



**Universitas Negeri Surabaya
Vocational Faculty
, D4 Sports Coaching Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																											
Sports Nutrition	99998520204031		T=2	P=2	ECTS=6.36	2	July 16, 2024																																											
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																												
			Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																												
Learning model	Case Studies																																																	
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																	
	Program Objectives (PO)																																																	
	PLO-PO Matrix																																																	
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 50px; height: 30px;">P.O</td> <td colspan="16"></td> </tr> </table>						P.O																																										
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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 style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">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	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 the needs and planning the adequacy of nutrients recommended for physical activity of athletes before, during and after matches through lectures and discussions.																																																	
References	Main :																																																	
	<ol style="list-style-type: none"> 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. Moehtji, 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	Prof. Dr. Agus Hariyanto, 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 (<i>offline</i>)	Online (<i>online</i>)																																													
(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	<ol style="list-style-type: none"> 1. Able to explain general concepts and principles of sports nutrition 2. Be able to state the classification of nutrients 3. Able to determine the function and source of nutrients for athletes 4. Able to determine the recommended adequate amount of nutrients 		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	<ol style="list-style-type: none"> 1. Able to explain general concepts and principles of sports nutrition 2. Be able to state the classification of nutrients 3. Able to determine the function and source of nutrients for athletes 4. Able to determine the recommended adequate amount of nutrients 		Lectures, discussions and questions and answers 3 X 50			0%
3	Understand the concept of sports nutrition, nutrients, functions and sources of nutrients as well as the amount and adequacy of nutrients	<ol style="list-style-type: none"> 1. Able to explain general concepts and principles of sports nutrition 2. Be able to state the classification of nutrients 3. Able to determine the function and source of nutrients for athletes 4. Able to determine the recommended adequate amount of nutrients 		Lectures, discussions and questions and answers 3 X 50			0%

4	Understand the concept of metabolism	<ol style="list-style-type: none"> 1. Able to explain the concept of metabolism 2. Able to explain the concept of basal metabolism 3. Be able to detail the factors that influence basal metabolic rate 4. Able to use the Haris-Benedict formula 5. Able to calculate basal metabolic rate based on the Haris-Benedict formula 6. Able to describe and explain the metabolic processes of carbohydrates, proteins and fats 		Lecture Discussion Questions and answers 3 X 50			0%
5	Understand the concept of metabolism	<ol style="list-style-type: none"> 1. Able to explain the concept of metabolism 2. Able to explain the concept of basal metabolism 3. Be able to detail the factors that influence basal metabolic rate 4. Able to use the Haris-Benedict formula 5. Able to calculate basal metabolic rate based on the Haris-Benedict formula 6. Able to describe and explain the metabolic processes of carbohydrates, proteins and fats 		Lecture Discussion Questions and answers 3 X 50			0%
6	Understand how to calculate energy needs based on SDA values and physical activity	<ol style="list-style-type: none"> 1. Able to explain Specific Dynamic Action (SDA) 2. Able to explain physical activity and its criteria 3. Able to determine the value of physical activity 4. Able to analyze daily energy needs and total energy 5. Able to calculate energy needs based on physical activity, SDA and BMR 		Lecture Discussion Questions and answers Practice 3 X 50			0%

7	Understand how to calculate energy needs based on SDA values and physical activity	<ol style="list-style-type: none"> 1. Able to explain Specific Dynamic Action (SDA) 2. Able to explain physical activity and its criteria 3. Able to determine the value of physical activity 4. Able to analyze daily energy needs and total energy 5. Able to calculate energy needs based on physical activity, SDA and BMR 		Lecture Discussion Questions and answers Practice 3 X 50			0%
8	UTS			3 X 50			0%
9	Understand the concept of energy and energy balance	<ol style="list-style-type: none"> 1. Able to explain the concept of energy 2. Able to calculate the energy content of food 3. Be able to explain energy balance 		Lecture Discussion Questions and answers Practice 3 X 50			0%
10	Understand the calculation of food calorific value using the 24 Hours Dietary Recall method and the List of Food Ingredient Composition and Household Measures	<ol style="list-style-type: none"> 1. Able to explain the calorific value of food 2. Able to calculate the calorific value of food 3. Able to carry out analysis of the 24 Hours Dietary Recall method 4. Able to calculate the calorie value of food using the 24 Hour Dietary Recall method 5. Able to use the List of Food Ingredient Composition and Household Measures 6. Able to analyze energy needs with food intake 		Discussion Lecture Training on the use of URT, DKBM Method 24 Hours Dietary Recall 3 X 50			0%
11	Understand the relationship between nutrition, energy and athlete performance	Able to explain the relationship between nutrition, energy and athlete performance		Lecture Discussion Questions and answers 3 X 50			0%
12	Understand how to calculate BMI, know fluid needs for athletes and supplements	<ol style="list-style-type: none"> 1. Able to calculate BMI and Ideal body weight 2. Able to explain water and fluid needs for athletes 3. Able to evaluate the use of nutritional supplements for athletes 		Lecture Discussion Questions and answers 3 X 50			0%

13	Understand the concept of managing nutrition for achievement	1.Able to explain the concept of nutritional management for achievement 2.Able to explain the principles of meal management 3.Able to explain meal arrangements before the match, during the match and after the match 4.Able to evaluate food choices when in a foreign country		Lecture Discussion Questions and answers 3 X 50			0%
14	Understanding the science of sports nutrition through problematic presentations	Able to present the science of sports nutrition through problematic presentations		Discussion Presentation Questions and answers 3 X 50			0%
15	Understanding the science of sports nutrition through problematic presentations	Able to present the science of sports nutrition through problematic presentations		Discussion Presentation Questions and answers 3 X 50			0%
16	UAS			3 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.