



Universitas Negeri Surabaya
Faculty of Mathematics and Natural Sciences
Biology Education Undergraduate Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																										
NUTRITION, HEALTH, AND PSYCHOTROPICS	8420502110		T=2	P=0	ECTS=3.18	6	July 18, 2024																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																											
			Dr. Rinie Pratiwi Puspitawati, M.Si.																																											
Learning model	Project Based Learning																																																
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
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	PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 20px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 15px;">1</td> <td style="width: 15px;">2</td> <td style="width: 15px;">3</td> <td style="width: 15px;">4</td> <td style="width: 15px;">5</td> <td style="width: 15px;">6</td> <td style="width: 15px;">7</td> <td style="width: 15px;">8</td> <td style="width: 15px;">9</td> <td style="width: 15px;">10</td> <td style="width: 15px;">11</td> <td style="width: 15px;">12</td> <td style="width: 15px;">13</td> <td style="width: 15px;">14</td> <td style="width: 15px;">15</td> <td style="width: 15px;">16</td> </tr> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Short Course Description	This course teaches about the relationship between nutrition and health by studying water as a source of life, carbohydrates, fats, proteins, vitamins and minerals followed by disorders or diseases that result from a deficiency or excess. This course also teaches anthropometric calculations, preparing a healthy, balanced diet and understanding additives, addictive substances, psychotropic substances and carcinogens and the diseases they cause. This course also discusses a healthy diet associated with immunity. This course is presented in the form of lectures, discussions and group assignments																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Guyton, A.C. 2010. Fisiologi Manusia dan Mekanisme Penyakit . Diterjemahkan oleh Adrianto P. Jakarta: EGC 2. Hadiwiyoto, S. 2014. Keracunan, Alergi, dan Intoleran Makanan . Yogyakarta: Gadjah Mada University Press 3. Juffrie, M. 2010. Alergi Makanan . Cetakan Ketiga. Yogyakarta: Gadjah Mada University Press 4. Lisa, Juliana F.R. & Nengah Sutrisna W.2013. Narkotika, Psikotropika dan Gangguan Jiwa . Jakarta: Muda Medika 5. Muhammad, H.F.L. 2017. Imunologi Gizi . Yogyakarta: Gadjah Mada University Press 6. Sasangka, H. 2003. Narkotika dan Psikotropika . Bandung: Mandar Maju. 7. Susetowati., Faza, F., Andari, I.H. 2017. Gizi pada Penyakit Ginjal Kronis . Yogyakarta: Gadjah Mada University Press 																																																
	Supporters:																																																
Supporting lecturer	Dra. Evie Ratnasari, M.Si. Dr. Nur Kuswanti, M.Sc.St. Erlx Rakhmad Purnama, S.Si., M.Si. Firas Khaleyla, S.Si., M.Si.																																																
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)																																										
		Indicator	Criteria & Form	Offline (offline)	Online (online)																																												
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																										

1	Understand the benefits of water and the disorders/diseases that result from a lack/excess of it	<ol style="list-style-type: none"> 1.Explain the importance of nutrition and health in life 2.Identify diseases or abnormalities in the body's physiology due to excess or lack of water 3.Explain the benefits of water for the body 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
2	Understand the benefits of carbohydrates and the disorders/diseases that result from a deficiency/excess	<ol style="list-style-type: none"> 1.Explain the benefits of carbohydrates for the body 2.Identify diseases or abnormalities in the body's physiology due to excess or lack of carbohydrates 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
3	Understand the benefits of protein and the disorders/diseases that result from a deficiency/excess	<ol style="list-style-type: none"> 1. Explain about protein 2. Explain how to calculate protein needs 3. Identify diseases due to protein deficiency 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
4	Understand the benefits of protein and the disorders/diseases that result from a deficiency/excess	<ol style="list-style-type: none"> 1. Explain about protein 2. Explain how to calculate protein needs 3. Identify diseases due to protein deficiency 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
5	Understand the benefits of fat and the disorders/diseases that result from a lack/excess of it	<ol style="list-style-type: none"> 1. Explain the benefits of fat for the body 2. Identify diseases or abnormalities in the body's physiology due to excess or lack of fat 3. Demonstrate an honest and independent attitude in carrying out tasks that are their responsibility 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
6	Understand the benefits of vitamins and the disorders/diseases that result from a deficiency/excess	<ol style="list-style-type: none"> 1.Explain the benefits of vitamins for the body 2.Identify diseases or body physiology abnormalities due to excess or lack of fat 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%
7	Understand the benefits of minerals and the disorders/diseases that result from a deficiency/excess	<ol style="list-style-type: none"> 1. Explain the benefits of minerals for the body. Identify diseases or abnormalities in the body's physiology due to excess or deficiency of minerals 	Criteria: <ol style="list-style-type: none"> 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20% 	Lectures, discussions and assignments 2 X 50			0%

8	SUB SUMATIVE TEST, 1-MEETING MATERIAL 7		Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	2 X 50			0%
9	Understanding human anthropometry and healthy food menus	1. Describe the definition of anthropometry 2. Explain the benefits of studying anthropometry 3. Explain the methods used in anthropometry. 4. Calculating BMI 5. Determining nutritional status based on BMI. 6. Prepare a report regarding determining the food menu for sufferers of diseases due to deficiencies or excesses of certain nutrients.	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%
10	Understanding human anthropometry and healthy food menus	1. Describe the definition of anthropometry 2. Explain the benefits of studying anthropometry 3. Explain the methods used in anthropometry. 4. Calculating BMI 5. Determining nutritional status based on BMI. 6. Prepare a report regarding determining the food menu for sufferers of diseases due to deficiencies or excesses of certain nutrients.	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%
11	Describe and understand additives	1. Explain additives. 2. Distinguish between natural and synthetic additives	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%
12	Describe and understand addictive and psychotropic substances	1. Explain about addictive substances 2. Explain about psychotropics 3. Explain how to prevent addictive substances and psychotropics	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%
13	Describe and understand carcinogenic substances	1.Explain about carcinogenic substances 2.Explain how to prevent carcinogenic substances	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%

14	Understanding the relationship between diet and immunity in humans	1. Describe the definition of diet correctly 2. Explain the benefits of a healthy diet for the body 3. Connect the relationship between a healthy diet and immunity in humans	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Lectures, discussions and assignments 2 X 50			0%
15	Understand various diseases in the human body related to nutrition	1. Explain various diseases in the human body related to nutrition through presentation assignments	Criteria: 1.Reports and task products weigh 30% 2.USS results weighted 20% 3.US results weighted 30% 4.Participation/activity in learning 20%	Discussion, presentation 2 X 50			0%
16							0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

Notes

- Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- Forms of assessment:** test and non-test.
- Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.