



Universitas Negeri Surabaya
Faculty of Education,
Undergraduate Study Program in Out-of-School Education

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																																																				
Public Health Education	8620502122	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	1	January 6, 2023																																																																																																				
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																																					
	Dr. I Ketut Atmaja Johnny Artha, M.Kes. ; Dr. Soedjarwo, M.S.		Dr. I Ketut Atmaja Johnny Artha, M.Kes			Rivo Nugroho, S.Pd., M.Pd.																																																																																																					
Learning model	Case Studies																																																																																																										
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																																																																										
	PLO-2	Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit																																																																																																									
	PLO-8	Able to design and implement Andragogy-based learning in Non-Formal Education and Community Education																																																																																																									
	PLO-10	Able to communicate both in writing and orally in accordance with academic values, norms and ethics																																																																																																									
	Program Objectives (PO)																																																																																																										
	PO - 1	Able to identify and define the concepts and objectives of public health education																																																																																																									
	PO - 2	Able to study public health and public health business																																																																																																									
	PO - 3	Able to understand and identify public health theories																																																																																																									
	PO - 4	Demonstrate a positive attitude and cooperation to realize non-formal education programs in the field of public health																																																																																																									
	PLO-PO Matrix																																																																																																										
		<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>P.O</th> <th>PLO-2</th> <th>PLO-8</th> <th colspan="4">PLO-10</th> </tr> </thead> <tbody> <tr> <td>PO-1</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-3</td> <td>✓</td> <td></td> <td>✓</td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-4</td> <td></td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>						P.O	PLO-2	PLO-8	PLO-10				PO-1	✓	✓					PO-2	✓	✓	✓				PO-3	✓		✓				PO-4		✓	✓																																																																				
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Short Course Description	This course discusses concepts, knowledge, and healthy attitudes/behaviors for students regarding planning and selecting strategies for health education efforts in the community. Efforts to improve health include promotive, preventive, curative and rehabilitative efforts. Promotive efforts by conducting public health education so that changes in healthy behavior occur. The indicator of success for this course is if students are able to use effective communication with the community in relation to conveying information related to health and education																																																																																																										
References	Main :																																																																																																										

1. Soekidjo, N. 2010. Promosi Kesehatan (Teori dan Aplikasi). Jakarta: Rineka Cipta.
2. White, Kevin. 2011. Pengantar Sosiologi Kesehatan dan Penyakit. Jakarta: Rajawali Pers.
3. Soekidjo, N. 2010. Ilmu Perilaku Kesehatan. Jakarta: PT. Rineka Cipta.
4. Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta.
5. Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka.
6. Soegeng, S. 2007. Kesehatan dan Gizi. Jakarta: UT.

Supporters:

Supporting lecturer

Dr. Soedjarwo, M.S.
Prof.Dr. I Ketut Atmaja Johny Artha, M.Kes.

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	1. Able to identify and define the concepts and objectives of public health education	Students can: Understand the basic concepts of public health education	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, lecture, question and answer assignment, review 2 X 50	Exploration, lecture, question and answer assignment, review 2 X 50	<p>Material: health and society Reference: Soekidjo, N. 2010. <i>Health Promotion (Theory and Application)</i>. Jakarta: Rineka Cipta.</p> <p>Material: study of Indonesian society and healthy habits Reader: White, Kevin. 2011. <i>Introduction to the Sociology of Health and Disease</i>. Jakarta: Rajawali Press.</p> <p>Material: healthy behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i>. Jakarta: PT. Rineka Cipta.</p>	3%
2	Students are able to identify public health studies and public health efforts	1. Explain public health in society. 2. Describe public health efforts	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	<p>Material: health behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i>. Jakarta: PT. Rineka Cipta.</p> <p>Material: kese Bibliography: Sundari, Siti. 2005. <i>Mental Health in Life</i>. Jakarta: Rineka Cipta.</p>	3%

3	Understand and identify theories of healthy behavior	Students can: 1. Explain the definition of healthy behavior 2. Discuss healthy behavior	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	<p>Material: healthy living habits Reference: <i>Pranowo, AJ 2010. Natural Healthy Diet Blood Type. Jakarta: Medjahati Pustaka.</i></p>	3%
4	Students are able to understand and identify health education theories	Students can: 1. Understand the definition of health education. 2. Explain Health Education	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50		<p>Material: healthy food for the community Reference: <i>Soengeng, S. 2007. Health and Nutrition. Jakarta: UT.</i></p> <p>Material: mental health References: <i>Sundari, Siti. 2005. Mental Health in Life. Jakarta: Rineka Cipta.</i></p>	3%
5	Students are able to understand the concept and identify environmental sanitation	Students can: 1. Explain environmental sanitation. 2. Distinguish between physical, mental and social environments.	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50		<p>Material: Perfect nutrition Reference: <i>Soengeng, S. 2007. Health and Nutrition. Jakarta: UT.</i></p>	3%
6	Students are able to understand and identify air pollution	Students can: 1. Explain the definition of air. 2. Differentiate between clean air and polluted air.	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% <p>Form of Assessment : Participatory Activities</p>	exploration, Lecture Question and answer Discussion 2 X 50		<p>Material: basic theories of health Reference: <i>Soekidjo, N. 2010. Health Behavior Science. Jakarta: PT. Rineka Cipta.</i></p>	4%

7	Students are able to understand and identify water and water pollution	Students can: 1. Explain the theory of water; 2. Know the process of water pollution; 3. Understand the principles of water in health and social marketing steps (Social Marketing)	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	<p>Material: manu</p> <p>Bibliography: <i>White, Kevin. 2011. Introduction to the Sociology of Health and Disease. Jakarta: Rajawali Press.</i></p>	3%
8	Students are able to understand and identify extension theory	Students can: 1. Explain the definition of extension. 2. Discuss the steps of extension	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Test</p>	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	<p>Material: the importance of maintaining health</p> <p>Reference: <i>Pranowo, AJ 2010. Natural Healthy Diet for Blood Types. Jakarta: Medjahati Pustaka.</i></p>	20%
9	Midterm exam	all the material that has been discussed	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Participatory Activities</p>	Written test 2 X 50	Written test 2 X 50	<p>Material: public health</p> <p>Reference: <i>Soegeng, S. 2007. Health and Nutrition. Jakarta: UT.</i></p>	4%
10	Students are able to understand and identify changes in behavior	Students are expected to be able to: 1. Explain theories and concepts of health behavior 2. Identify health behavior	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Form of Assessment : Participatory Activities</p>	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion	<p>Material: community mental health</p> <p>References: <i>Sundari, Siti. 2005. Mental Health in Life. Jakarta: Rineka Cipta.</i></p>	4%

11	Students are able to understand the concept and identify healthy lifestyle patterns	1. Understand the theory and concept of healthy lifestyle 2. Identify healthy lifestyle patterns	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Participatory Activities	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	Material: healthy living behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i> . Jakarta: PT. Rineka Cipta.	4%
12	Understand the concept and identification of food sanitation	. 1. Explain the theory and concept of food sanitation. 2. Identify food sanitation	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Participatory Activities	Lecture Question and answer Discussion 2 X 50	Lecture Question and answer Discussion	Material: mental health Reader: Sundari, Siti. 2005. <i>Mental Health in Life</i> . Jakarta: Rineka Cipta.	4%
13	Students are able to understand and identify nutritional food sanitation efforts	1. Explain the theory and concept of food and nutrition sanitation businesses. 2. Identify food and nutrition sanitation businesses	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Participatory Activities	Exploration, Lecture Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion	Material: healthy with a diet Reference: Pranowo, AJ 2010. <i>Natural Healthy Diet for Blood Types</i> . Jakarta: Medjahati Pustaka.	4%
14	Students are able to understand and identify vectors or agents of diseases transmitted from food.	1. Explain the theory and concept of disease vectors/agents contracting from food. 2. Identify disease vectors/agents contracting from food	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Participatory Activities	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	Material: healthy community behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i> . Jakarta: PT. Rineka Cipta.	4%

15	Students are able to understand and identify nutrition	1. Explain the theory and concept of nutrition. 2. Identify nutrition	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Participatory Activities	Exploration, Lecture Question-answer Discussion 2 X 50	Exploration, Lecture Question-answer Discussion 2 X 50	Material: healthy living movement behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i> . Jakarta: PT. Rineka Cipta.	4%
16	Semester exams	All material has been discussed	Criteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Form of Assessment : Test	Written Test 2 X 50	Written Test 2 X 50	Material: healthy living behavior Reference: Soekidjo, N. 2010. <i>Health Behavior Science</i> . Jakarta: PT. Rineka Cipta.	30%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	50%
2.	Test	50%
		100%

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.

