



Universitas Negeri Surabaya
Faculty of Social Sciences and Law,
Social Sciences Education Undergraduate Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																
Physical Education and Fitness	8420702059		T=0	P=2	ECTS=3.18	1	July 18, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																	
			Dr. Nuansa Bayu Segara, S.Pd., M.Pd.																																	
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 the basic concepts of physical education and sports as well as carrying out sports practices in the field. Lectures are carried out using various learning approaches, especially the expository approach in the form of lectures and questions and answers equipped with OHP, LCD and an inquiry approach, namely completing assignments, discussions and problem solving. Apart from that, it also uses an approach with practical methods in the field in the form of: demonstration methods, assignments and exercises.																																						
	<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 style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Supporters:																																							
Supporting lecturer	Dr. Aghus Sifaq, S.Or., M.Pd.																																						
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 Basic Concepts of Physical Education and Sports- Competition Organization	can explain: - Basic Concepts of Physical Education - Basic Concepts of Sports - Competition Organization - Competition System	Criteria: 1. Midterm Exam (20% weight) 2.- Final Semester Exam (weight 40%) 3.- Tasks (20% weight) 4.- Class/Group Participation (10% weight) 5.- Attendance (10% weight). Specifically for attendance, minimum 80% of 16 meetings.	Expository and inquiry - Methods for theory include: Lecture, Question and Answer, Discussion 2 X 50			0%
2	understand the Basic Concepts of Physical Education and Sports- Competition Organization	can explain: - Basic Concepts of Physical Education - Basic Concepts of Sports - Competition Organization - Competition System	Criteria: 1. Midterm Exam (20% weight) 2.- Final Semester Exam (weight 40%) 3.- Tasks (20% weight) 4.- Class/Group Participation (10% weight) 5.- Attendance (10% weight). Specifically for attendance, minimum 80% of 16 meetings.	Expository and inquiry - Methods for theory include: Lecture, Question and Answer, Discussion 2 X 50			0%
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4	able to understand and practice athletics	Able to practice athletic sports activities: - Running: short distance, medium distance, long distance - Jumping: long jump, triple jump, high jump - Throwing: javelin throw, discus throw, shot put	Criteria: 1. Midterm Exam (20% weight) 2.- Final Semester Exam (weight 40%) 3.- Tasks (20% weight) 4.- Class/Group Participation (10% weight) 5.- Attendance (10% weight). Specifically for attendance, minimum 80% of 16 meetings.	Methods for practice include: Demonstration, Assignment, 2 X 50 Practice			0%

5	able to understand and practice athletics	Able to practice athletic sports activities: - Running: short distance, medium distance, long distance - Jumping: long jump, triple jump, high jump - Throwing: javelin throw, discus throw, shot put	Criteria: 1. Midterm Exam (20% weight) 2.- Final Semester Exam (weight 40%) 3.- Tasks (20% weight) 4.- Class/Group Participation (10% weight) 5.- Attendance (10% weight). Specifically for attendance, minimum 80% of 16 meetings.	Methods for practice include: Demonstration, Assignment, 2 X 50 Practice			0%
6	able to understand and practice athletics	Able to practice athletic sports activities: - Running: short distance, medium distance, long distance - Jumping: long jump, triple jump, high jump - Throwing: javelin throw, discus throw, shot put	Criteria: 1. Midterm Exam (20% weight) 2.- Final Semester Exam (weight 40%) 3.- Tasks (20% weight) 4.- Class/Group Participation (10% weight) 5.- Attendance (10% weight). Specifically for attendance, minimum 80% of 16 meetings.	Methods for practice include: Demonstration, Assignment, 2 X 50 Practice			0%
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9							0%
10							0%
11							0%

12							0%
13							0%
14							0%
15							0%
16							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.**