SEMESTER LEARNING PLAN Courses COOE Course Family Credit Weight SEMESTER Compilation Sports Nutrition 199985/2024033 T=2 P=2 ECTS=36 2 July 16, 202 AUTHORIZATION 3P Developer Course Cluster Coordinator Study Program AUTHORIZATION 3P Developer Course Cluster Coordinator Study Program Program PLO study program that is charged to the course Dr. Kunjung Ashed, S.Pd. M.F.B., AIFO. Program PLO study program that is charged to the course PLO PLO <th>UNES</th> <th></th> <th colspan="8">Universitas Negeri Surabaya Vocational Faculty , D4 Sports Coaching Study Program</th> <th>Document Code</th>	UNES		Universitas Negeri Surabaya Vocational Faculty , D4 Sports Coaching Study Program								Document Code		
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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 general concepts and principles of sports nutrition Be able to state the classification of nutrients Able to determine the function and source of nutrients for athletes 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	 Able to explain general concepts and principles of sports nutrition Be able to state the classification of nutrients Able to determine the function and source of nutrients for athletes 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	 Able to explain general concepts and principles of sports nutrition Be able to state the classification of nutrients Able to determine the function and source of nutrients for athletes 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	 Able to explain the concept of metabolism Able to explain the concept of basal metabolism Be able to detail the factors that influence basal metabolic rate Able to use the Haris- Benedict formula Able to calculate basal metabolic rate based on the Haris-Benedict formula 	Lecture Discussion Questions and answers 3 X 50		0%
5	Understand the concept of metabolism	 Able to explain the concept of metabolism Able to explain the concept of basal metabolism Be able to detail the factors that influence basal metabolic rate Able to use the Haris- Benedict formula Able to use the Haris- Benedict formula Able to calculate basal metabolic rate based on the Haris-Benedict formula Able to calculate assal metabolic rate based on the Haris-Benedict formula 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	 Able to explain Specific Dynamic Action (SDA) Able to explain physical activity and its criteria Able to determine the value of physical activity Able to analyze daily energy needs and total energy Able to calculate energy needs based on physical activity, SDA and BMR 	LectureDiscussionQuestions and answersPractice 3 X 50		0%

7	Understand how to calculate energy needs based on SDA values and physical activity	 Able to explain Specific Dynamic Action (SDA) Able to explain physical activity and its criteria Able to determine the value of physical activity Able to analyze daily energy needs and total energy Able to calculate energy needs based on physical activity, SDA and BMR 	LectureDiscussionQuestions and answersPractice 3 X 50		0%
8	UTS		3 X 50		0%
9	Understand the concept of energy and energy balance	 Able to explain the concept of energy Able to calculate the energy content of food Be able to explain energy balance 	LectureDiscussionQuestions and answersPractice 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	 Able to explain the calorific value of food Able to calculate the calorific value of food Able to carry out analysis of the 24 Hours Dietary Recall method Able to calculate the calorie value of food using the 24 Hour Dietary Recall method Able to use the List of Food Ingredient Composition and Household Measures Able to analyze energy needs with food intake 	Discussion LectureTraining on the use of URT, DKBMMethod 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	 Able to calculate BMI and Ideal body weight Able to explain water and fluid needs for athletes 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	 Able to explain the concept of nutritional management for achievement Able to explain the principles of meal management Able to explain meal arrangements before the match, during the match and after the match 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.
- 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.
- 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 subtopics.
- 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.