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 FACULTY OF MATHEMATICS AND NATURAL SCIENCES
 DEPARTMENT OF MATHEMATICS EDUCATION
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Bachelor of Education in Biology

MODULE HANDBOOK

Module name:	Nutrient and Health
Module level, if applicable:	Undergraduate
Code:	BIP 6235
Sub-heading, if applicable:	-
Classes, if applicable:	-
Semester:	Odd
Module coordinator:	dr. Tutiek Rahayu
Lecturer(s):	dr. Tutiek Rahayu
Language:	Bahasa Indonesia
Classification within the curriculum:	Compulsory subject
Teaching format / class hours per week during the semester:	100 minutes lectures and 120 minutes structured activities per week.
Work load:	Total workload is 91 hours per semester which consists of 100 minutes lectures, 120 minutes structured activities, and 120 minutes individual study per week for 16 weeks.
Credit points:	2 SKS (3 ECTS)
Prerequisites course(s):	-
Program Learning Outcome	PLO 4. Mastering basic Biology and other relevant knowledge with mathematics and natural sciences.
Targeted learning outcomes:	After taking the course, students are expected to be able to: CO1. Identifying nutritional problems in humans. CO2. Explain the classification of food ingredients, nutrient content, nutritional value and life value in daily life. CO3. Explain the needs, adequacy, and malnutrition. CO4. Explain about macronutrients and micronutrients. CO5. Explain and solve problems about diseases and disorders due to nutrient intake and have knowledge about balanced menus. CO6. Apply knowledge about the interaction of nutrients in daily life. CO7. Explain, formulate, design and solve problems about diseases and disorders caused by nutritional interactions that are detrimental to health.

	<p>CO8. Apply knowledge of various research models on nutrition for health as well as explain, formulate, design and solve problems faced around diseases caused by malnutrition.</p> <p>CO9. Explain and resolve problems encountered around diseases and digestive disorders.</p> <p>CO10. Apply knowledge about hypertension.</p> <p>CO11. Explain, formulating, designing, and solving problems about anemia.</p> <p>CO12. Having knowledge about stroke and being able to apply knowledge related to management and prevention.</p> <p>CO13. Apply knowledge about diseases in daily life.</p> <p>CO14. Apply knowledge about epilepsy.</p> <p>CO15. Apply knowledge about spirometry in daily life, able to solve problems faced around diseases and respiratory system disorders.</p>															
Content:	<p>This course discusses the fulfillment of human nutrition in order to maintain health and improve health by managing the environment. This course is also to assist the development of problem-solving skills related to the application of Nutrition and Health in the analysis of health cases relating to the conditions of nutrition acquisition and various diseases that often occur in the population of Indonesia.</p>															
Study/examachievements:	<p>The final mark will be weight as follow:</p> <table border="1"> <thead> <tr> <th>No</th> <th>CO</th> <th>Assessment Object</th> <th>Assessment Technique</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>CO1 to CO15</td> <td>Observed attitudes, knowledge, and skills</td> <td>Survey, test, rubrics and manuals</td> <td>100%</td> </tr> <tr> <td colspan="4" style="text-align: right;">Total</td> <td>100%</td> </tr> </tbody> </table>	No	CO	Assessment Object	Assessment Technique	Weight	1	CO1 to CO15	Observed attitudes, knowledge, and skills	Survey, test, rubrics and manuals	100%	Total				100%
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1	CO1 to CO15	Observed attitudes, knowledge, and skills	Survey, test, rubrics and manuals	100%												
Total				100%												
Forms of media:	Real objects, model, multimedia															
Reference:	<p>Bogert. 2006. <i>Nutrition and Physical Fitness</i>. W.B. Saunders Company, New Yorkidem.</p> <p>Ganong. 1999. <i>Fisiologi Kedokteran</i>. Penerbit Buku Kedokteran EGC. Jakarta.</p> <p>Guyton. 2008 <i>Fisiologi Kedokteran</i>. Penerbit Buku Kedokteran EGC. Jakarta.</p> <p>Marieb, N.M. 2007. <i>Human Anatomy and Physiology</i>. Pearson Education Inc., San Francisco.</p> <p>Soewolo, Basuki S., Yudani, T. 1999. <i>Fisiologi Manusia</i>. IMSTEP JICA, FMIPA UNM, Malang.</p> <p>Stuart and Fax I. 2006. <i>Human Physiology</i>. Mc – Hill, Ney York.</p>															

