



SERTIFIKAT

CERTIFICATE

NO. 120/PP-ISNA/SERT/XII/2025

Diberikan kepada
Has given to

Pramitha Sari, S.Gz., Dietisien, M.H.Kes.

Sebagai peserta dalam kegiatan
As a participant in the program

Pelatihan Tenaga Keolahragaan Bidang Gizi Olahraga Tingkat Dasar
Basic Level Training for Sports Personnel in Sports Nutrition

yang diselenggarakan oleh Kementerian Pemuda dan Olahraga Republik Indonesia bekerja sama
dengan Pengurus Pusat Indonesia Sport Nutritionist Association (ISNA)
*held by the Ministry of Youth and Sports of the Republic of Indonesia in collaboration with the
Indonesia Sport Nutritionist Association (ISNA)*

Dilaksanakan pada tanggal 1 Desember s.d. 6 Desember 2025
Conducted from 1 December to 6 December 2025

Ketua Pengurus Pusat
Chairman of
Indonesia Sport Nutritionist Association



Dr. Mirza Hapsari Sakti Titis Penggalih, S.Gz., MPH., RD

Pelatihan Tenaga Keolahragaan Bidang Gizi Olahraga Tingkat Dasar

Basic Level Training for Sports Personnel in Sports Nutrition

Hotel Aryaduta Lippo Village, Tangerang, tanggal 1 s.d. 6 Desember 2025

Aryaduta Hotel Lippo Village, Tangerang, 1 to 6 September 2025

No.	Mata Pelatihan <i>Training Subjects</i>	Alokasi Waktu <i>Time Allocation</i>			
		T	P	PL	JPL
1	Topik: Organisasi Keolahragaan <i>Topic 1: Sports Organizations</i>	1.0			1.0
2	Topik 2: Mengenal Organisasi ISNA <i>Topic 2: Introduction to ISNA Organization</i>	1.0			1.0
3	Topik 3: Psikologi Atlet <i>Topic 3: Athlete Psychology</i>	1.5			1.5
4	Topik 4: Performa Atlet Berkaitan dengan Kesehatan <i>Topic 4: Health-related Performance on Athlete</i>	1.5			1.5
5	Topik 5: Performa Atlet Berkaitan dengan Keterampilan <i>Topic 5: Skill-related Performance on Athlete</i>	1.5			1.5
6	Topik 6: Pengukuran Antropometri pada Atlet <i>Topic 6: Anthropometric Assessment on Athlete</i>	1.5	2.0	2.0	5.5
7	Topik 7: Pengukuran Biokimia Darah dan Urin pada Atlet <i>Topic 7: Blood and Urine Biochemical Assessment on Athlete</i>	1.5	1.0	1.0	3.5
8	Topik 8: Pemeriksaan Fisik-Klinis dan Medical Condition Test pada Atlet <i>Topic 8: Physical-Clinical Examination and Medical Condition Test on Athlete</i>	1.5	1.0	1.0	3.5
9	Topik 9: Pemeriksaan Status Hidrasi pada Atlet <i>Topic 9: Hydration Status Assessment on Athlete</i>	1.5	1.0	1.0	3.5
10	Topik 10: Asesmen Asupan dan Perhitungan Kebutuhan Energi pada Atlet <i>Topic 10: Dietary Intake Assessment and Energy Requirement Calculation on Athlete</i>	1.5	2.5	2.0	6.0
11	Topik 11: Penyelenggaraan Makanan pada Atlet <i>Topic 11: Food Service Management on Athlete</i>	1.0	1.0	1.0	4.5
Total JPL Pelatihan Tingkat Dasar (Total Basic Level Training Hours)		15.5	8.5	8.0	32.0

Notes: JPL = Training Hours (1 JPL = 60 minutes); T = Theory; P = Practical Session; PL = Applied Practice