



POLITEKNIK KESEHATAN TNI AU ADISUTJIPTO YOGYAKARTA
KONTRAK PERKULIAHAN

Nama Dosen Pengampu	1. MARISA ELFINA, S.T. Gizi, M. Gizi 2. PRISTINA ADI RACHMAWATI, S. Gz., M. Gizi	
Mata Kuliah	KONSELING GIZI	
Kelas	D105	
Program Studi	DIII GIZI	
Semester	IV (EMPAT)	
Tahun Akademik	2024 / 2025	
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	...30.....%	
- Ujian Tengah Semester	...30.....%	
- Tugas/Kuis	...20.....%	
- Kehadiran	...10.....%	
- Sikap	...10.....%	
-	%	
-	%	
-	%	
TOTAL	100%	
Hal-hal yang perlu disampaikan		

Yogyakarta, 3 Maret 2025

Perwakilan Mahasiswa

(SHELLA DANIAK A)

Dosen Pengampu

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



YAYASAN ADI UPAYA (YASAU)
POLITEKNIK KESEHATAN TNI AU ADISUTJIPTO

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



DAFTAR HADIR PESERTA KULIAH

ata Kuliah : [GIZ-544/A] Konseling Gizi
adwal : Senin, 08:00 - 12:10, G105
osen Pengasuh : MARISA ELFINA
PRISTINA ADI RACHMAWATI

Semester : Semester Genap 2024/2025
Jumlah Peserta : 25

NO. INDUK	NAMA	TANGGAL & PARAF MAHASISWA																								
		3/25	10/25	11/25	12/25	1/26	2/26	3/26	4/26	5/26	6/26	7/26	8/26	9/26	10/26	11/26	12/26	1/27	2/27	3/27	4/27	5/27	6/27	7/27	8/27	9/27
23220001	MUTIARA DESTIN PARENDRA																									
23220002	NATASYA KRISTINA IYUNG KIYEN																									
23220003	SEPTI SUSILOWATI																									
23220004	NADIRA APRIANA DEWI																									
23220005	DESTILA ARUM DELIMA																									
23220006	AWALIA KHOIRUN NISA																									
23220008	NAJWA LATIFAH																									
23220009	MUHAMMAD FARHAN ARIZA																									
23220010	LAELI PURNAMA SARI																									
23220011	LATHIFAH NURAINI																									
23220012	SALMA AZZAHRA PUTRI SUSENO																									
23220013	SANIA SALSABILLA YONANDA																									
23220015	FASYA NANDA ALIYYAH																									
23220016	HELEN RISKI PURNAMA NOVITA PUTRI HARIAWATI																									
23220017	BUDI TRIKUSWORDO																									
23220018	ALBERTUS FAJAR KRISMAHENDRA																									
23220019	RIDHO HANDI WITRIATMOKO																									
23220020	ANGGI KHOIRUL 'UMAH																									
23220021	WAHYUDHY RAMADHAN																									
23220022	MUHAMMAD AMIN																									
23220023	REVA PERMATA PUTRI																									
23220024	BAMBANG INDRA PRANATA																									
23220025	SHELLA DANIAN AL FITRI																									
23220026	ANANDITA PUTRI ANDRIYANI																									
23220027	GINADA DWI WAHYUDIANTARI																									
PARAF DOSEN																										

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

Yogyakarta,
Ketua program Studi

NIDN.

PEMBELAJARAN

Semester / Tahun Ajaran
Prasyarat dari Mata Kuliah
Dosen dan Paraf Dosen
Kelas
Jumlah Mahasiswa

2024 / 2025

25

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	Konsep Konseling Gizi	3 Maret 2025	08.00 - 12.10	Konsep Konseling Gizi		23	ip	Amab
2	Prosedur Konseling Gizi	10 Maret 2025	08.00 - 12.10	Prosedur Konseling Gizi		23	ip	Amab
3	Teori e Cognitive Behaviour	17 Maret 2025	08.00 - 12.10	Teori Cognitive Behaviour		2	ip	Amab
4	Teori health belief model	24 Maret 2025	08.00 - 12.00	Teori health belief model		23	ip	Amab
5	Teori social learning	14 April 2025	08.00 - 12.10	Teori social learning		23	ip	Amab
6	Strategies of Nutrition Counseling	21 April 2025	08.00 - 12.10	Strategies Counseling		24	ip	Amab
7	Strategies of Nutrition Counseling	28 April 2025	08.00 - 12.10	Strategies Counseling		24	ip	Amab
UTS								
9	Strategies of Nutrition Counseling		08.00 - 12.10	Strategies Counseling		24	ip	Amab
10	Motivational Strategies	26 Mei 2025	08.00 - 12.10	Motivational Strategies		23	ip	Amab
11	Motivational Strategies	2 Juni 2025	08.00 - 12.10	Motivational Strategies		23	ip	Amab
12	Evaluation & Follow up	9 Juni 2025	08.00 - 12.10	Evaluation & Follow up		25	ip	Amab
13	Kemampuan berpikir kritis	16 Juni 2025	08.00 - 12.10	Kemampuan berpikir kritis		22	ip	Amab
14	Studi kasus	23 Juni 2025	08.00 - 12.10	Studi kasus		25	ip	Amab
15	Studi kasus	30 Juni 2025	08.00 - 12.10	Studi kasus		22	ip	Amab
UAS								

Dosen Pengampu


(Pristina Adi R. S.Gz. M. Gizi.)

Mengetahui,
Kepala Bagian Administrasi Akademik


Nanik Suwarnik, SKM
11808008



YAYASAN ADI UPAYA (YASAU)
POLITEKNIK KESEHATAN TNI AU ADISUTJIPTO

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



DAFTAR HADIR PESERTA PRAKTIKUM D3 GIZI

Mata Kuliah : Konseling Gizi
Jadwal : Senin
Dosen Pengampu : Marisa Elfina, S.T.Gizi, M.gizi.
Pristina Adi Rachmawati, S.Gz., M.Gizi.

Semester : IV (TA 2024/2025)
Jumlah Peserta : 25

NO.	NO. INDUK	NAMA	TANGGAL & PARAF MAHASISWA																									
			3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8
1	23220001	MUTIARA DESTIN PARENDRA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
2	23220002	NATASYA KRISTINA IYUNG KIYEN	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
3	23220003	SEPTI SUSILOWATI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
4	23220004	NADIRA APRIANA DEWI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
5	23220005	DESTILA ARUM DELIMA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
6	23220006	AWALIA KHOIRUN NISA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
7	23220008	NAJWA LATIFAH	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
8	23220009	MUHAMMAD FARHAN ARIZA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
9	23220010	LAELI PURNAMA SARI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
0	23220011	LATHIFAH NURAINI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220012	SALMA AZZAHRA PUTRI SUSENO	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
2	23220013	SANIA SALSABILLA YONANDA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
3	23220015	FASYA NANDA ALIYYAH	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
4	23220016	HELEN RISKI PURNAMA NOVITA PUTRI HARIAWATI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
5	23220017	BUDI TRIKUSWORO	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
5	23220018	ALBERTUS FAJAR KRISMAHENDRA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
7	23220019	RIDHO HANDI WITRIATMOKO	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220020	ANGGI KHOIRUL 'UMAH	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220021	WAHYUDHY RAMADHAN	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220022	MUHAMMAD AMIN	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220023	REVA PERMATA PUTRI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220024	BAMBANG INDRA PRANATA	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
1	23220025	SHELLA DANIAN AL FITRI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
24	23220026	ANANDITA PUTRI ANDRIYANI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
25	23220027	GINADA DWI WAHYUDIANTARI	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On
PARAF DOSEN			On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On	On

PERHATIAN:

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

Yogyakarta,
Ketua Program Studi

NIDN.



Tahun Akademik : 2024/2025 (Semester Genap)
Prodi : DIII G121
Mata Praktikum : KONSELING GIZI
Nama Dosen : 1. PRISTINA ADIRACHMAWATI, S.G2., M.G121
2. MARISA ELFINA, ST. G121, M.G121.

ABSENSI DOSEN PENDAMPING PRAKTIKUM

No	Tanggal	Judul Praktikum	Waktu	Sesi	Dosen Praktikum	Paraf
1	3/3/2025	konsep konseiling gizi	08.00-12.10		Pristina Adirachmawati	yi
2	10/3/2025	Prosedur konseiling gizi	08.00-12.10		Pristina Adirachmawati	yi
3	17/3/2025	Teori cognitive Behavioral	08.00-12.10		Pristina Adirachmawati	yi
4	24/3/2025	Teori health belief model	08.00-12.10		Marisa Adirachmawati	ti
5	14/4/2025	Teori: social learning theory approach	08.00-12.10		Marisa ELFINA	ti
6	21/4/2025	Strategies of nutrition Counseling	08.00-12.10		Marisa ELFINA	ti
7	28/4/2025	Strategies of nutrition Counseling	08.00-12.10		Marisa ELFINA	ti
8		UTS				
9	19/5/2025	Strategies of nutrition Counseling	08.00-12.10		MARISA ELFINA	ti
10	26/5/2025	Motivational Strategies	08.00-12.10		Pristina Adirachmawati	yi
11	2/6/2025	Motivational Strategies	08.00-12.10		Pristina Adirachmawati	yi
12	9/6/2025	Evaluation & Follow-up	08.00-12.10		Marisa ELFINA	ti
13	16/6/2025	kemampuan berpikir kritis	08.00-12.10		Pristina Adirachmawati	yi
14	23/6/2025	Studi kasus	08.00-12.10		Pristina Adirachmawati	yi

Mengetahui,
Ka. Laboratorium terpadu

Dr. apt. Nunung Priyatni W, M.Biomed