidays, having the final seminar on January 2 was perceived as somewhat stressful

Comments about the collaboration with the course ambassadors

The course included continuous evaluations conducted in full-class sessions after each lecture, providing all doctoral students with the opportunity to share their feedback.

Conclusion and suggestions for course development or already made decisions

Suggestion to review the course literature before the next iteration of the course, as this aspect received the lowest rating in the course evaluation, with 80% agreement on the statement: "The course literature has been helpful in achieving the learning outcomes of the course."

Other comments

The course evaluation was completed by eight PhD students (73%), resulting in a total index score of 89%. The respondents found that the course structure and content were well-designed, effectively supporting the achievement of the learning objectives.

They also valued the course for providing access to research relevant to the field of health and lifestyle, enhancing their critical thinking skills, and inspiring further knowledge-seeking in the field. The opportunity to read and reflect on each other's assignments, as well as receive feedback from fellow doctoral students, was particularly appreciated. Additionally, the gradual progression of the assignments helped reduce stress at the end of the course, making it easier to complete the take-home exam, and was considered beneficial for their dissertation work.

Gender:

	Number of responses	Distribution (%)
Man	1	12%
Female	6	75%
Do not want to define	1	12%
Total	8	100%

I have contributed to my own and others' learning during the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	4	50%
5= I definitely agree	4	50%
No opinion	0	0%
Total	8	100%

Index (%) I have contributed to my own and others' learning during the course.

90

The course structure has helped me to achieve the learning outcomes of the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	2	25%
5= I definitely agree	6	75%
No opinion	0	0%
Total	8	100%

Index (%) The course structure has helped me to achieve the learning outcomes of the course.

95

The course literature has helped me to achieve the learning outcomes of the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	2	25%
4	3	38%
5= I definitely agree	2	25%
No opinion	1	12%
Total	8	100%

Index (%) The course literature has helped me to achieve the learning outcomes of the course.

80

The course has developed my ability to critically analyze and evaluate research results.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	5	62%
5= I definitely agree	3	38%
No opinion	0	0%
Total	8	100%

Index (%) The course has developed my ability to critically analyze and evaluate research results.

88

The course has been a support for me in my dissertation.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	1	12%
3	0	0%
4	2	25%
5= I definitely agree	5	62%
No opinion	0	0%
Total	8	100%

Index (%) The course has been a support for me in my dissertation.

88

The workload of the course was reasonable in relation to the number of course credits.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	1	12%
4	3	38%
5= I definitely agree	4	50%
No opinion	0	0%
Total	8	100%

Index (%) The workload of the course was reasonable in relation to the number of course credits.

88

I have contributed to a positive psychosocial study environment during the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	3	38%
5= I definitely agree	3	38%
No opinion	2	25%
Total	8	100%

Index (%) I have contributed to a positive psychosocial study environment during the course.

90

The psychosocial study environment was good during the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	2	25%
5= I definitely agree	5	62%
No opinion	1	12%
Total	8	100%

Index (%) The psychosocial study environment was good during the course.

94

I believe that a gender equality perspective has been considered in the course content.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	2	25%
4	2	25%
5= I definitely agree	4	50%
No opinion	0	0%
Total	8	100%

Index (%) I believe that a gender equality perspective has been considered in the course content.

85

I believe that a gender equality perspective has been considered in the implementation of the course.

	Number of responses	Distribution (%)
0= I definitely do not agree	0	0%
1	0	0%
2	0	0%
3	0	0%
4	4	50%
5= I definitely agree	4	50%
No opinion	0	0%
Total	8	100%

Index (%) I believe that a gender equality perspective has been considered in the implementation of the course.

90

What do you think has been best about the course?

What do you think needs to be improved?

I am overall satisfied with the course.

	Number of responses	Distribution (%)	Index (%) I am overall satisfied with the course.	92
0= I definitely do not agree	0	0%		
1	0	0%		
2	0	0%		
3	0	0%		
4	3	38%		
5= I definitely agree	5	62%		
No opinion	0	0%		
Total	8	100%		

Course satisfaction index

Satisfaction index % (summary of all statements)	89
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