| | Universitas Negeri Surabaya<br>Faculty of Sports and Health Sciences<br>Bachelor of Sports Science Study Program | Document Code |
|---|---|---|

# SEMESTER LEARNING PLAN

| Courses | CODE | Course Family | Credit Weight | | | SEMESTER | Compilation Date |
|---|---|---|---|---|---|---|---|
| Exercise and Sports Nutrition Programs | 8920106241 | | T=2 | P=1 | ECTS=4.77 | 6 | July 17, 2024 |

| AUTHORIZATION | SP Developer | Course Cluster Coordinator | Study Program Coordinator |
|---|---|---|---|
| | ..... | ..... | Dr. Heri Wahyudi, S.Or., M.Pd. |

| | |
|---|---|
| **Learning model** | **Project Based Learning** |
| **Program Learning Outcomes (PLO)** | **PLO study program that is charged to the course** |
| | **Program Objectives (PO)** |
| | **PLO-PO Matrix** |

| | P.O |
|---|---|

**PO Matrix at the end of each learning stage (Sub-PO)**

| P.O | Week | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |

| | |
|---|---|
| **Short Course Description** | This course discusses athlete performance and the current understanding of the most widely used nutritional ergogenic aids; dietary supplements to improve physical and athletic performance. The discussion includes the definition and regulation of ergogenic aids nutrition, amino acid derivatives, fat derivatives, other substances in other foods and evaluation of effectiveness. Covers the physical aspects of supplement use, the psychological effects on users and discusses various government regulations. Lectures are conducted to measure the achievement of learning competencies using a problem based learning approach, discussions, questions and answers, assignments. Assessment is carried out by performance, written tests and portfolios |
| **References** | **Main :** |

1. Mike Greenwood, Matthew B. Cooke, Tim Ziegenfuss, Douglas S. Kalman, Jose Antonio. 2015. Nutritional Supplements in Sports and Exercise. Springer International Publishing Switzerland.
2. Ira Wolinsky, Judy A. Driskell. 2004. Nutritional Ergogenic Aids. CRC Press LLC
3. Ira Wolinsky, Judy A. Driskell. 2000. Nutritional Applications in Exercise and Sport. CRC Press LLC

| | |
|---|---|
| | **Supporters:** |
| **Supporting lecturer** | Dr. Dita Yuliastrid, S.Si., M.Kes.<br>Anna Noordia, S.TP., M.Kes.<br>Dr. Soni Sulistyarto, M.Kes.<br>Anindya Mar'atus Sholikhah, S.KM., M.Kes. |

| 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** | Understand the learning outline of training and sports nutrition program courses | Understanding the learning contract: learning outcomes, methods used, tasks, and assessment components | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Learning approach with lectures and discussions<br>3 X 50 | | | 0% |
| **2** | Students can understand the concept of exercise programs and sports nutrition | 1. Accurate understanding of energy systems and energy metabolism in sports<br>2. Explain energy systems | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Laptop, gadget, Big Blue Button VINESA / Zoom / Google Meet, internet, power point, books<br>3 X 50 | | | 0% |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **3** | Students can analyze the role of nutrition for athletes in various sports | 1. Understand the energy needs of athletes according to the type of sport they are involved in<br>2. Explain the role of macro and micro nutrients in improving athlete performance | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Face-to-face meetings, discussions, independent study (assignment to read material)<br>3 X 50 | | | 0% |
| **4** | Students can explain the molecular and cellular mechanisms of skeletal muscle plasticity | 1. Understand the concept of muscles and the mechanisms of muscle movement during exercise<br>2. Understanding the molecular and cellular mechanisms of skeletal muscle plasticity | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Face-to-face meetings, discussions, independent study (assignment to read material)<br>3 X 50 | | | 0% |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **5** | Students can explain the molecular and cellular mechanisms of skeletal muscle plasticity | 1. Understand the concept of muscles and the mechanisms of muscle movement during exercise<br>2. Understanding the molecular and cellular mechanisms of skeletal muscle plasticity | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Face-to-face meetings, discussions, independent study (assignment to read material)<br>3 X 50 | | | 0% |
| **6** | Students can analyze the impact of sedentary activities on metabolic syndrome | 1. Understand the concept and difference between sedentary activities and physical inactivity<br>2. Calculating sedentary activity<br>3. Analyzing sedentary activity as a cause of metabolic syndrome | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Face-to-face meetings, discussions, independent study (assignment to read material)<br>3 X 50 | | | 0% |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **7** | Students can analyze the impact of sedentary activities on metabolic syndrome | Analyzing issues related to metabolic syndrome that occurs in athletes and its impact on performance and health | **Criteria:**<br>1. The assessment is carried out on the following aspects:<br>2. Participation during lectures is carried out through observation and is given weight<br>3. The subumative test (UTS) is carried out once with indicators 1-7 through the exam<br>4. write and give weight<br>5. UAS scores are carried out in writing with indicators 9-15 given weight<br>6. The final NA is [(participation value x 2) (UTS value x 2) (assignment value x 3)<br>7. (UAS value x 3)] divided by 10 | Face-to-face meetings, discussions, independent study (assignment to read material)<br>3 X 50 | | | 0% |
| **8** | | | | | | | 0% |
| **9** | | | | | | | 0% |
| **10** | | | | | | | 0% |
| **11** | | | | | | | 0% |
| **12** | | | | | | | 0% |
| **13** | | | | | | | 0% |
| **14** | | | | | | | 0% |
| **15** | | | | | | | 0% |
| **16** | | | | | | | 0% |

**Evaluation Percentage Recap: Project Based Learning**

| No | Evaluation | Percentage |
|---|---|---|
| | | 0% |

**Notes**

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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.