



Final report

HT2025_REGKYO_47652_Klassisk yoga: kropp, själ och befrielse

First time registered students: 66

Answer Count: 9

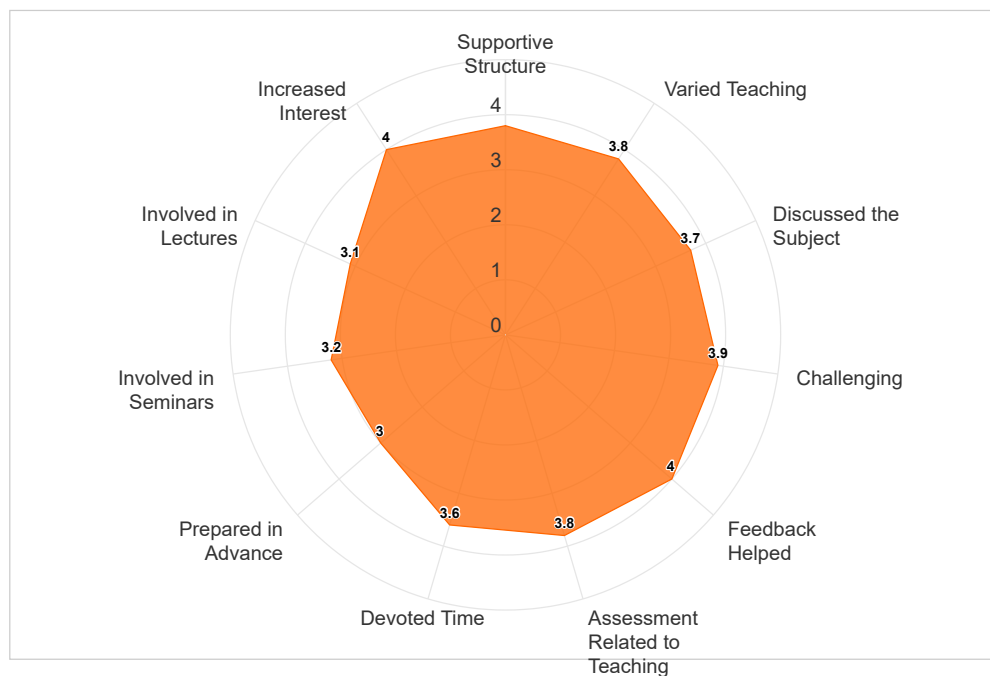
Answer Frequency: 13.64%

The course evaluation could be answered during the period:

17/01/2026 - 31/01/2026

When collaborative courses, several course codes are shown below:

REGKYO Klassisk yoga: kropp, själ och befrielse , End date: 2026-01-18





Mean value for each question. Highest value = 4.

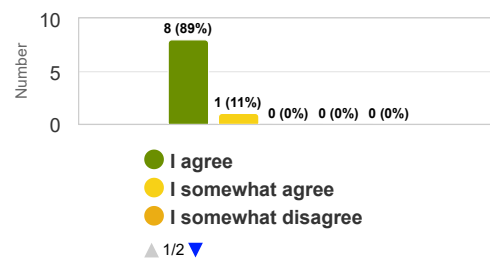
	Mean
Supportive Structure	3.8
Varied Teaching	3.8
Discussed the Subject	3.7
Challenging	3.9
Feedback Helped	4.0
Assessment Related to Teaching	3.8
Workload	2.1
Devoted Time	3.6
Prepared in Advance	3.0
Involved in Seminars	3.2
Involved in Lectures	3.1
Increased Interest	4.0

Results of learning

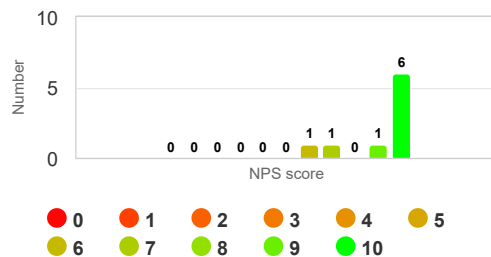
All in all, the course was valuable for me.

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) = 66.7

Promoters = 7 (77.8%)

Passives = 1 (11.1%)

Detractors = 1 (11.1%)

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.



**KARLSTAD
UNIVERSITY**

Comments

Course supervisor's comments

Nine students answered the course evaluation.

All in all, eight (8) students thought that the course has been valuable for them whereas one (1) student somewhat agreed. Again, eight students were satisfied with the course whereas as one was neutral.

The structure of the course was well appreciated by most of the students. This is also something that was stressed in free comments, when one student wrote that "The lectures was very informative and I appreciated the discussions in the end of the class. Pawel is very good at showing us the different thoughts, traditions and approaches to the subject. I think the questions in the exam was, though challenging, very well connected to the different modules in a way that improved my learning."

Although most students found the course intellectually challenging, they all agreed that course leader's feedback helped them understand what knowledge / skills should be further developed.

Although the final written assignment was perceived as challenging, most students answered that the assessment was closely related to teaching.

On the whole, students were satisfied with their involvement in the seminars. They also appreciated course leader's approach to discussions, something that was explicitly mentioned in free comments. In addition, some students expressed their wish for in-person meetings in order to be able to adress questions more personally.

In recommendations for future students, one student wrote that: "Do the assessments for every segment. Wright your own story around the topic, a diary."

In the overall assessment, students highlighted their appreciation for the course and course leader. Some wrote that it was "Very motivated and engaging teacher. Interesting literature." Other wrote that "The litterateur was profoundly good for this subject and I think it was very nice that it was so many different authors and angles." Finally, one student wrote that "I think it is a great course," and "There is sooo much to learn and Pawel did a great job summarising all this." Students also commented that "I will come back for another course in this subject and I have already recommended the course to friends who are interested in learning more about the history and traditions of yoga. I am very grateful for this course. It had an impact on many levels not just intellectually." Yet, another student was more sceptical in his assessment, stating that this was a "nisch topic" and that the topic of Classical Yoga has been approached here in a rather "historic way."