

	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
Nutrition and Lifestyle	1321102044		T=0	P=0	ECTS=0	6	July 18, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
			Amalia Ruhana, S.P., M.P.H.	
Learning model	Case Studies						
Program Learning Outcomes (PLO)	PLO study program that is charged to the course						
	Program Objectives (PO)						
	PLO-PO Matrix						
		<div style="border: 1px solid black; padding: 5px; display: inline-block;">P.O</div>					
Short Course Description	Discussion of the relationship between nutrition and lifestyle (individual behavior and changes) which are influenced by habits, or environmental factors, due to changes in lifestyle/behavior, and the problems they cause. The learning strategy is carried out by applying a constructivist approach, learning activities are provided by lectures, discussions, giving assignments individually and in groups.						
	References	Main :					
<ol style="list-style-type: none"> 1. Gunarsa, Y.S. dan Gunarsa, S.D. 1998. Psikologi praktis: anak, remaja dan keluarga . Jakarta: BPK Gunung Mulia. 2. Lemberg, R.and Cohn, L. 1999. Eating disorders: areference sourcebook (2 ed). Arizona: The Oryx Press. 3. Mahan, S.E. 2000. Krause's food, nutrition, and diet theraphy (10 ed). Philadelphia: WB Saunders Co. 4. Sumarwan, Ujang. 2011. Perilaku Konsumen Teori dan Penerapannya dalam Pemaasaran . Bogor: Ghalia Indonesia. 5. Damsar. 2002. Sosiologi Ekonomi . Jakarta: Raja Grafindo Persada. 6. Plummer, R. 1983. Life Span Development Psychology: Personality and Socialization . New York: Academic Press. 7. Kotler, Philip dan Armstrong, Gary. 2012. Prinsip-prinsip Pemasaran . Jakarta: Erlangga. 8. Mandey, Silvy L. 2009. Pengaruh Faktor Gaya Hidup Terhadap Keputusan Pembelian Konsumen . Jurnal Vol. 6. No. 1. 9. Nugraheni, P. N. A. 2003. Perbedaan Kecenderungan Gaya Hidup Hedonis Pada Remaja Ditinjau dari Lokasi Tempat Tinggal . Surakarta: Fakultas Psikologi UMS. 							
Supporters:							
Supporting lecturer	Dra. Veni Indrawati, M.Kes. Dra. Rahayu Dewi Soeyono, 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	Able to understand and explain lifestyle	1. Explain the meaning of lifestyle. 2. Explain the importance of lifestyle		Lecture, question and answer 2 X 50			0%
2	Able to understand and explain about body image	1. Explain the meaning of body image 2. Explain the categories of body image 3. Explain the aspects of body image 4. Explain the factors that influence the development of body image.		Lectures, discussions, questions and answers, 2 X 50			0%
3	Understanding about eating disorders	1. Explain the meaning of eating disorder 2. Explain the types of eating disorders 3. Explain the characteristics of eating disorder sufferers		lecture, group discussion, question and answer 2 X 50			0%
4	Understanding about eating disorders	1. explain the causes of eating disorders 2. Explain the impact of eating disorders 3. Explains prevention and treatment of eating disorders		Lectures, discussions and questions and answers 2 X 50			0%
5	Understanding about Fad Diets	1. Explain the background of the Fad Diet 2. Explain the meaning of Fad Diet 3. Explain the various Fad `Diets 4. Explain the characteristics of a Fad Diet		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%
6	Understanding about Fad Diets	1. Explain the background of the Fad Diet 2. Explain the meaning of Fad Diet 3. Explain the various Fad `Diets 4. Explain the characteristics of a Fad Diet		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%
7	Understanding about vegetarianism	1. Explain the meaning of vegetarianism 2. Explain the classification of vegetarians 3. Explain the nutritional implications for vegetarians 4. Explaining the vegetarian diet		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%

8	MIDTERM EXAM			2 X 50			0%
9	Understanding about alcohol consumption	1. Explain the meaning of alcohol consumption 2. Explain about alcohol abuse 3. Explain the effects of alcohol consumption 4. Explain the factors that influence alcohol abuse		lectures, discussions, questions and answers, giving assignments. 2 X 50			0%
10	understand about smoking and vaping	1. Explain the meaning of cigarettes and vape 2. Explain the contents of cigarettes and vape 3. Explain the dangers of smoking and vaping 4. Explain the diseases caused by smoking and vaping 5. Explain why people smoke and vape 6. Explain efforts to prevent smoking and vaping		2 X 50			0%
11	Understand current food trends	1. Explain the meaning of contemporary food 2. Explain the types of contemporary food		Caramah, discussion, question and answer, giving assignments 2 X 50			0%
12	Understand current drink trends	1. Explain the meaning of current drink trends 2. Explain the types of contemporary drinks		lecture, discussion, question and answer, giving assignments 2 X 50			0%
13	Understanding about organic food	1. Explain the meaning of organic food 2. Explain the various types of organic food 3. Explain the benefits of organic food		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%
14	Understanding about physical activity	1. Explain the meaning of physical activity 2. Explain the types of physical activity 3. Explain the factors that influence physical activity 4. Explain the various types of physical activity (exercise and benefits)		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%

15	Understanding about Food supplements	1. Explain the meaning of food supplements 2. Explain the scope of food supplements 3. Explain the benefits of food supplements 4. Explain the types of food supplements 5. Explain how to choose food supplements 6. Explain the standards for consuming food supplements		Lectures, discussions, questions and answers, giving assignments 2 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

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** 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.
- 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.**