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

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## A. DETAILS OF COURSE

<b>1. Course Name</b>	Nutrition and Productivity
<b>2. Course Code</b>	NUM311
<b>3. Credits (SKS)</b>	2 (two) SKS
<b>4. Semester / Term</b>	7 (seventh)
<b>5. Study Program</b>	Bachelor of Public Health
<b>6. Student Learning Achievement</b>	After attending this course, students are able to explain nutrition principles to increase work productivity
<b>7. Course Learning Achievement</b>	<ol style="list-style-type: none"> <li>1. Conduct advocacy for program and health resources</li> <li>2. Describe government's role to provide health service to community</li> <li>3. Identify potentials and resources in community</li> <li>4. Define, assess, and understand health status in population, health determinants and diseases, factors contributing to health promotion and disease prevention</li> <li>5. Apply public health science, including social and behavioral sciences, chronic diseases, infection, and accident</li> <li>6. Take relevant actions pertaining to ongoing problems</li> <li>7. Identify the roles of cultural, social, and behavioral factors in health service</li> </ol>
<b>8. Course Description</b>	Course on Nutrition and Productivity Learning discusses: Nutrition and work productivity, Nutritional problems in institutions (SEZs, obesity), Nutritional problems in institutions (Anemia), Nutritional problems in institutions (hypertension, hypercholesterolemia, hyperuricemia), special problems of women labor nutrition (pregnancy, menstruation, lactation), labor nutritional needs (macro nutrition), labor nutritional needs (micronutrient), work environment factors that affect the nutritional state of the workforce, labor nutrition in hot places, nutrition of workers in places exposed to radiation, meal organization at work
<b>9. Course Prerequisites (if any)</b>	None
<b>10. Instructor</b>	Lailatul Muniroh, SKM.,M.Kes
<b>11. Teaching Assistants</b>	<ol style="list-style-type: none"> <li>1. Lailatul Muniroh, S.KM, M.Kes</li> <li>2. Dr. Ir. Annis Catur Adi, M.Si</li> <li>3. Siti Rahayu Nadhiroh, S.KM, M.Kes</li> <li>4. Triska Susila Nindya, S.KM, MPH (Nutrition)</li> <li>5. Dini Ririn Andrian, S.KM, M.Sc</li> </ol>


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	6. Farapti, dr., M.Gizi 7. Erwin Dyah Nawawinetu, dr., M.Kes
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## B. TEACHING PROGRAM

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 ( <i>hard dan soft skills</i> )	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
1	Students are able to explain the definition, basic concept, objective, nutrition target and productivity	Nutrition and Productivity: a. Overview of Nutrition and Productivity	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2
2	Students are able to explain the definition, basic concept, objective, nutrition target and productivity	1. Definition of nutrition and work productivity 2. Basic concept of nutrition and work productivity 3. Objective of nutrition and	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	22x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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1	2	3	4	5	6	7	8	9	10
		work productivity 4. Target of nutrition and work productivity							
3	Students are able to explain nutrition problems in institution especially CED and Obesity	1. CED problems in institution: a. Preface b. CED problem in worker c. Prevention method of CED in worker 2. Obesity problem in institution: a. Preface b. Obesity problem in worker c. Prevention method of	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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<b>Week</b>	<b>Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)</b>	<b>Study Materials</b>	<b>Teaching Methods</b>	<b>Additional Materials for Learning</b>	<b>Meeting Time</b>	<b>Course Objectives</b>	<b>Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)</b>	<b>Mark / Grade / Percentage (%)</b>	<b>Reference Number Ref. (nomor)</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		obesity in worker							
4	Students are able to explain nutrition problems in institution especially anemia	Anemia problem in institution: a. Preface b. Anemia problem in worker c. Assessment method of anemia d. Prevention method and treatment of anemia in worker	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
5	Students are able to explain nutrition problem in institution, especially hypertension, hyper cholesterol, and hyperuricemia	1. Hypertension problem in institution: a. Preface b. Hypertension problem in worker c. Prevention method of hypertension in worker 2. Hyper cholesterol problem in institution: a. Preface b. Hyper cholesterol problem in worker	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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1	2	3	4	5	6	7	8	9	10
		c. Prevention method of hyper cholesterol in worker 3. Hyperuricemia problem in institution: a. Preface b. Hyperuricemia problem in worker c. Prevention method of hyperuricemia in worker							
6	Students are able to explain nutrition problems in pregnant female worker problem	1. Nutrition problem in pregnant female worker: a. Preface	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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1	2	3	4	5	6	7	8	9	10
		b. Problems during pregnancy c. Need for nutrients during pregnancy d. Health service related to reproductive health pre-pregnancy, during pregnancy, and post-pregnancy 2. Nutrition problems during period in female worker: a. Preface b. Problems during period							

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1	2	3	4	5	6	7	8	9	10
		c. Needs for nutrients during period 3. Nutrition problem during breastfeeding in female worker: a. Preface b. Problems during breastfeeding c. Needs for nutrients during breastfeeding							
7	Students are able to explain and analyse nutrition problems in institution	1. Nutrition problems in institution (CED, Obesity) 2. Nutrition problems di institution (Anemia)	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communicati on		1 and 2



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1	2	3	4	5	6	7	8	9	10
		3. Nutrition problems in institution (hypertension, hypercholesterol, hyperuricemia)							
<b>MID-TERM TEST</b>									
8	Students are able to explain need for macro nutrients in worker	1. Carbohydrate: <ol style="list-style-type: none"> <li>Preface</li> <li>Types, sources, functions of carbohydrate</li> <li>Carbohydrate need</li> </ol> 2. Protein: <ol style="list-style-type: none"> <li>Preface</li> <li>Types, sources, functions of protein</li> <li>RDA protein</li> </ol> 3. Fat: <ol style="list-style-type: none"> <li>Preface</li> </ol>	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		b. Types, sources, functions of fat c. Needs for fat							
9	Students are able to explain the need for micro nutrients in worker	1. Water-soluble and fat-soluble: a. Preface b. Types, sources, functions of water-soluble and fat-soluble vitamins c. RDA water-soluble and fat-soluble vitamins 2. Macro and micro minerals: a. Preface b. Types, sources, functions of	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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1	2	3	4	5	6	7	8	9	10
		macro and micro minerals RDA macro and micro minerals							
10	Explain factors of work place that affect nutrition condition of worker	1. Factors of ergonomics: a. Preface b. Types of ergonomics factors c. Method of minimizing the impact of ergonomics factors on worker's nutrition condition 2. Physical factors: a. Preface	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 2

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1	2	3	4	5	6	7	8	9	10
		b. Types of physical factors c. Method of minimizing the impact of physical factors on worker's nutrition condition 3. Chemical factors: a. Preface b. Types of chemical factors c. Method of minimizing the impact of chemical factors on worker's							

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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		nutrition condition							
11	Students are able to explain nutrition of worker in hot and radiated place	1. Nutrition of workers in hot place: <ol style="list-style-type: none"> <li>Environmental factor</li> <li>Job spesific</li> <li>Individual factor</li> <li>Heat related illness</li> <li>Prevention of heat related illness</li> <li>Nutrition in relation to hot working place</li> </ol> 2. Nutrition of worker in radiated place:	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communicati on		1 and 2

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		a.Source of radiation in work place b. Effects of radiated work place c.Controlling of radiated work place							
12	Students are able to explain providing meal in work place	Providing meal in work place: a. Background b. Benefits of providing meal in work place c. Weaknesses of providing meal for workers d. Objective of providing meal for workers	1. Lectures 2. Discussions	LCD, Laptop, and Whiteboard	2x50 minutes	1. Complex thinking 2. Analytical skill	1. Discipline 2. Communication		1 and 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 dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		e. Potential problems in providing meal in institution f. Providing meal as a sub-system g. Types of providing meals in institution h. Sanitation in providing meal i. Field visit to company that provides meal in work place							
13.	Students are able to explain the result of field visit to company that provides meal	Explain the result of field visit to company that provides meal	1. Lectures 2. Discussions	LCD and Whiteboard	2x50 minutes	1. Complex thinking 2. Teamwork	Be able to listen, ask, critically think, argue and appreciate the opinion.		1 and 2

 <b>Universitas Airlangga</b>	<b>SEMESTER LEARNING PLAN</b>		<b>Prepared by</b>	<b>Examined by</b>	<b>Approved by</b>	<b>Document Registration Number</b>
	<b>SLP</b>		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 <sup>st</sup> , 2019	Lailatul Muniroh, SKM.,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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1	2	3	4	5	6	7	8	9	10
							Be able to be involved and initiate the discussion		
FINAL TERM TEST									

### C. REQUIRED TEXTS / REFERENCES / ESSENTIAL READINGS

#### Required Readings :

1. Ira Wolinsky and Judy A Driskell. 2004. Nutrition Ergogenic Aids. CRC Press. Bca Raton
2. Stanton R. 1995. Eating for peak performance, second edition. Allen & Unwin Pte. New South Wales