



Final report

HT2024_REGKYO_43511_Klassisk yoga: kropp, själ och befrielse

First time registered students: 46

Answer Count: 10

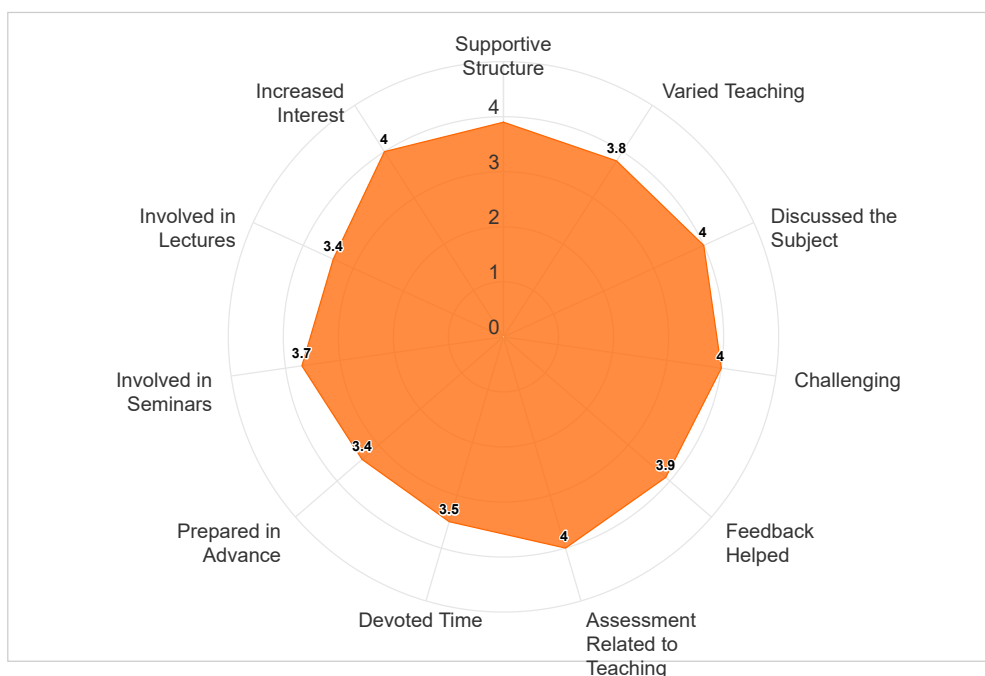
Answer Frequency: 21.74%

The course evaluation could be answered during the period:

18/01/2025 - 01/02/2025

When collaborative courses, several course codes are shown below:

REGKYO Klassisk yoga: kropp, själ och befrielse , End date: 2025-01-19





Mean value for each question. Highest value = 4.

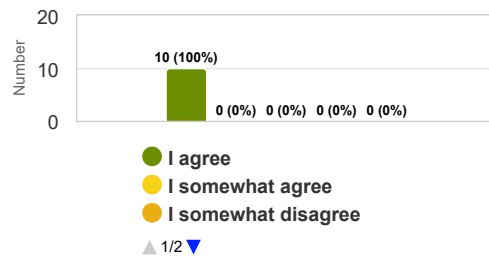
| | Mean |
|--------------------------------|------|
| Supportive Structure | 3.9 |
| Varied Teaching | 3.8 |
| Discussed the Subject | 4.0 |
| Challenging | 4.0 |
| Feedback Helped | 3.9 |
| Assessment Related to Teaching | 4.0 |
| Workload | 2.0 |
| Devoted Time | 3.5 |
| Prepared in Advance | 3.4 |
| Involved in Seminars | 3.7 |
| Involved in Lectures | 3.4 |
| Increased Interest | 4.0 |

Results of learning

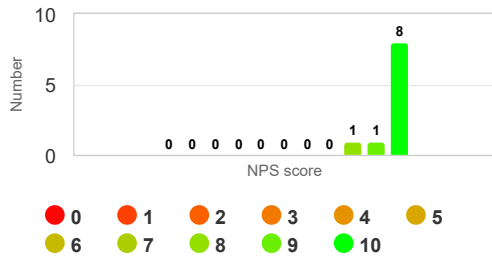
All in all, the course was valuable for me.

Courses that were considered valuable were related to personal development, acquisition of new knowledge and skills, understanding of something. Higher ratings can refer to students' perceived development (learned a lot, and it was useful). Lower ratings can refer to scanty development of knowledge and skills or not understanding certain themes or their parts, not understanding the necessity and significance of the course, problems in the learning environment.

| | Mean |
|--|------|
| All in all, the course was valuable for me | 4 |



How likely would you be to recommend this course to a friend or colleague?



Net Promoter Score (NPS) = 90

Promoters = 9 (90%)

Passives = 1 (10%)

Detractors = 0 (0%)

The Net Promoter Score (NPS) is a metric that measures student experience and predicts the effectiveness of a course. It calculates an NPS score based on a key question using a 0-10 scale, asking how likely students would recommend the course to others. Respondents are grouped into Promoters, Passives, or Detractors based on their score, and the NPS is calculated by subtracting the percentage of Detractors from the percentage of Promoters. The NPS is a core metric for course evaluation programs and is trusted by educational institutions to engage their students and improve their learning experience performance.



Comments

Course supervisor's comments

The course evaluation was answered by 10 students, which is 21% of the number of enrolled students.

All in all, the high values obtained in almost all the parameters show that the course was highly appreciated by the students. In fact, all the students who filled in the course evaluation, agreed that the course was valuable for them.

All students agree that the structure and design of the course has supported their learning. Students also thought that the teaching strategies deployed by the course leader were varied.

Students' answers show that they were thought they were given sufficient opportunities for discussions during lectures, seminars and practicals. All students answered that the course has been intellectually challenging but that the feedback received helped them understanding which knowledge and skill should be developed further. However, when assessing the correspondence between the work done and the ECTS credits received, the students did not think that the work load required was too big compared to other courses.

Furthermore, all students report that the assessment was closely related to the teaching, showing that there was a high degree of alignment between teaching an assessment.

When asked to reflect on what enhanced their learning, the students highlighted (a) course leader's communication skills, (b) course design, (c) lectures, (d) discussions and (e) course material.

In this regard, one student wrote, for instance, "Pawel's knowledge and experience and the way he so generously share is unique. This has been the most interesting and inspiring course I have participated in within the academic sphere. The dialogue after the lectures was so profound, humble and inspiring. Pure joy! Thank you ever so much and I hope this course will reach many, many more. It is needed in the world!". Yet another wrote that "Excellent selection of study material. All of the reading felt relevant, and we got a good overview of the subject matter without too much redundant reading, as is sometimes the case when a course covers such a long historic period. For me personally, the flexible setup with the possibility of viewing recorded lectures was also really helpful. Also that the written assignment was posted early, which really facilitates more continuous learning. The enthusiasm of the teacher was inspiring!"

When reflecting on what they would do differently, students highlight their wish for (a) more lectures, (b) having more time for discussions, and (c) highlight the importance of reading the course literature in due time. Responding to this question one student wrote "What I would do differently? Nothing. Take it again".

In their recommendations for future learners, students highlighted the importance of (a) preparing well before lectures, (b) reading course literature, and (c) attending all lectures. One student remarked that there was much course literature to read.

In their final assessment many students shared their appreciation of the course. For instance, one student wrote "The teacher has widely knowledge about the classical yoga and theory, always pleasant to learn and discuss with him, he can really explain the questions and guided me to find my own answers." Another wrote "I loved the course. The lecturer was engaged, knowledgeable and enthusiastic. One of the best ever. I loved that we were instructed to read sections of old scriptures and reflect up on them. More of that." Yet another, wrote that "My schedule collided with most of the lectures, but thanks to the flexible setup I could still take the course. Would definitely have participated in the discussions if my schedule was different, but that collision is completely on me." Finally, another wrote that "It is a covering course in a field that cannot be covered. Pawel is a wonderful teacher; warm, awake, deeply based in a scientific way of looking upon yoga without being dry or distant. It has been rich, challenging (the literature is quite difficult) but one of the best courses at uni that I have taken." Other students highlighted the high quality of the course, engaged peers and course leader.