



POLITEKNIK KESEHATAN TNI AU ADISUTJIPTO YOGYAKARTA
KONTRAK PERKULIAHAN

Nama Dosen Pengampu	dr. MINTORO SUMEGO, MS.	
Mata Kuliah	Gerakan Raga dan Kedingaultaraan.	
Kelas		
Program Studi	OTI	
Semester	Empat.	
Tahun Akademik	2023/2024	
Mekanisme Penilaian		Ketentuan lain yang harus dipenuhi
Item Penilaian	Bobot	1. Kehadiran kuliah teori mahasiswa minimal 75% dari total tatap muka. 2. Kehadiran kuliah praktek mahasiswa 100%. 3. Seluruh tugas harus dikumpulkan. 4. 5. 6. 7.
- Ujian Akhir%	
- Ujian Tengah Semester%	
- Tugas/Kuis%	
- Kehadiran%	
- Sikap%	
-%	
-%	
-%	
TOTAL	100%	
Hal- hal yang perlu disampaikan		

Yogyakarta,

Perwakilan Mahasiswa


(Saeful Anwar)

Dosen Pengampu


(dr. MINTORO SUMEGO, MS)

POLITEKNIK KESEHATAN TNI U ADISUTJIPTO

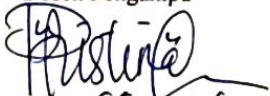
CATATAN KEGIATAN PROSES PEMBELAJARAN

Mata Kuliah/Kode MK/SKS
Semester/Tahun Ajaran
Prasyarat dari Mata Kuliah
Dosen dan Paraf Dosen
Prodi / Kelas
Jumlah Mahasiswa

mahasiswa

Minggu Ke	Rencana Program (sesuai RPP/silabus)	Pelaksanaan			Tugas dan Bobot	Jumlah Mahasiswa	Paraf Dosen	Paraf Mahasiswa
		Tanggal	Jam	Materi Kegiatan				
-1	-2	-3	-4	-5	-6	-7	-8	-9
1	Atmosfir dan topografi	28-2-2023	09.00-11.40	Ceramah video			ny	A
2	Spatial Orientation	7-3-2023	09.00-11.30	Ceramah video			ny	A
3	Force	14-3-2023	09-00-11.30	Ceramah			ny	A
4	Teknologi gizi pada	21-3-2023	—	Ceramah			ny	A
5	kebutuhan gizi pada	28-3-2023	—	Ceramah			ny	A
6	Masalah gizi pangan	4-4-2023	09.00-11.30	Ceramah			ny	A
7	Penyenggaraan gizi	11-April 2023	09.00-11.30	Ceramah			ny	A
UTS								
9	Pengantar Gizi Olahraga	9 Mei 2023	09.00-11.30	Pengantar Gizi Olahraga			ny	A
10	Sistem energi pada atlet	30 Mei 2023	09.00-11.30	Sistem Energi Atlet			ny	A
11	Pengukuran Antropometri atlet	30 Mei 2023	13.00-15.30	Antropometri Atlet			ny	A
12	Zat Gizi Atlet	6 Juni 2023	09.00-11.30	Zat Gizi Atlet			ny	A
13	Penyelenggaraan Mak. Atlet	6 Juni 2023	13.00-15.30	Peny. Mak. Atlet			ny	A
14	Suplementasi Atlet	13 Juni 2023	09.00-11.30	Suplementasi Atlet			ny	A
15	Gangguan Makan Atlet	13 Juni 2023	13.00-15.30	Gang. Mak. Atlet			ny	A
UAS								

Dosen Pengampu


(Pristina A.R. S.Gz., M.Gizi)

Mengetahui,
Kepala Bagian Administrasi Akademik



Nanik Suwarnik, SKM
011808008



YAYASAN ADI UPAYA (YASAU) POLITEKNIK KESEHATAN TNI AU ADISUTJIPTO

Jalan Majapahit (Janti) Blok R Lanud Adisutjipto Yogyakarta
Website: poltekkesadisujipto.ac.id, Email : admin@poltekkesadisujipto.ac.id



POLTEKES ADISUCIPTO

DAFTAR HADIR PESERTA KULIAH

Mata Kuliah : [GZ322/C2B] Gizi Olahraga dan Kedirgantaraan
Jadwal : Selasa, 09:00 - 11:40, C2.B
Dosen Pengasuh : PRISTINA ADI RACHMAWATI
dr. Mintoro Sumego, MS

Semester : Semester Genap 2022/2023
Jumlah Peserta : 15

NO.	NO. INDUK	NAMA	TANGGAL & PARAF MAHASISWA																
			20/2	21/2	22/2	23/2	24/2	25/2	26/2	27/2	28/2	29/2	30/2	31/2					
1	21220001	CUT NABILA ARVIE ARDIANA PUTRI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
2	21220002	ANNISA FARAS MAHARANI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
3	21220003	CINTIA AGNES PRASTIWI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
4	21220005	BAMBANG PAMUNGKAS	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
5	21220006	WENI ROFIFAH NUR AINI SUNITA	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
6	21220007	M. AZIZ SETIAWAN	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
7	21220008	KURNIA RESTI WARDANI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
8	21220009	PUTRA BUWANA SANHUDI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
9	21220010	INTAN APRILIA KISWARDANI	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
10	21220011	KING ABDUL AZIZ	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
11	21220012	NICO CAHYA WAHYU SYAHPUTRO	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
12	21220013	FAZA FAUZIAH AZ ZAHRO	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
13	21220014	ZAINAL	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
14	21220015	SAEFUL ANWAR	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
15	21220016	MUKHAMAD ANDRIE YULIANTO	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
PARAF DOSEN			[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]

PERHATIAN :

- Mahasiswa Dilarang Menambah Nama Pada Lembar Absen Yang Telah Disediakan
- Mahasiswa Yang Tidak Mengumpulkan Kartu Rencana Studi Tidak Berhak Mengikuti Perkuliahan
- Mahasiswa Yang Namanya Tidak Tercantum Dalam Lembar Absen Kehadirannya Dianggap Alpa
- Kehadiran Kurang Dari 75% Mahasiswa Tidak Dapat Mengikuti Ujian Semester

Yogyakarta,
Ketua program Studi

NIDN.