	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
Universitas Airlangga	**SLP**		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1st, 2019	Mulyono, S.KM., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Odd Semester 2019/2020	(sign)	(sign)	(sign)	

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A. DETAILS OF COURSE

1.	**Course Name**	Ergonomic and Work Physics II
2.	**Course Code**	PNM496
3.	**Credits (SKS)**	2 (two) SKS
4.	**Semester / Term**	VII (seventh)
5.	**Study Program**	Bachelor of Public Health
6.	**Student Learning Achievement**	1. Able to study and analyze situations 2. Able to develop program policies and planning 3. Able to understand the local culture
7.	**Course Learning Achievement**	1. Define the problem correctly 2. Evaluating the integrity and comparability of data 3. State the policy choices and formulate clearly and concisely 4. Deciding actions that are in accordance with the problem at hand 5. Understand the importance of diverse Public Health workers (attitudes)
8.	**Course Description**	This course discusses 1) Measurement of mental load, 2) Measurement of physical load, 3) Risk management of manual handling work, 4) Method of assessment of manual handling of work risk, 5) RWL and LI, 6) Risk assessment of complaints of the musculoskeletal system with OWAS method , RULA, REBA and Nordic Body Map, 7) Time Motion Study
9.	**Course Prerequisites (if any)**	Passed Ergonomic and Work Physics I course
10.	**Instructor**	Mulyono, SKM., M.Kes
11.	**Teaching Assistants**	1. Dr. Indriati Paskarini, SH.,M.Kes 2. Endang Dwiyanti, Dra.,M.Kes 3. Shintia Y., S.KM.,M.KKK

B. TEACHING PROGRAM

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percent age (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
1	Students are able to understand and explain physical load measurements	General description of physical load measurement. 1. Lecture contract 2. Definition of measuring physical load 3. How to measure physical loads 4. Weaknesses and strengths of each physical load measurement	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2
2	Students are able to understand and explain the risk assessment of manual handling work	General description of manual handling work. 1. Definition of manual handling job risk assessment	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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	Revision - Date	January 1st, 2019				
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Odd Semester 2019/2020	(sign)	(sign)	(sign)	

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
		2. The scope of risk assessment for manual handling work 3. The process of risk assessment for manual handling work 4. Evaluate the risk assessment for manual handling work							
3	Students are able to understand and explain the risk assessment of complaints of the musculoskeletal system by the NBM method	General description of risk assessment for complaints of the musculoskeletal system by the NBM method. 1. Understanding the risk assessment of	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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Faculty of Public Health	**Valid on Semester (odd/even) / Academic Year**	**Odd Semester 2019/2020**	(sign)	(sign)	(sign)	

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		complaints of the musculoskeletal system by the NBM method 2. The scope of risk assessment for complaints of the musculoskeletal system by the NBM method 3. Strengths and weaknesses of risk assessment for complaints of the musculoskeletal system by the NBM method 4. The process of assessing the risk							

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1	2	3	4	5	6	7	8	9	10
		of complaints of the musculoskeletal system using the NBM method 5. Evaluate the risk assessment for complaints of the musculoskeletal system by the NBM method							
4	Students are able to understand and explain the risk assessment of musculoskeletal system complaints by the OWAS method	General description of risk assessment for complaints of the musculoskeletal system by the OWAS method. 1. Understanding the risk assessment of complaints of	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		the musculoskeletal system by the OWAS method 2. The scope of risk assessment for complaints of the musculoskeletal system by the OWAS method 3. Strengths and weaknesses of risk assessment for complaints of the musculoskeletal system by the OWAS method 4. The process of assessing the risk							

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		of complaints of the musculoskeletal system with the OWAS method 5. Evaluate the risk assessment for complaints of the musculoskeletal system by the OWAS method							
5	Students are able to understand and explain the risk assessment of musculoskeletal system complaints by the RULA method	General description of risk assessment for complaints of the musculoskeletal system by the RULA method. 1. Definition of risk assessment for complaints of the	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		musculoskeletal system by the RULA method 2. The scope of risk assessment for complaints of the musculoskeletal system by the RULA method 3. Strengths and weaknesses of risk assessment for complaints of the musculoskeletal system by the RULA method 4. The process of risk assessment for complaints of							

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		the musculoskeletal system by the RULA method 5. Evaluate the risk assessment for complaints of the musculoskeletal system by the RULA method							
6	Students are able to understand and explain the risk assessment of complaints on the musculoskeletal system by the REBA method	General description of risk assessment for complaints of the musculoskeletal system by the REBA method. 1. Definition of risk assessment for complaints of the musculoskeletal	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (*hard* and *soft* skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (number)
1	2	3	4	5	6	7	8	9	10
		system by the REBA method 2. The scope of risk assessment for complaints of the musculoskeletal system by the REBA method 3. Strengths and weaknesses of risk assessment for complaints of the musculoskeletal system by the REBA method 4. The process of assessing the risk of complaints of the							

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1	2	3	4	5	6	7	8	9	10
		musculoskeletal system by the REBA method 5. Evaluate the risk assessment for complaints of the musculoskeletal system by the REBA method							
7	Students are able to understand and explain the measurement of mental burden subjectively and physiologically	General description of subjective and physiological measurements of mental load. 1. Definition of measurement of mental load subjectively and physiologically	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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1	2	3	4	5	6	7	8	9	10
		2. The scope of measurement of mental load subjectively and physiologically 3. Strengths and weaknesses of subjective and physiological mental load measurements 4. The process of measuring mental load subjectively and physiologically 5. Evaluate the measurement of mental load							

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1	2	3	4	5	6	7	8	9	10
		subjectively and physiologically							
				MID TERM EXAMINATION					
8	Students are able to understand and explain mental load measurements using the NASA TLX method	General description of mental load measurements with the NASA TLX method. 1. Definition of measuring mental load using the NASA TLX method 2. The scope of measurement of mental load by the NASA TLX method 3. Strengths and weaknesses of	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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1	2	3	4	5	6	7	8	9	10
		measuring mental load using the NASA TLX method 4. The process of measuring mental load using the NASA TLX method 5. Evaluate mental load measurements with the NASA TLX method							
9	Students are able to understand and explain time motion study	General description of time motion study. 1. Definition of time motion study	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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1	2	3	4	5	6	7	8	9	10
		2. The scope of time motion study 3. The method of using time motion study 4. Strengths and weaknesses of time motion study 5. Process in time motion study							
10	Students are able to understand and explain RWL	General description of RWL. 1. Definition of RWL 2. The scope of RWL 3. The advantages and	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2

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1	2	3	4	5	6	7	8	9	10
		disadvantages of RWL 4. RWL measurement process 5. Evaluate RWL measurements							
11	Students are able to understand and explain LI	General description of LI. 1. Definition of LI 2. The scope of LI 3. Strengths and weaknesses of LI 4. LI measurement process 5. Evaluate LI measurements	Lecture Discussion Simulation	Teaching materials LCD Handout	2x50 minutes	1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses	Think complex and work together	7,14%	1-2
12	Students are able to understand and explain things related to risk	General description of case studies.	Lecture Discussion	Teaching materials LCD	2x50 minutes	1. Introduction 2. Pay attention and discussion	Think complex and work together	7,14%	1-2

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1	2	3	4	5	6	7	8	9	10
	assessment in the field of ergonomics	1. Case study of manual handling job risk assessment. 2. Case study of NBM method risk assessment 3. OWAS method risk assessment case study 4. RULA method risk assessment case study 5. REBA method risk assessment case study 6. Case study of mental load risk assessment 7. RWL case study	Simulation	Handout		3. Take notes and provide responses			

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1	2	3	4	5	6	7	8	9	10
		8. Case study of LI							
			FINAL TERM EXAMINATION						

C. REQUIRED TEXTS / REFERENCES / ESSENTIAL READINGS

1. Ergonomi At Work, David Orbone, 1991
2. Teknik Tata Cara kerja, Iftikar Z Sutatakalasmana