



**Universitas Negeri Surabaya
Faculty of Sports and Health Sciences,
Undergraduate Nutrition Study Program**

**Document
Code**

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																										
Occupational and Sports Nutrition	1321102033	Compulsory Study Program Subjects	T=0	P=0	ECTS=0	5	August 4, 2021																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																											
	Satwika Arya Pratama, S.Gz., M.Sc.		Cleonara Yanuar Dini, S.Gz., M.Sc., R.D.			Amalia Ruhana, S.P., M.P.H.																																											
Learning model	Case Studies																																																
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																
	PLO-9	Able to have an attitude of belief in the Almighty God, be ethical, disciplined, aware of the law, have a social and cultural insight, and behave professionally.																																															
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 5px;">P.O</td> <td style="padding: 5px;">PLO-9</td> </tr> </table>		P.O	PLO-9																																												
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PO Matrix at the end of each learning stage (Sub-PO)																																																	
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="padding: 5px;">1</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> <td style="padding: 5px;">5</td> <td style="padding: 5px;">6</td> <td style="padding: 5px;">7</td> <td style="padding: 5px;">8</td> <td style="padding: 5px;">9</td> <td style="padding: 5px;">10</td> <td style="padding: 5px;">11</td> <td style="padding: 5px;">12</td> <td style="padding: 5px;">13</td> <td style="padding: 5px;">14</td> <td style="padding: 5px;">15</td> <td style="padding: 5px;">16</td> </tr> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Short Course Description	Discussion of the role of nutrition in various types of work and sports, nutritional needs based on work and athlete, athlete menu planning before, during and after competitions, supplements and doping. Learning activities are carried out through learning experiences, lectures, discussions and assignments.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Burgess, A., Bijlsma, M., Ismael, C., & Ashworth, A. 2009. Community Nutrition: A Handbook for Health and Development Workers. Macmillan Education 2. Maughan, R. J. 2013. Sports Nutrition. Wiley. 3. Bean, A. 2017. The Complete Guide to Sports Nutrition: 8th edition. Bloomsbury Publishing. 4. Jeukendrup, A., & Gleeson, M. 2018. Sport Nutrition-3rd Edition. Human Kinetics. 5. Thomas, D. T., Erdman, K. A., & Burke, L. M. 2016. American college of sports medicine joint position statement. nutrition and athletic performance. Medicine and Science in Sports and Exercise, 48(3), 543–568. 6. Wanjek, C., & Office, I. L. 2005. Food at Work: Workplace Solutions for Malnutrition, Obesity and Chronic Diseases. ILO. 7. Almatsier, Sunita. 2001. Prinsip Dasar Ilmu Gizi. Jakarta : PT. Gramedia Pustaka Utama 8. Purcell, L.K. 2013. Sport Nutrition for Young Athletes. Paediatrics and Child Health (Canada), 18 (4), 200-202. 9. McArdle, W. K., & Katch, F. (n.d.). V. 2010. Exercise Physiology: Nutrition, Energy and Human Performance. Philadelphia, USA: Lippincott & Williams. 10. Kuswari, Mury dkk. 2021. Panduan Pendampingan Gizi pada Atlet. Jakarta: Kementerian Kesehatan RI 11. Penggalih, M. H. S. T., dkk. 2020. Gizi Olahraga I: Sistem Energi Antropometri dan Asupan Makan Atlet. Yogyakarta: UGM Press. 12. Penggalih, M. H. S. T., Sofro, Z. M., & Solichah, K. M. 2021. Gizi Olahraga II: Respons Adaptasi Biokimia dan Fisiologi Atlet. Yogyakarta: UGM Press. 13. Hartriyanti, Y., Suyoto, P. S. T., Sabrini, I. A., & Wigati, M. 2020. Gizi Kerja. Yogyakarta: UGM Press. 																																																
	Supporters:																																																
Supporting lecturer	Dr. Ir. Asrul Bahar, M.Pd. Raymond Ivano Avandi, S.Pd., M.Kes. Cleonara Yanuar Dini, S.Gz., Dietisien, M.Sc. Satwika Arya Pratama, S.Gz., M.Sc.																																																

Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline (offline)	Online (online)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Students are able to explain basic knowledge of occupational and sports nutrition	1 Carrying out lecture contracts, lecture mechanisms and assessments 2 Understanding preliminary knowledge about work and sports nutrition 3 Understanding nutrition as an important factor in sports and work performance 4 Understanding career prospects in work and sports nutrition 5 Project-based programs for the health and fitness of students and families	Criteria: Students get maximum marks if they answer questions correctly	Face-to-face Lectures, Online Discussions and Questions and Answers (online) 2 X 50			0%
2	Students are able to explain and measure the nutritional status of athletes	1.Understand the urgency of measuring athletes' nutritional status 2.Understand various anthropometric measurements for athletes 3.Understand measuring nutritional status based on biochemical values for athletes 4.Understand the measurement of pulse, RR, temperature in athletes 5.Understanding the history of eating and supplements in athletes 6.Understand the socio-economic ecological considerations of athletes 7.Explain the interpretation of anthropometric measurements (entomorph, endomorph, exomorph)	Criteria: Students will get maximum marks if they answer questions correctly.	Face to Face Lectures, Discussions and Questions and Answers 2 X 50			0%
3	Students explain nutritional arrangements for athletes in the endurance category	1.Understanding the energy metabolism system in endurance athletes 2.Understand the nutritional needs of endurance athletes before, during and after training/competition 3.Understand and be able to carry out nutritional management for endurance athletes	Criteria: Students get maximum marks if they answer questions correctly	Face to Face Lectures, Discussions and Questions and Answers 2 X 50			0%

4	Explains nutritional arrangements for athletes in the strength/power category	<ol style="list-style-type: none"> 1.Understanding the energy metabolism system in strength/power athletes 2.Understanding the nutritional needs of strength/power athletes before, during and after training/competition. Nutrition management for athletes 3.Carry out nutritional management for strength/power athletes 	Criteria: Students get maximum marks if they can answer questions correctly	Face to Face Lectures, Discussions and Questions and Answers 2 X 50			0%
5	Students are able to explain nutritional arrangements for team category athletes	<ol style="list-style-type: none"> 1.Understanding the energy metabolism system in team category athletes 2.Understand the nutritional needs of team category athletes before, during and after training/matches 3.Able to carry out nutritional management for team category athletes 	Criteria: Students get maximum marks if they answer questions correctly	Face to Face Lectures, Discussions and Questions and Answers 2 X 50			0%
6	Explains nutritional arrangements for athletes in the speed team category, measured sports and martial arts	<ol style="list-style-type: none"> 1.Understanding the energy metabolism system in athletes in the speed category, measured sports and martial arts 2.Understand the nutritional needs of athletes in the speed category, measured sports and martial arts before, during and after training/competition 	Criteria: Students get maximum marks if they answer questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
7	Conducting Project Based Program (PBL) Presentations 1	Presentation of monitoring and evaluation (monev) results of 1 project-based program (PBL) for the health and fitness of students and families	Criteria: Students will get maximum marks if they can answer the questions correctly	Presentation (50')Discussion and Questions and Answers (50') 2 X 50			0%
8	UTS			2 X 50			0%
9	Explaining energy systems and metabolism in sports (MBKM-UNESA)	<ol style="list-style-type: none"> 1.Understanding the energy metabolism system 2.Understanding energy systems and energy metabolism in sport 3.Understanding energy sources in sport 4.Understanding energy systems during exercise 	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%

10	Explaining the role of nutrition in training periodization (MBKM-UNESA)	1. Understand the meaning of training periodization 2. Understand training periodization planning 3. Understand the role of nutrition in training periodization 4. Understand nutritional planning according to periodization 5. Understand nutritional periodization during preparation, training and competition 6. Understand nutritional training at the end of the competition season	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
11	Explain the food management system for athletes and companies (MBKM-UNESA)	1. Understand the food management system for athletes in various categories. 2. Understand the food management system for companies	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
12	Explain the physiology of fitness and body weight regulation (MBKM-UNIMED)	1. Understand the definition of fitness 2. Understand the classification of fitness 3. Understand the factors that influence fitness 4. Understand body weight regulation 5. Understand the measurement of physical activity levels and fitness	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
13	Explaining ergogenic aids, hydration and athlete performance (MBKM-UNIMED)	1. Understand the meaning of ergogenic aids 2. Understand the use of ergogenic aids to improve athlete performance 3. Understand the types of ergogenic aids that are legal and illegal for athletes 4. Understanding fluids and hydration for athletes 5. Understand fluid needs during and after training/matches	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
14	Explaining the optimization of increasing work productivity through organizing nutrition and exercise programs for workers (MBKM-UNIMED)	1. Understand the urgency of nutrition programs for workers 2. Understand the meaning of work productivity 3. Explain the results of research related to corporate nutrition programs	Criteria: Students will get maximum marks if they can answer the questions correctly	Face to Face Lecture, Discussion and Questions and Answers (100') 2 X 50			0%
15	Project Based Program (PBL) Presentation 2	Presentation of monitoring and evaluation (monev) results of 2 project-based programs (PBL) for the health and fitness of students and families	Criteria: Students will get maximum marks if they can answer the questions correctly	Presentation (50') Discussion and Questions and Answers (50') 2 X 50			0%
16	FINAL EXAMS			2 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.