

KEBIJAKAN KURIKULUM PENDIDIKAN GIZI DI BIDANG GIZI OLAHRAGA DAN KEBUGARAN*Nutritional Education Curriculum Policy in The Field of Sports Nutrition and Fitness***Prof. Dr. Ir. Hadi Riyadi, MS, Budi Setiawan, M.Sc, PhD**

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ABSTRACT

Currently sports are growing rapidly and are needed in the field of sports work around the world. This rapid development occurs because more and more research shows the important role of nutrition in maintaining and improving athlete performance. The scope of education for the Association of Indonesian Nutrition Higher Education Institutions (AIPGI) ranges from undergraduate academic education (S1) to stratum 3 (S3), as well as professional education. Until now, it has not been established and there is no specific curriculum for nutrition education in sports. Now there are only sports nutrition courses at undergraduate and postgraduate levels in several tertiary institutions, as well as professional education. In S1 education the scope of competence includes 3 areas, namely; clinical nutrition, community nutrition, and food management. The field of sports nutrition has competence across these areas. Sports nutritionists must have community nutrition competencies to handle healthy athletes who are in training institutions, as well as food management competencies to provide diet or food for athletes. Therefore it is possible that a special competency area will be created for the field of sports nutrition, and will follow the IQF (levels 6-9). Future plans will develop a special education curriculum in the field of sports nutrition in academic education and professional education. The development of professional education in the future is that a Registered Dietitian (RD) can obtain additional degrees or certificates in the specialist practice area (special practitioner), in this case a Registered Dietitian (RD) who focuses on one area of dietetics, such as a Specialist in Sports Dietetics (CSSD). Therefore, it is necessary to develop specialist education for the dietitian profession, including professional education for sports specialist dietitians (SP1; KKNi Level 8) and sub-specialists for certain sports (SP2; KKNi Level 9).

ABSTRAK

Saat ini olahraga semakin berkembang pesat dan dibutuhkan di bidang pekerjaan keolahragaan di seluruh dunia. Perkembangan pesat ini terjadi karena semakin banyak riset yang menunjukkan peran penting gizi dalam mempertahankan dan meningkatkan performa atlet. Pendidikan lingkup Asosiasi Institusi Pendidikan Tinggi Gizi Indonesia (AIPGI) adalah mulai dari pendidikan akademik strata 1 (S1) sampai strata 3 (S3), serta pendidikan profesi. Sampai saat ini belum menetapkan dan belum ada kurikulum khusus pendidikan gizi di bidang olahraga. Sekarang baru ada mata kuliah gizi olahraga pada jenjang S1 dan S2 di beberapa Perguruan Tinggi, serta pendidikan profesi. Pada pendidikan S1 lingkup kompetensi meliputi 3 area, yaitu; gizi klinik, gizi masyarakat, dan manajemen makanan. Bidang gizi olahraga memiliki kompetensi lintas area tersebut. Ahli Gizi olahraga harus memiliki kompetensi gizi masyarakat untuk menangani atlet yang sehat dan berada dalam lembaga pelatihan, serta kompetensi manajemen makanan untuk menyediakan diet atau makanan bagi para atlet. Oleh karena itu kemungkinan akan dibuat area kompetensi khusus bagi bidang gizi olahraga, dan akan mengikuti KKNi (level 6-9). Rencana kedepan akan dikembangkan kurikulum khusus Pendidikan di bidang gizi olahraga pada pendidikan akademik dan pendidikan profesi. Pengembangan pendidikan profesi kedepan adalah seorang Registered Dietisien (RD) bisa mendapatkan gelar atau sertifikat tambahan pada area spesialisasi praktiknya (spesial praktisi), dalam hal ini seorang Registered Dietisien (RD) yang fokus terhadap satu bidang dietetik, seperti *Specialist in Sports Dietetics* (CSSD). Oleh karena itu perlu dikembangkan pendidikan spesialis untuk profesi Dietisien, diantaranya pendidikan profesi Dietisien spesialis Olahraga (SP1; KKNi Level 8) maupun sub-spesialis untuk cabang olahraga tertentu (SP2; KKNi Level 9).

