



Satuan Acara Pengajaran

NSIK600312 - Promosi Kesehatan

Pengajar

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Dr. Enie Novieastari S.Kp., MSN

Dr. Sigit Mulyono S.Kp., M.N.

Minggu 1

Materi	<ol style="list-style-type: none">1. Pengertian promosi kesehatan2. Persamaan dan perbedaan health promotion dan health protection3. Perbedaan Health and wellness4. Dimensi promosi kesehatan: individual, family, komuniti, lingkungan, dan society wellness5. Faktor factor resiko kesehatan : herediter, lingkungan, dan gaya hidup hambatan/barier perilaku sehat6. Promosi kesehatan dalam kontek pelayanan primer (PHC)7. Promosi kesehatan dalam keperawatan
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Media	TOA, komputer, LCD
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Referensi	<ol style="list-style-type: none">1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
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Aktivitas	Penjelasan Silabus Diskusi / Review /Brainstorming Penjelasan Latihan 1
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Minggu 2

Materi	<ol style="list-style-type: none">1. Konsep dan teori promosi kesehatan2. Prinsip promosi kesehatan3. Konseptual model PRECEDE-PROCEED4. Diagnosis dan interventervensi promosi kesehatan
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Media	TOA, komputer, LCD
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Referensi	<ol style="list-style-type: none">6. Ayers, M., Bruno, A>A dan Langford, R.W. (1999) Community-Based Nursing Care, St. Louis: Mosby, Ch.5.7. Eldemen, C L.and Mandle C L.(2006) Health Promotion throughout the Life Span, St Louis: Mosby8. Bracht, N (ed) (1999) Health Promotion at the Community level 2, Thousand Oaks, London: Sage Publications9. Nies Mary A and McEwen M. (2007). Community/Public Health Nursing Promoting The Health of Populations (4ed).10. Hawe, P., Degeling, D. dan Hall, j. (1999) Evaluating Health Promotion, Sydney; McLennan and Petty.
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Aktivitas	Latihan 1 (term 1) Presentasi ,Diskusi
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Minggu 3

Materi	<ol style="list-style-type: none">1. Konsep dan teori promosi kesehatan2. Prinsip promosi kesehatan3. Konseptual model PRECEDE-PROCEED4. Diagnosis dan interventervensi promosi kesehatan
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Media	TOA, komputer, LCD
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Referensi

Aktivitas	Presentasi ,Diskusi Latihan 1 (term 2) Penjelasan latihan 2 untuk minggu berikutnya
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Minggu 4

Materi Masalah promosi kesehatan dalam rentang kehidupan (healthth promotion in life span)
2. Masalah promosi kesehatan pada penyakit tidak menular
3. Masalah promosi kesehatan pada seting kesehatan kerja
4. Masalah promosi kesehatan pada populasi rentan

Media TOA, komputer, LCD

Referensi 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA

Aktivitas Latihan 2 (term1)
Presentasi, Diskusi

Minggu 5

Materi 1. Masalah promosi kesehatan dalam rentang kehidupan (healthth promotion in life span)
2. Masalah promosi kesehatan pada penyakit tidak menular
3. Masalah promosi kesehatan pada seting kesehatan kerja
4. Masalah promosi kesehatan pada populasi rentan

Media TOA, komputer dan LCD

Referensi 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA

Aktivitas Presentasi, Diskusi
Latihan 2 (term 2)

Minggu 6

Materi Praktikum Lapangan menganalisa masalah promosi kesehatan

Media TOA, Komputer dan LCD

Referensi

1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA

Aktivitas Presentasi, Diskusi
Latihan 2 (term 3)

Penjelasan latihan 3 untuk minggu berikutnya

Minggu 7

Materi Praktikum Lapangan menganalisa masalah promosi kesehatan

Media TOA, Komputer dan LCD

Referensi

1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA

Aktivitas	Latihan 3 Discoveri learning: Melakukan analisa kebutuhan promosi kesehatan pada kelompok masyarakat/ agregat Penjelasan Latihan 4 untuk Minggu Berikutnya
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Minggu 8

Materi	Ujian Tengah Semester
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Media	Toa, Soal
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Referensi	<ol style="list-style-type: none"> 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell. 2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco 3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA 4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley 5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas	Ujian
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Minggu 9

Materi	<ol style="list-style-type: none"> 1. Strategi promosi kesehatan 2. Teknik promosi kesehatan
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Media	TOA, Komputer dan LCD
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Referensi	<ol style="list-style-type: none"> 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell. 2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco 3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA 4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley 5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas	Diskusi dan presentsi latihan 4
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Minggu 10

Materi	<ol style="list-style-type: none">1. Jenis media dan teknologi dalam promosi kesehatan2. Prinsip prinsip pemilihan dan penggunaan Media3. Pembuatan media promosi kesehatan4. Pendidikan Kesehatan Komunikasi dalam promosi kesehatan
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Media	TOA, Komputer dan LCD
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Referensi	<ol style="list-style-type: none">1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas	Ceramah dan Diskusi (Dosen Tamu) Penjelasan Latihan 5
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Minggu 11

Materi	<ol style="list-style-type: none">1. Latihan fisik dan kesehatan2. Nutrisi dan kesehatan3. Manajemen stres Mengidentifikasi dukungan sosial
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Media	TOA, Komputer dan LCD
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Referensi	<ol style="list-style-type: none">1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas Presentasi Diskusi /
Latihan 5 (term 1)
Presentasi Diskusi /
Latihan 5 (term 2)

Minggu 12

Materi 1. Latihan fisik dan kesehatan
2. Nutrisi dan kesehatan
3. Manajemen stres
Mengidentifikasi dukungan sosial

Media TOA, Komputer dan LCD

Referensi 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley

Aktivitas Presentasi Diskusi /
Latihan 5 (term 2)

Minggu 13

Materi Kebijakan dan program promosi kesehatan nasional

Media TOA, Komputer dan LCD

Referensi 1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley

Aktivitas Ceramah
Dosen Tamu
Penjelasan Latihan 6

Minggu 14

Materi

1. Pengkajian dan analisa masalah promosi kesehatan (riwayat kesehatan, keyakinan sehat (health beliefs) dan perilaku sehat dalam konteks individu, keluarga dan komunitas) Melanjutkan kajian latihan 3
2. Konseptual model dalam perencanaan promosi kesehatan
3. Rencana Implementasi
4. Proses perencanaan dalam pencegahan kesehatan dan promosi kesehatan
5. Riset dalam promosi kesehatan

Media TOA, Komputer dan LCD

Referensi

1. Wills, Jane, & Sons (2014) Fundamentals of health promotion for nurses (2ed). Wiley Blackwell.
2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). Jossey-Bass: San Francisco
3. Gullotta Thomas P. & Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA

Aktivitas Ceramah dikusi
Latihan 6
Penjelasan latihan 7

Minggu 15

Materi Model evaluasi program promosi kesehatan

Media TOA, Komputer dan LCD

- Referensi**
1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
 2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
 3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
 4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
 5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas Latihan 7
Presentasi
Diskusi

Minggu 16

Materi Ujian Akhir Semester

Media Soal Ujian, Toa

- Referensi**
1. Wills, Jane, & Sons (20014) Fundamentals of health promotion for nurses (2ed).Wiley Blackwell.
 2. Salazar, Laura Francisca, Crosby, Richard A., DiClemente, Ralph J. (2015) Research methods in health promotion (2ed). ossey-Bass: San Francisco
 3. Gullotta Thomas P.& Bloom Martin (2014) Encyclopedia of Primary Prevention and Health Promotion, Child & Family Agency of Southeastern Connecticut (2ed) New London, CT, USA
 4. FERTMAN CARL I. & ALLENSWORTH DIANE D (2010) . HEALTH PROMOTION PROGRAMS San Francisco; Jossey-Bass A Wiley
 5. Adam Roar (2011). Planning in Health Promotion work. Roughtledge USA
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Aktivitas Ujian
