



**Universitas Negeri Surabaya  
Faculty of Sports and Health Sciences,  
Undergraduate Nutrition Study Program**

Document  
Code

## SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Research methodology	1321104066	Compulsory Study Program Subjects	T=4	P=0	ECTS=6.36	5	April 28, 2023
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator		
	Lini Anisfatus Sholihah, S.Gz., M.Sc.		Choirul Anna Nur Affah, S.Pd., M.Si.		Amalia Ruhana, S.P., M.P.H.		

<b>Learning model</b>	<b>Project Based Learning</b>
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<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>	
	<b>PLO-8</b>	Able to master the scientific basis of nutrition, food, biomedicine, humanities and public health sciences.
	<b>PLO-9</b>	Able to have an attitude of belief in the Almighty God, be ethical, disciplined, aware of the law, have a social and cultural insight, and behave professionally.
	<b>PLO-11</b>	Able to solve problems in the field of nutrition by applying scientific thinking concepts and cutting-edge approaches through research, scientific literacy and publications.

<b>Program Objectives (PO)</b>	
<b>PO - 1</b>	Students are able to explain the concept of scientific thinking
<b>PO - 2</b>	Students are able to describe the types and designs of research quantitatively and qualitatively
<b>PO - 3</b>	Students are able to design backgrounds for scientific writing
<b>PO - 4</b>	Students are able to determine and formulate research problems and objectives for scientific writing
<b>PO - 5</b>	Students are able to compile literature reviews or theoretical studies for scientific writing
<b>PO - 6</b>	Students are able to design quantitative research designs in the field of nutrition
<b>PO - 7</b>	Students are able to plan techniques for collecting, analyzing and interpreting research data
<b>PO - 8</b>	Students are able to explain ethical clearance and its procedures
<b>PO - 9</b>	Students are able to design research with a qualitative design
<b>PO - 10</b>	Students are able to demonstrate research proposal seminars

<b>PLO-PO Matrix</b>				
	P.O	PLO-8	PLO-9	PLO-11
	PO-1			
	PO-2			
	PO-3			
	PO-4			
	PO-5			
	PO-6			
	PO-7			
	PO-8			
	PO-9			
	PO-10			

**PO Matrix at the end of each learning stage (Sub-PO)**

	P.O	Week															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		PO-1															
PO-2																	
PO-3																	
PO-4																	
PO-5																	
PO-6																	
PO-7																	
PO-8																	
PO-9																	
PO-10																	

  

<b>Short Course Description</b>	This course examines research paradigms, research approaches, types of research, study of the latest research articles, hypotheses, variables, research designs, research instruments, research techniques, data analysis and interpretation of research results, as well as steps for preparing proposals and research report. This course is presented theoretically and the assignment is to prepare an educational research proposal as the final product of the course.
<b>References</b>	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>1. Notoatmojo, Soekidjo. 2018. Metodologi Penelitian Kesehatan. Penerbit: Rineka Cipta</li> <li>2. Swarjana, I Ketut. 2012. Metodologi Penelitian Kesehatan. Penerbit: CV Andi Offset</li> <li>3. Moleong, Lexy J. 2017 Metodologi Penelitian Kualitatif. Penerbit : Rosda</li> <li>4. Pratiknya, AW. 2010. Metode Penelitian Kesehatan dan Kedokteran. Jakarta: Rajawali Press</li> </ol> <p><b>Supporters:</b></p> <ol style="list-style-type: none"> <li>1. Imron, Ali, dkk. 2022. SINERGI LINTAS SEKTOR DALAM PERCEPATAN PENURUNAN STUNTING DI KABUPATEN NGANJUK, JAWA TIMUR. Media Gizi Indonesia (National Nutrition Journal). 2022.SP(1): 239–243.</li> </ol>
<b>Supporting lecturer</b>	Choirul Anna Nur Afifah, S.Pd., M.Si. Amalia Ruhana, S.P., M.P.H. Ali Imron, S.Sos., M.A. Lini Anisfatus Sholihah, S.Gz., M.Sc.

  

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	<ol style="list-style-type: none"> <li>1. Students undertake a lecture contract and understand the RPS</li> <li>2. Understand the concept of research methodology and types of research</li> </ol>	<ol style="list-style-type: none"> <li>1. Explain the concept of scientific thinking</li> <li>2. Explain the meaning of research methodology</li> <li>3. Explain procedures/stages of scientific thinking in research</li> </ol>	<p><b>Criteria:</b> Activity criteria: good, sufficient, and poor</p> <p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, group discussions, questions and answers and reflections 3 X 50		<p><b>Material:</b> Understanding research methodology <b>References:</b> Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</p> <p><b>Material:</b> Concepts of scientific thinking <b>References:</b> Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</p> <p><b>Material:</b> Scientific thinking <b>Reader:</b> Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</p>	5%

2	Students are able to explain the concept of scientific thinking	<ol style="list-style-type: none"> <li>1.Explain the meaning of research problems</li> <li>2.Explains how to spot problems</li> <li>3.Explains techniques for formulating research problems</li> <li>4.Explains how to determine research objectives and titles</li> </ol>	<p><b>Criteria:</b> Activity criteria: good, sufficient, and poor</p> <p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lecture, question and answer 3 X 50		<p><b>Material:</b> Research problems</p> <p><b>References:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Source of research problem</p> <p><b>References:</b> <i>Practice, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p> <hr/> <p><b>Material:</b> Research objectives</p> <p><b>References:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p>	5%
3	Able to formulate research problems, research titles and objectives, prepare literature/theory studies	<ol style="list-style-type: none"> <li>1.Explain the meaning of research problems</li> <li>2.Explain the source and how to determine the problem</li> <li>3.Identifying, Selecting/Limiting and Formulating problems</li> <li>4.Explaining the Research Objectives</li> <li>5.Explain the Use/Benefits of Research</li> </ol>	<p><b>Criteria:</b> Get maximum marks if students can answer questions correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Lectures, group discussions, and questions and answers 3 X 50		<p><b>Material:</b> Research Methods</p> <p><b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods</p> <p><b>Literature:</b> <i>Moleong, Lexy J. 2017. Qualitative Research Methodology. Publisher: Rosda</i></p> <hr/> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	0%

4	Able to formulate research problems, research titles and objectives, prepare literature/theory studies	<ol style="list-style-type: none"> <li>1.Explain the meaning of research problems</li> <li>2.Explain the source and how to determine the problem</li> <li>3.Identifying, Selecting/Limiting and Formulating problems</li> <li>4.Explaining the Research Objectives</li> <li>5.Explain the Use/Benefits of Research</li> </ol>	<p><b>Criteria:</b> Get maximum marks if students can answer questions correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Lectures, group discussions, and questions and answers 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i></p> <hr/> <p><b>Material: Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	0%
5	Understand variables, measurement methods, research objects in Quantitative Research	<ol style="list-style-type: none"> <li>1.Explain the concept of research variables</li> <li>2.Explain the types of variables</li> <li>3.Explaining the operationalization of research variables: definitions, dimensions (sub-variables), indicators and measurements</li> <li>4.Explains population, sample and sampling techniques, research methods</li> </ol>	<p><b>Criteria:</b> Students will get maximum marks if they can answer questions correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Lectures, group discussions, and questions and answers 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i></p> <hr/> <p><b>Material: Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	5%

6	Understanding Data and Data Collection Techniques	<ol style="list-style-type: none"> <li>1.Explaining Data Types and Sources</li> <li>2.Explain data collection techniques (tools and measurement scales)</li> <li>3.Explaining research instruments (validity and reliability)</li> <li>4.Explaining data processing</li> </ol>	<p><b>Criteria:</b> Students will get maximum marks if they can answer questions correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Lectures, group discussions, and questions and answers 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <hr/> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	5%
7	Understand Data Analysis and Interpretation	<ol style="list-style-type: none"> <li>1.Explaining data analysis</li> <li>2.Explain Hypothesis Testing</li> <li>3.Explaining the Interpretation of Research Results</li> <li>4.Explaining Conclusion Drawing</li> </ol>	<p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, group discussions, and questions and answers 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <hr/> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	5%
8	Midterm exam		<p><b>Form of Assessment :</b> Test</p>	3 X 50			20%

9	Understanding Qualitative research	Introduction to qualitative research characteristics, validity and reliability, sampling, mixed methods, ethical issues	<b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Lectures, discussions and questions and answers 3 X 50		<b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i>  <b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i>	5%
10	Understanding Qualitative research	1. Formulating a qualitative research question 2. Qualitative data collection (FGD, Observation, In-depth Interview)	<b>Criteria:</b> Students will get maximum marks if they can answer questions correctly  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Lectures, discussions and questions and answers 3 X 50		<b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i>  <b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i>	5%
11	Students are able to compile a state of the art research	Accuracy in creating the state of the art of research		Discussion, assignment 3 X 50		<b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i>	5%
12	Students are able to describe respondents or subjects in qualitative research in the field of nutrition	Accuracy in designing the selection of research informants for qualitative research designs	<b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Instructive learning Assignment: Students independently create a plan for selecting 3 X 50 qualitative research informants		<b>Material:</b> Qualitative Research Methods <b>References:</b> <i>Moleong, Lexy J. 2017 Qualitative Research Methodology. Publisher: Rosda</i>	5%

13	Students are able to design data collection techniques for qualitative research in the field of nutrition	<ol style="list-style-type: none"> <li>1.Student accuracy in describing data types and sources</li> <li>2.Student accuracy in data collection techniques (observation, interviews, in-depth interviews)</li> </ol>	<p><b>Criteria:</b> Assessment rubric</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Students independently design data collection techniques for qualitative research 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <hr/> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	5%
14	Students are able to design qualitative research data analysis techniques in the field of nutrition	<ol style="list-style-type: none"> <li>1.Students are able to understand data categorization and index cards</li> <li>2.Students are able to design data triangulation for qualitative research in the field of nutrition</li> </ol>	<p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Students continue to design 3 X 50 qualitative research data analysis techniques		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <hr/> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <hr/> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	5%

15	Proposal Seminar	Proposal Assessment	<p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Seminars, discussions, questions and answers 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	15%
16	Proposal Seminar	Proposal Assessment	<p><b>Criteria:</b> Assessment rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Demonstration, discussion, question and answer 3 X 50		<p><b>Material:</b> Research Methods <b>Literature:</b> <i>Notoatmojo, Soekidjo. 2018. Health Research Methodology. Publisher: Rineka Cipta</i></p> <p><b>Material:</b> Research Methods <b>Literature:</b> <i>Swarjana, I Ketut. 2012. Health Research Methodology. Publisher: CV Andi Offset</i></p> <p><b>Material:</b> <b>Library</b> Research Methods : <i>Practical, AW. 2010. Health and Medical Research Methods. Jakarta: Rajawali Press</i></p>	15%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	17,5%
2.	Project Results Assessment / Product Assessment	52,5%
3.	Practice / Performance	10%
4.	Test	20%
		100%

#### Notes

1. **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.



2. **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.
3. **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.
4. **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.
5. **Indicators for assessing** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities or performance of student learning outcomes accompanied by evidence.
6. **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.
7. **Forms of assessment:** test and non-test.
8. **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.
9. **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.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **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%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.