Title of Module:
Basic Nutrition Science and Assessment

Coordinator(s) / organiser(s):
Dr. Sri Sumarmi, S.KM., M.Si. (Module Leader)

Teaching Faculty			
Title	Name	Qualifications*	Hours contributed
Dr.	Sri Sumarmi	S.KM., M.Si., Dr.	9.99
dr.	Farapti	dr., M.Gizi	8.49
Mrs.	Triska Susila Nindya	SKM., M.PH(Nutr).	13.18
Mrs.	Lailatul Muniroh	SKM., M.Kes.	13.18
Mrs.	Siti Rahayu Nadhiroh	S.KM., M.Kes.	8.49

** PhD, Master, 20 years service(in practice) etc. Only provide details for faculty responsible for 25% or more of course load.*

Core /elective or optional:	Core: Basic Nutrition Science (NUM101) Elective: Nutritional Status Determination (Integrating Experience see section 7)

Number of SKS credits allocated	Student's workload in hours	Contact work hours*	Self-study work hours
4 SKS	181.33	53.33	128

** includes lectures, seminars, face-to-face, assessments*

Learning competences / objectives

On successful completion of this module students will be able to:

1. Explain the definition and historical development of nutrition science and the associations with other sciences
2. Explain the basic concept of nutritional adequacy recommended for each lifestyle
3. Explain the various nutrients

Syllabus content. Brief overview of syllabus using bullet points.

- History of nutrition science
- Understanding and scope of nutrition science
- Linking food with health,
- Explaining various nutrients including Carbohydrates, Fats, Proteins, Energy, Water soluble vitamins, fat soluble vitamins, macro Minerals, micro Minerals and their functions, sources and nutritional needs for the body.
- Explaining the basic concept of nutritional adequacy recommended for each lifecylce.

• Geriatric nutrition and healthy aging
Module level timetable - indicate the timing of the teaching sessions from the previous teaching year: Basic Nutrition Science: 09.00 – 11.00 a.m., Tuesday, 2nd semester
Pedagogic/teaching methodology: Scheduled learning includes lectures, discussions about the actual real life cases, and seminars in groups for applying problem solving techniques to solve real life issues which are given by lecturer. During lecture in the classroom, the lecturer gives the didactic question and creates a chance for students to deliver their though about specific case. Students are asked to adapt the critical thingking for solving health problem. The lecturer will provide an introductory lecture about the topic related to the basic nutrition and providing the course outlines and content. Students are divided in small groups, discuss and present the results of a determined topic. Lecturer presented the teaching materials with LCD and whiteboard. Independent learning hours include assignment preparation and completion and self-directed study.

Assessments used: There are three types of examination: 1. Middle examination (35%) 2. Final examination (35%) 3. Case study (30%) Each examination takes 100 minutes includes essays for middle examination and multiple choice questions and essays for final examination to assess the students' knowledge. Topics of study case are given by lecturer then the students present it. The examination assesses the students' knowledge and understanding and all learning outcomes of the module and case study to test the students' skills.

Weeks required and place in academic calendar:	Number of weeks	Week number
Basic Nutrition Science Tuesday, 09.00 – 11.00 a.m., Weeks beginning 13/02/2018 –29/05/2018	16	17-32