

Staff Handbook

Name	Mirza Hapsari Sakti Titis Penggalih		
Post	Sport Nutrition		
Academic career	Initial academic appointment	Institution	Year
	Doctorate (Nutrition and Health)	Universitas Gadjah Mada	2017
	Master (Nutrition and Health)	Universitas Gadjah Mada	2011
	Internship (Dietitian)	Universitas Gadjah Mada	2007
	Bachelor (Nutrition and Health)	Universitas Gadjah Mada	2005
	Diploma (Clinical Nutrition)	Universitas Gadjah Mada	2002
Employment	Position	Employer	Period
	Lecturer	Department of Health Nutrition, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada	2007 - now
Research and development projects over the last 5 years	<ol style="list-style-type: none"> 1. Study of Physical Activity, Sleep Quality, and Consumption of Sugar-Sweetened Drinks in PPLP and SKO Athletes. 2022. Collaboration with Ministry of Youth and Sports. Financing amount Rp 15.000.000. 2. Effectiveness of Nutrition Program on Hemoglobin Improvement at SMANOR Sidoarjo. 2022. Collaboration with Universitas Negeri Surabaya. Financing amount Rp 50.000.000. 3. Model of Nutritionists Employment as Sport Team at SMANOR Sidoarjo. 2021. Collaboration with Universitas Negeri Surabaya. Financing amount Rp 50.000.000. 4. Consumption Patterns, Physical Activity, Sleep Quality during the COVID-19 Pandemic in PPOP DKI Jakarta Athletes. 2021. Collaboration with PPOP DKI Jakarta. Financing amount Rp 15.000.000. 5. Policy Study Implementation on The Placement of Nutritionist in The Ministry of Youth and Sports of the Republic of Indonesia in order to Support National Athlete Performance. 2020 – 2022. Collaboration with Ministry of Youth and Sports. Financing amount Rp 734.080.000. 6. The Effect of Balance Diet Education and Vitamin D, Magnesium, and Calcium Supplementation on Improvement of Body Composition, Somatotype, Growth and Performance in Youth Football Athletes. 2020. Financing amount Rp 30.000.000. 7. Role of Nutritionists as Sports Personnel in Student Sport Development and Training Centers (PPLP) and Private Sports Schools in Indonesia: A Case Study. Collaboration with PPOP DKI Jakarta and ASIFA Malang. Financing amount Rp 10.000.000. 8. The Effect of Vitamin D Supplementation on Body Composition and Somatotype in Adolescent Football Athletes. 2019. Financing amount Rp 15.000.000. 9. The effect of KACIDE cakes (peppers, winged beans, soybeans) high in BCAAs consumption and magnesium supplementation on the nutritional status of PPLP DIY pencak silat athletes. 2019. Collaboration with PPLP DIY and PAB DIY. Financing amount Rp 30.000.000 10. Nutrition Education to improve nutrient intake, body fat mass, creatine kinase levels, vitamin D status, and performance in youth soccer athletes. 2019. Collaboration with The Health Polytechnic of the Ministry of Health Yogyakarta. Financing amount Rp 75.000.000 11. Identification of Somatotypes, Nutritional Status, Body Image, and Consumption Patterns in Weight Category Sport UGM Athletes. 2018. Financing amount Rp 15.000.000. 12. Intervention Study on Development of FeSO₄ Fortified Beet Juice (BeeFe Jus) as Anemia Prevention in Female Athletes. 2018. Financing amount Rp 30.000.000. 		

Industry collaborations over the last 5 years	<ol style="list-style-type: none"> 1. Compete Study. Partnership with Danone Research The Netherlands 2. e-Balita Application: Application for Monitoring Nutritional Status of Toddlers as an Early Detection of Stunting in Yogyakarta. Partnership with PT Taman Wisata Candi. 3. Quality Health and Safety Environment for PON PAPUA XX. Partnership with PT Pangansari Utama 4. First Year e-Balita Development for Health Mitigation and Monitoring in Indonesia: UGM X Icon+ Contribution to Competitive Indonesian Human Resources. Partnership with PT ICON Plus. 												
Patents and proprietary rights	<table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Title</th> <th style="text-align: right; border-bottom: 1px solid black;">Year</th> </tr> </thead> <tbody> <tr> <td>1. Capacity Building Training Module for Micro, Small and Medium Enterprises Volume 1</td> <td style="text-align: right;">2022</td> </tr> <tr> <td>2. Capacity Building Training Module for Micro, Small and Medium Enterprises Volume 2</td> <td style="text-align: right;">2022</td> </tr> <tr> <td>3. Sport Nutritionist Training Module</td> <td style="text-align: right;">2020</td> </tr> <tr> <td>4. Football Athlete Nutrition Guidebook</td> <td style="text-align: right;">2019</td> </tr> <tr> <td>5. FIRST (Form Input and Register System for Athlete's Nutritional Assessment Program) Computer Program</td> <td style="text-align: right;">2019</td> </tr> </tbody> </table>	Title	Year	1. Capacity Building Training Module for Micro, Small and Medium Enterprises Volume 1	2022	2. Capacity Building Training Module for Micro, Small and Medium Enterprises Volume 2	2022	3. Sport Nutritionist Training Module	2020	4. Football Athlete Nutrition Guidebook	2019	5. FIRST (Form Input and Register System for Athlete's Nutritional Assessment Program) Computer Program	2019
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Important publications over the last 5 years	<p><i>Selected recent publications from a total of approx 15 publication</i></p> <ol style="list-style-type: none"> 1. Mustika Cahya Nirmala Dewinta, Mirza Hapsari Sakti Titis Penggalih, Digna Purwaningrum, Barriers and potential facilitators to implement nutrition care program in athletes' training centers in Indonesia, <i>Nutrition and Health</i>, 2022 2. Siti Helmyati, Dhian P Dipo, Insan Rekso Adiwibowo, Maria Wigati, Erri Larene Safika, Muhammad Hafizh Hariawan, Monita Destiwi, Yoga Prajanta, Mirza HST Penggalih, Toto Sudargo, Dewi MD Herawati, Tiara Marthias, Masrul Masrul & Laksono Trisnantoro. Monitoring continuity of maternal and child health services, Indonesia. <i>Bull World Health Organ</i> 2022;100:144–154A 3. Fajar Rachman Adi, Zaenal Muttaqien, Mirza Hapsari Sakti Titis Penggalih. The effect of beetroot juice (<i>Beta Vulgaris L.</i>) supplementation on $\dot{V}O_2\max$ of youth soccer athletes. <i>Journal of Public Health in Africa</i>. 2022. 13(s2):2406 4. Mirza Hapsari Sakti Titis Penggalih, Laksono Trisnantoro, Zaenal Muttaqien Sofro, Mutiara Tirta Prabandari Lintang Kusuma, Mustika Cahya Nirmala Dewinta, Ibtidau Niamilah, Meta Anastasia, Edi Nurinda Susila. Policy analysis for the placement of nutritionists as Indonesian sports workers. <i>Jurnal Keolahragaan</i>, 9 (2), 2021, 178-192. 5. Mirza Hapsari Sakti Titis Penggalih, Ibtidau Niamilah, Yuga Putri Pramesti, Nia Bactiar, dan Sheila Kusuma Wardhani. Effect of Instant Beet Juice (BeeFe Juice) Intervention as Anemia Prevention for Young Women Athletes. <i>J. Teknol. dan Industri Pangan</i> Vol. 32(2): 107-115 Th. 2021 ISSN: 1979-7788. 6. Mirza Hapsari Sakti Titis Penggalih, Kurnia Mar'atus Solichah, Mustika Cahya Nirmala Dewinta, Ibtidau Niamilah, Almira Nadia, Nia Bactiar, et al. Comparison of somatotype profiles and dietary intake of football athletes in different playing levels on Indonesia. <i>Jurnal Gizi Klinik Indonesia</i>. 2021;18(1) doi: 10.22146/ijcn.64653 7. Mirza Hapsari Sakti Titis Penggalih, Zaenal Muttaqien Sofro, Karisa Salma Oktarini, K.S. <i>et al.</i> The correlation between sleep quality and performance in football athlete. <i>Sleep Biol. Rhythms</i> 19, 195–200 (2021). https://doi.org/10.1007/s41105-020-00307-4. 8. Mirza Hapsari Sakti Titis Penggalih dan Kurnia M Solichah. Dietary Intake and Strength Training Management among Weight Sports Athlete Category: Role of Protein Intake Level to Body Composition and Muscle Formation. <i>Asian J. Clin. Nutr.</i>, 11: 24-31. 2019 9. Mirza Hapsari Sakti Titis Penggalih, Mustika CN Dewinta, Kurnia M Solichah, Diana Pratiwi, Ibtidau Niamilah, Almira Nadila, Marina D Kusumawati, Christofer M Siagian, Rora Asyulia. Anthropometric characteristics and dietary intake of swimming athletes with disabilities before the competition. <i>Jurnal Gizi dan Dietetik Indonesia</i>, 2019. Vol 6 (1): 33 – 41. 												

Activities in specialist bodies over the last 5 years	Organisation	Role	Period
	Ministry of Youth and Sports	Consultant	2015 – now
	Jogja Sport Clinic	Dietitian	2016 – now
	Indonesian Cycling Federation	Consultant	2021 - now
	Central Board of Indonesian Sport Nutritionist Association	Training division	2018 – 2022
	Regional Board of Persatuan Ahli Gizi Indonesia (PERSAGI)	Leader of Research, Development and Publication Division	2018 - 2022
	<i>Membership without a specific role need not be mentioned</i>		