

TB4008 (Exercise Training, VT 2025, Halmstad, 20121, V0317, X0121)

Number of possible respondents: 29

Answers: 12

Response rate: 41,38 %

Study pace: 50 %

Examiner's course analysis

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

One of the key strengths of the course, as highlighted in the evaluation, was the combination of theoretical content delivered through lectures and the hands-on experience provided in the practical sessions. This integration was especially appreciated.

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

According to the course evaluation, the main weaknesses identified include issues with scheduling, a lack of clear connection between the theoretical and practical sessions, and insufficient depth in various learning activities. Additionally, some students perceived the practical examinations as a bit unfair and expressed a desire for greater clarity across different components of the course.

Comments about the collaboration with the course ambassadors

There was an ongoing dialogue with students throughout the course. In addition, formal discussions with the course ambassadors will be held once per semester. Issues raised and decisions made during these meetings will be documented and posted on Blackboard.

Conclusion and suggestions for course development or already made decisions

Overall, student satisfaction with the course was 63%. The course is designed to ensure that all students, regardless of prior knowledge, have the opportunity to achieve the learning objectives and develop a foundational understanding of exercise training. Your prior knowledge in this area differs significantly!

Based on the evaluation, the practical examination will be reviewed for the upcoming course. Another valuable suggestion for future development is the use of video materials, e.g, YouTube content, to diversify learning activities and better support students with varying backgrounds.

Other comments

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I am overall satisfied with the course.

	Number of responses	Distribution (%)	Index (%) I am overall satisfied with the course	63
0 = I definitely do not agree	0	0%		
1	3	25%		
2	1	8%		
3	2	17%		
4	3	25%		
5 = I definitely agree	3	25%		
No opinion	0	0%		
Total	12	100%		

How much time have you spent on the course in relation to the course's study pace?

	Number of responses	Distribution (%)
Less time than the course study pace	5	42%
Corresponding to the course study pace	5	42%
More time than the course study pace	2	17%
Total	12	100%

The design of the course (teaching methods, literature, pedagogy, etc.) has been well adjusted to help me achieve the learning outcomes in the syllabus.

	Number of responses	Distribution (%)	Index (%) The design of the course (teaching methods, literature, pedagogy, etc.) has been well adjusted to help me achieve the learning outcomes in the syllabus.	
0 = I definitely do not agree	1	8%	53	
1	2	17%		
2	2	17%		
3	4	33%		
4	1	8%		
5 = I definitely agree	2	17%		
No opinion	0	0%		
Total	12	100%		

During the course examinations, I have had the opportunity to show that I have achieved the learning outcomes in the syllabus.

	Number of responses	Distribution (%)	Index (%) During the course examinations, I have had the opportunity to show that I have achieved the learning outcomes in the syllabus.	
0 = I definitely do not agree	1	8%	65	
1	1	8%		
2	2	17%		
3	1	8%		
4	4	33%		
5 = I definitely agree	3	25%		
No opinion	0	0%		
Total	12	100%		

I have experienced the social study environment as good during the course.

	Number of responses	Distribution (%)	Index (%) I have experienced the social study environment as good during the course.	
0 = I definitely do not agree	1	8%	78	
1	0	0%		
2	0	0%		
3	3	25%		
4	2	17%		
5 = I definitely agree	6	50%		
No opinion	0	0%		
Total	12	100%		

Course satisfaction index

Satisfaction index % (summary of all statements)	65
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