SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Sports Nutrition Science	8920103070	Compulsory Study Program Subjects	**T=3**	**P=0**	**ECTS=4.77**	3	July 17, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
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Learning model	**Project Based Learning**

Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**	
	PLO-1	Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties
	PLO-3	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned
	PLO-4	Develop yourself continuously and collaborate.
	PLO-8	Able to develop and optimize the potential of local wisdom in the field of sports science to create a business world and sports industry independently and/or together. (PLO-8)
	PLO-9	Able to develop oneself and have scientific theoretical concepts, especially in the field of sports science, which are based on an intelligent, honest and responsible attitude. (PLO-9)
	Program Objectives (PO)	
	PLO-PO Matrix	

P.O	PLO-1	PLO-3	PLO-4	PLO-8	PLO-9

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 food in relation to health and exercise. Discusses the nutrients needed by the body, food and nutritional content and their functions. Metabolism of nutrients, energy in the body, nutritional needs of athletes, as well as calculating needs and planning the adequacy of nutrients recommended for physical activity of athletes before, during and after matches through lectures, discussions and practicum activities.

References	**Main :**	

1. Irianto, Djoko Pekik. 2007. Panduan Gizi Lengkap Keluarga dan Olahragawan . Yogyakarta: Penerbit Andi Offset
2. Almatzier, Sunita. 2001. Prinsip Dasar Ilmu Gizi . Jakarta : PT. Gramedia Pustaka Utama.
3. Bean A. 2009. Sports Nutrition . London: A & C Black Publishers Ltd.
4. Clark, Nancy. 1996. Sport Nutrition Guide-Book . USA: Brookline 830 Boylston St. Brookline. MA 02167.
5. Moehji, Sjahmien. 2003. Ilmu Gizi . Jilid 1 dan 2. Jakarta : PT. Bhratara Niaga Media.
6. Muchtadi D. 2008. Pengantar Ilmu Gizi . Bandung: Penerbit Alfabeta
7. Suharjo-Clara M. 1992. Prinsip-Prinsip Ilmu Gizi . Yogyakarta : Kanisius

Supporters:

Supporting lecturer	Anna Noordia, S.TP., M.Kes. Ratna Candra Dewi, S.KM., M.Kes. Dr. Soni Sulistyarto, M.Kes. Yetty Septiani Mustar, S.KM., M.P.H. 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 concept of sports nutrition, nutrients, functions and sources of nutrients as well as the amount and adequacy of nutrients	· Able to explain the general concepts and principles of sports nutrition · Able to state the classification of nutrients · Able to determine the function and source of nutrients Able to determine the recommended adequate amount of nutrients	**Criteria:** 1. A = 4.00 2. A- = 3.67 3. B = 3.33 4. B = 3.00 5. B- = 2.67 6. C = 2.33 7. C = 2.00 8. D = 1.00 9. E = 0	Lectures, discussions and questions and answers 3 X 50			0%
2	Understand the concept of sports nutrition, nutrients, functions and sources of nutrients as well as the amount and adequacy of nutrients	· Able to explain the general concepts and principles of sports nutrition · Able to state the classification of nutrients · Able to determine the function and source of nutrients Able to determine the recommended adequate amount of nutrients	**Criteria:** 1. A = 4.00 2. A- = 3.67 3. B = 3.33 4. B = 3.00 5. B- = 2.67 6. C = 2.33 7. C = 2.00 8. D = 1.00 9. E = 0	Lectures, discussions and questions and answers 3 X 50			0%
3	Understand food processing by the body and the food excretion system	· Able to explain the concept of the human digestive, absorption and excretion system · Able to describe the function of various digestive organs, absorption and excretion · Able to describe the digestive process of carbohydrates, fats and proteins · Able to explain the excretion process	**Criteria:** 1. 10% is obtained from the level of participation (10% attendance and 10% discussion) of students 2. 20% is earned from assignments and presentations 3. 30% of UTS 4. 40% of UAS	Lectures, discussions, questions and answers, audio visuals, Assignment to make a mind map 3 X 50			0%

4	Understand the concept of metabolism	· Able to explain the concept of metabolism · Able to explain the concept of basal metabolism · Able to detail the factors that influence basal metabolic rates · Able to use the Haris-Benedict formula · Able to calculate basal metabolic rates based on the Haris-Benedict formula · Able to describe and explain the metabolic processes of carbohydrates, proteins and fat	**Criteria:** 1. 10% is obtained from the level of participation (10% attendance and 10% discussion) of students 2. 20% is earned from assignments and presentations 3. 30% of UTS 4. 40% of UAS	Lectures, discussions, questions and answers, audio visuals, 3 X 50 exercises			0%
5	Understand the concept of metabolism	· Able to explain the concept of metabolism · Able to explain the concept of basal metabolism · Able to detail the factors that influence basal metabolic rates · Able to use the Haris-Benedict formula · Able to calculate basal metabolic rates based on the Haris-Benedict formula · Able to describe and explain the metabolic processes of carbohydrates, proteins and fat	**Criteria:** 1. 10% is obtained from the level of participation (10% attendance and 10% discussion) of students 2. 20% is earned from assignments and presentations 3. 30% of UTS 4. 40% of UAS	Lectures, discussions, questions and answers, audio visuals, 3 X 50 exercises			0%
6							0%
7							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.