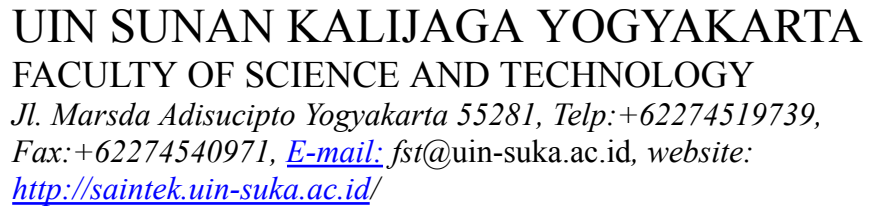


Undergraduate Programme in Biology

Telp : +62274 519739
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MODULE HANDBOOK

Module Name	Nutrition and Health
Module level, if applicable	Bachelor
Code, if applicable	BIO425092
Subtitle, if applicable	-
Courses, if applicable	Nutrition and Health
Semester(s) in which the module is taught	6 th (Sixth)
Person responsible for the module	Siti Fatimah, MPH
Lecturer(s)	Siti Fatimah, MPH
Language	Bahasa Indonesia
Relation to curriculum	Elective course in the fourth year (7 th semester) Bachelor Degree
Type of teaching, contact hours	100 minutes lectures, 120 minutes structured activities, 120 minutes individual study, and 170 minutes practicum per week.
Workload	Total workload is 134 hours per semester, which consists of 100 minutes lectures per week for 16 weeks, 120 minutes structured activities per week, 120 minutes individual study and 170 minutes practicum per week (in total is 16 weeks per semester, including mid exam and final exam).
Credit points	3 credits (4,5 ECTS)
Requirements according to the examination regulations	Students must meet a minimum attendance of 75% of the total meetings to be able to take the final exam
Recommended prerequisites	No prerequisites stated on
Module objectives/intended learning outcomes	After completing this course, the students: CO 1. Students are able to understand the meaning, objectives and scope of health nutrition. CO 2. Students are able to analyze and explain the metabolism of carbohydrates, lipids, proteins, vitamins and minerals. CO 3. Students are able to identify the application of balanced nutrition in society
Content	1. Basic concepts of nutrient metabolism 2. Water and mineral metabolism 3. The role of hormones and enzymes 4. Carbohydrate metabolism 5. Protein metabolism 6. Fat metabolism 7. Metabolism of fat and water soluble vitamins 8. Nutritional Problems in Indonesia (Micro and Macro) 9. Basis for assessing nutritional status



PLO and CO Mapping

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