LLP course on "Physical Activity and Public Health"
(15 ECTS)

Intensive International Pilot program hosted by the University of Novi Sad
(9 – 28 November 2015)

Student Evaluation
(managed on e-learning platform by the University of Novi Sad)

REPORT

on evaluation for Intensive Program: **Physical Activity and Public Health**
Novi Sad, 9-28th November 2015

1. How do you evaluate the course in overall terms: 1=poor/negative │ 5=excellent
M = 4,69

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	5	31,2
5	11	68,8
Σ	16	100,0

2. How satisfied were you with the duration of the IP: 1=poor/negative │ 5=excellent
M = 4,19

Evaluation	N	%
1	0	0
2	1	6,3
3	3	18,7
4	4	25,0
5	8	50,0
Σ	16	100,0

3a. Which were the factors that motivated you to participate in the IP (**Academic**):
1=not at all │ 5=very much   **M = 4,94**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	1	6,3
5	15	93,7
Σ	16	100,0

3b. Which were the factors that motivated you to participate in the IP (**Cultural**):
1=not at all │ 5=very much   **M = 4,38**

Evaluation	N	%
1	0	0
2	0	0
3	3	18,7
4	4	25,0
5	9	56,3
Σ	16	100,0

3c. Which were the factors that motivated you to participate in the IP (**Practice of foreign language**): 1=not at all │ 5=very much   **M = 4,56**

Evaluation	N	%
1	0	0
2	0	0
3	1	6,3
4	5	31,2
5	10	62,5
Σ	16	100,0

3d. Which were the factors that motivated you to participate in the IP (**Friends living abroad**): 1=not at all │ 5=very much   **M = 3,56**

Evaluation	N	%
1	3	18,7
2	1	6,3
3	2	12,5
4	4	25,0
5	6	37,5
Σ	16	100,0

3e. Which were the factors that motivated you to participate in the IP (**Carrier plans**):
1=not at all │ 5=very much   **M = 4,60**

Evaluation	N	%
1	0	0
2	0	0
3	1	6,6
4	4	26,7
5	10	66,7
Σ	15	100,0

3f. Which were the factors that motivated you to participate in the IP (**European experience**): 1=not at all │ 5=very much   **M = 4,63**

Evaluation	N	%
1	0	0
2	1	6,3
3	1	6,3
4	1	6,3
5	13	81,1
Σ	16	100,0

3g. Which were the factors that motivated you to participate in the IP (**Other - specify**):
1=not at all │ 5=very much   **M = 5,00**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	0	0
5	2	100,0
Σ	2	100,0

4. How do you evaluate the venue of Novi Sad: 1=poor/negative │ 5=excellent

M = 4,81

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	3	18,7
5	13	81,3
Σ	16	100,0

5. Judgment of personal outcomes of the IP: 1=poor/negative │ 5=excellent

M = 4,53

Evaluation	N	%
1	0	0
2	0	0
3	2	13,3
4	3	20,0
5	10	66,7
Σ	15	100,0

6. Did you encounter any serious problems during the IP: 1=not at all │ 5=very much

M = 1,81

Evaluation	N	%
1	9	56,3
2	5	31,2
3	0	0
4	0	0
5	2	12,5
Σ	16	100,0

7a. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The number of hours taught**):

1=not at all │ 5=very much   **M = 4,60**

Evaluation	N	%
1	0	0
2	0	0
3	2	13,3
4	2	13,3
5	11	73,4
Σ	15	100,0

7b. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The equipment used**):

1=not at all │ 5=very much   **M = 4,00**

Evaluation	N	%
1	1	6,3
2	1	6,3
3	2	12,5
4	5	31,2
5	7	43,7
Σ	16	100,0

7c. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The capabilities and expertise of the professors**):

1=not at all │ 5=very much   **M = 4,63**

Evaluation	N	%
1	0	0
2	0	0
3	1	6,3
4	4	25,0
5	11	68,7
Σ	16	100,0

7d. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The overall quality of teaching**):

1=not at all | 5=very much   **M = 4,31**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	11	68,7
5	5	31,3
Σ	16	100,0

7e. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The overall learning outcomes**):

1=not at all | 5=very much   **M = 4,67**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	5	33,3
5	10	66,7
Σ	15	100,0

7f. How satisfied were you with the academic activities and the pedagogical aspects of the IP in terms of the following aspects (**The activities beside the general course**):

1=not at all | 5=very much   **M = 4,47**

Evaluation	N	%
1	0	0
2	0	0
3	2	13,3
4	4	26,7
5	9	60,0
Σ	15	100,0

8. Do you think participation in the IP will help you in your further studies/career:
   1=not at all │ 5=very much   **M = 4,93**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	1	6,7
5	14	93,3
Σ	15	100,0

9. Do you think participation in the IP will help you finding a job:
   1=not at all │ 5=very much   **M = 4,06**

Evaluation	N	%
1	1	6,3
2	2	12,5
3	2	12,5
4	1	6,3
5	10	62,4
Σ	16	100,0

EVALUTATION OF LECTURERES

1. ADAPTATION TO AEROBIC AND ANAEROBIC TRAINING: **Sergej Ostojić (UNS)** 1=poor/negative │ 5=excellent **M = 5,00**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	0	0
4	0	0
5	16	100,0
Σ	16	100,0

2. INTEGRATING HEALTH-RELATED PHYSICAL FITNESS EDUCATION INTO THE CURRICULUM DEVELOPMENT (UNIVERSITY POLICY): **Višnja Đorđić (UNS)** 1=poor/negative │ 5=excellent **M = 4,94**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	0	0
4	1	6,3
5	15	93,7
Σ	16	100,0

3. BASICS OF PHYSICAL ACTIVITY AND HEALTH: **Nebojša Čokorilo (UNS)** 1=poor/negative │ 5=excellent **M = 3,25**		
Evaluation	**N**	**%**
1	0	0
2	6	37,4
3	5	31,3
4	0	0
5	5	31,3
Σ	16	100,0

4. PHYSIOLOGY OF NEUROMUSCULAR DISORDERS: **Marina Đelić (UBG)**
   1=poor/negative │ 5=excellent   **M = 4,47**

Evaluation	N	%
1	0	0
2	0	0
3	1	6,7
4	6	40,0
5	8	53,3
Σ	15	100,0

5. GROWTH AND MATURATION IN CHILDREN AND YOUTH INCLUDING
   MOTOR SKILL DEVELOPMENT: **Goran Vasić (UNS)**
   1=poor/negative │ 5=excellent   **M = 3,81**

Evaluation	N	%
1	0	0
2	2	12,5
3	5	31,3
4	3	18,7
5	6	37,5
Σ	16	100,0

6. BIOLOGY OF AGING: **Daniela Caporoosi (Foro Italico)**
   1=poor/negative │ 5=excellent   **M = 5,00**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	0	0
5	15	100,0
Σ	15	100,0

7. NUTRITION FOR PHYSICAL ACTIVITY AND HEALTH: **Sergej Ostojić (UNS)**
1=poor/negative │ 5=excellent   M = 5,00

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	0	0
5	16	100,0
Σ	16	100,0

8. TRAINABILITY IN CHILDREN AND YOUTH: **Jelena Obradović (UNS)**
1=poor/negative │ 5=excellent   M = 4,69

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	5	31,3
5	11	68,7
Σ	16	100,0

9. NUTRITION AND SPECIAL POPULATIONS: **Dragan Radovanović (UNI)**
1=poor/negative │ 5=excellent   M = 4,31

Evaluation	N	%
1	0	0
2	0	0
3	2	12,4
4	7	43,8
5	7	43,8
Σ	16	100,0

10. SOCIAL AND PSYCHOLOGICAL DEVELOPMENT IN CHILDREN AND YOUTH AND ITS INFLUENCE ON PHYSICAL ACTIVITY PATTERNS: Ivana Milovanović (UNS) 1=poor/negative │ 5=excellent **M = 4,69**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	0	0
4	5	31,3
5	11	68,7
Σ	16	100,0

11. BASIC PRINCIPLES FOR EXERCISE PRESCRIPTION: **Patrik Drid (UNS)** 1=poor/negative │ 5=excellent **M = 4,25**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	3	18,7
4	6	37,5
5	7	43,8
Σ	16	100,0

12. PSYCHOLOGOCAL BASICS OF PHYSICAL ACTIVITY AND HEALTH: **Vladimir Kitanović (Serbian Institute of Sport)** 1=poor/negative │ 5=excellent **M = 4,56**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	2	12,5
4	3	18,7
5	11	68,8
Σ	16	100,0

13. MUSCLE STRENGTH, POWER AND ADAPTATIONS TO RESISTANCE TRAINING: **Marko Stojanović (UNS)**
1=poor/negative │ 5=excellent   **M = 4,94**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	1	6,3
5	15	93,7
Σ	16	100,0

14. PSYSICAL AND HEALTH RELATED FITNESS ASSESSMENTS INCLUDING PHYSICAL ACTIVITY: **Boris Popović (UNS)**
1=poor/negative │ 5=excellent   **M = 4,64**

Evaluation	N	%
1	0	0
2	0	0
3	1	7,1
4	3	21,4
5	10	71,5
Σ	14	100,0

15. PHYSICAL ACTIVITY PATTERNS AND PUBLIC HEALTH RECOMMENDATIONS FOR GENERAL POPULATION:
Harald Tschan (Univ. of Vienna) 1=poor/negative │ 5=excellent   **M = 4,73**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	4	26,7
5	11	73,3
Σ	15	100,0

16. NUTRITION IN DISEASES: **Barbara Wessner (University of Vienna)**
1=poor/negative │ 5=excellent   M = 4,67

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	5	33,3
5	10	66,7
Σ	15	100,0

17. PROGRAM DESCRIPTION FOR PEOPLE WITH CARDIOVASCULAR AND PULMONARY DISEASES: **Sanja Mazić (UBG)**
1=poor/negative │ 5=excellent   M = 4,75

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	4	25,0
5	12	75,0
Σ	16	100,0

18. PROGRAM DESCRIPTION FOR PEOPLE WITH METABOLIC AND NEUROMUSCULAR DISORDERS: **Sergej Ostojić (UNS)**
1=poor/negative │ 5=excellent   M = 5,00

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	0	0
5	16	100,0
Σ	16	100,0

19. EXERCISE FOR ELDERLY POPULATION: **Marko Stojanović (UNS)**
1=poor/negative │ 5=excellent   **M = 4,88**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	2	12,5
5	14	87,5
Σ	16	100,0

20. PHYSICAL ACTIVITY PROMOTION: **Radenko Matić (UNS)**
1=poor/negative │ 5=excellent   **M = 4,67**

Evaluation	N	%
1	0	0
2	0	0
3	2	13,3
4	1	6,7
5	12	80,0
Σ	15	100,0

21. NEURO-MUSCULAR ADAPTATION TO TRAINING IN ATHLETES AND SPECIAL POPULATIONS: **Francesco Felici (Foro Italico)**
1=poor/negative │ 5=excellent   **M = 4,94**

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	1	6,3
5	15	93,7
Σ	16	100,0

22. HEALTH BEHAVIORS AND HEALTH PROMOTION IN ELDERLY - AGING AND WELNESS: **Darinka Korovljev (UNS)**

1=poor/negative │ 5=excellent   M = 4,88

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	2	12,5
5	14	87,5
Σ	16	100,0

23. TALENT IDENTIFICATION AND DEVELOPMENT - WELLBEING OF YOUTH ATHLETES: **Dejan Madić (UNS)**

1=poor/negative │ 5=excellent   M = 4,88

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	2	12,5
5	14	87,5
Σ	16	100,0

24. INJURIES PREVENTION: **Borislav Obradović (UNS)**

1=poor/negative │ 5=excellent   M = 4,88

Evaluation	N	%
1	0	0
2	0	0
3	0	0
4	2	12,5
5	14	87,5
Σ	16	100,0

25. MOTOR COORDINATION, MOTOR CONTROL AND SKILL IN ELDERLY - FALL PREVENTION: **Paolo Caserotti (SDU)** 1=poor/negative │ 5=excellent **M = 4,87**		
Evaluation	**N**	**%**
1	0	0
2	0	0
3	0	0
4	2	13,3
5	13	86,7
Σ	15	100,0

☞ **POSITIVE EXPERIENCES (COMMENTS):**

✓ All professors are the best for me, because I like lectures here. This was the best time for study. Novi Sad have good people.

✓ Great experience. Maybe, the IP should last longer. The venue of Novi Sad - very gentle.

✓ I really enjoyed my stay here in Novi Sad. All the professors were very good at giving the whole idea of the lectures. I hope that I might came again here.

✓ Just positive experiences and the best thing ever that every student should prove.

✓ Everything is OK. I will never forget this city, people, students and socialy profeson. Thnx for everything.

✓ The organisers made huge effort to make us feel very comfortable. They met all are needs as far as our academic, cultural, social and other plans of our stay here.

✓ I learn much thing and now I have much knowledge for my profesion. It's my pleasure to be part of this program.

✓ Everything was positive experience here at all. In this course are so good profesors, with good and high knowledge, and their teaches was so good.

✓ I enjoy very much this tempus. I just want to thank you to all of you.

✓ It was great experience for me. I feel so lucky that I was part of it. And sincerely I will miss this city, University and people. Thank you from heart. I love Novi Sad.

✓ I have only positive experience in this course. It was great time, great place, great teacher and great people.

☞ NEGATIVE EXPERIENCES (COMMENTS):

✓ Profesors that are not so good at foreign language, shouldn't participate.

✓ Just the lack of speaking English sometimes.

✓ No negative experience.

✓ I don't have any negative experiences.

✓ I don't have negative experiences.

✓ I want to repetition this course. I will miss this because it was so great.

Novi Sad, 25.03.2016.

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Boris Popović, PhD, President
Faculty of Sport and Physical Edcation
Commission for Quality Assurance and
Self-evaluation