



Universitas Negeri Surabaya
Faculty of Education,
Psychology Undergraduate Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																
Sports Psychology	7320102101		T=2 P=0 ECTS=3.18	5	July 18, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																
		Yohana Wuri Satwika, S.Psi., M.Psi.																																
Learning model	Case Studies																																				
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																				
	Program Objectives (PO)																																				
	PLO-PO Matrix																																				
		P.O																																			
Short Course Description	This course discusses concepts, theories and psychological symptoms in sports performance and implements them in sports activities. This lecture also equips students with the ability to practice and analyze Psychological Skills Methods and Training (MLKP) such as anxiety management, concentration exercises, visualization, in sports activities,																																				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P.O	Week																																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																					
References	<p>Main :</p> <ol style="list-style-type: none"> 1. Jannah, M. dan Juriana. 2017. Psikologi Olahraga : Student Handbook. Gowa: PT Edukasi Pratama Madani.. 2. Eklund, RC & Tenenbaum, G. 2014. Ensiklopedia of Spor and Exercise Psychology. California:Sage Publication Inc 3. Jannah, M. 2019. Kecemasan Olahraga. Surabaya: Unesa University Press 4. Jannah, M. & Widohardhono, R. 2020. Mental Skill Training untuk Atlet. Banten: CV. AA Rizky 5. Jannah, M. 2017. Seri Pelatihan Mental Olahraga: Konsentrasi. Surabaya: Unesa University Press. 6. Rabb, M. Wylleman, P, Seiler, R, Elbe, A, Hatzigeorgiadis, A. 2016. Sport and Exercise Psychology Research: From Theory to Practice. London: Academic Press <p>Supporters:</p>																																				
Supporting lecturer	Dr. Miftakhul Jannah, S.Psi., M.Si.,Psikolog																																				
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	Mastering the basic concepts of sports psychology	Students are able to understand and explain basic psychologist concepts		· Discovery Learning(DL)Small Group Discussion (SGD 2 X 50			0%																														

2	Mastering the basic concepts of sports psychology	Students are able to understand and explain basic psychology concepts		· Discovery Learning (DL) Small Group Discussion (SGD) 2 X 50			0%
3	Mastering the concept of attitude and motivation in sports coaching	Students are able to understand and explain the concepts of attitude and motivation in sports coaching		· Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50			0%
4	Mastering the concept of attitude and motivation in sports coaching	Students are able to understand and explain the concepts of attitude and motivation in sports coaching		· Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50			0%
5	Mastering the concept of mind body connection and critical moments in sports	Understanding the mind, physical and psychological connections as well as critical moments in sports		2 X 50			0%
6	Mastering the concept of mind body connection and critical moments in sports	Understanding the mind, physical and psychological connections as well as critical moments in sports		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%
7	Mastering the concept of developing self-concept and cognition in sports	Understanding the concept of sports participation influences the development of self-concept and cognition		· Discovery Learning (DL) · Small Group Discussion (SGD) 4 X 50			0%
8	Mastering the concept of developing self-concept and cognition in sports	Understanding the concept of sports participation influences the development of self-concept and cognition		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%
9	UTS	UTS		2 X 50			0%
10	Mastering the concept of developing social, emotional and moral aspects through sports	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport		6 X 50			0%
11	Mastering the concept of developing social, emotional and moral aspects through sports	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport		6 X 50			0%
12	Mastering the concept of developing social, emotional and moral aspects through sports	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport		6 X 50			0%

13	Mastering the concept of developing social, emotional and moral aspects through sports	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%
14	Mastering Psychological Skills Methods and Training (anxiety management, concentration, imagery)	Able to apply Psychological Skills Training (anxiety management, concentration, imagery)		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%
15	Mastering Psychological Skills Methods and Training (anxiety management, concentration, imagery)	Able to apply Psychological Skills Training (anxiety management, concentration, imagery)		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%
16	Mastering Psychological Skills Methods and Training (anxiety management, concentration, imagery)	Able to apply Psychological Skills Training (anxiety management, concentration, imagery)		· Discovery Learning (DL) · Small Group Discussion (SGD) 2 X 50			0%

Evaluation Percentage Recap: Case Study

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** 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.**