



Universitas Negeri Surabaya
Faculty of Languages and Arts
Undergraduate Study Program Drama Arts, Dance and Music
Education

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight		SEMESTER	Compilation Date											
Modern Dance Workout	8820902256		T=2	P=0	ECTS=3.18	2 July 18, 2024											
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator												
		Dr. Welly Suryandoko, 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															
	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	Understanding and mastery of modern physical exercise skills consisting of warm-up, jumping techniques, balance, flexibility, body contact, aerobics, ballet dance, Hip-Hop, Belly Dance. Lectures are carried out in the form of practice/exercises, assignments, and demonstrations.																
References	Main :																
	1. Cohan, Robert. 1986. The Dance Workshop: A Guide to the Fundamentals of Movement. New York: A Fireside Book 2. Maccadanza, Roberto. 2006, Work Out Your abs (Melatih otot perut anda). Diterjemahkan oleh Manurung. Bandung: Pionir jaya 3. Zi, Nancy. 2003. Seni Pernapasan. Jakarta: Abdi Tandur																
	Supporters:																
Supporting lecturer	Dr. I Nengah Mariasa, M.Hum. Dra. Jajuk Dwi Sasanadjati, M.Hum. Dr. Setyo Yanuartuti, M.Si.																
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	Explains the essence of modern bodywork and breathing techniques	1.Able to explain the nature of modern sports 2.Perform breathing techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Lectures Questions and answers 2 X 50			0%
2	Do abdominal muscle exercises	Able to do abdominal muscle exercises	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-On Learning and 2 X 50 Practice			0%
3	Perform Jumping Techniques	Capable of Jumping Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning and 2 X 50 practice			0%
4	Perform Jumping Techniques	Capable of Jumping Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning and 2 X 50 practice			0%

5	Do flexibility techniques	Able to Perform Flexibility Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning 2 X 50 exercises			0%
6	Do flexibility techniques	Able to Perform Flexibility Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning 2 X 50 exercises			0%
7	Perform balance techniques	Able to perform balance techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning 2 X 50 exercises			0%
8	Perform a series of breathing techniques, abdominal muscles, jumping, flexibility and balance.	Able to perform a series of breathing techniques, abdominal muscles, jumping, flexibility and balance.	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning Practice 2 X 50			0%

9	Perform aerobic movement techniques	Able to perform aerobic movement techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning2 X 50 exercises			0%
10	Perform aerobic movement techniques	Able to perform aerobic movement techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques 5 Maximum score 120 NA: Total score obtained x 100 Maximum score	Hands-on learning2 X 50 exercises			0%
11	Perform body contact movement techniques	Able to perform body contact movement techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Hands-on learning2 X 50 exercises			0%
12	Perform body contact movement techniques	Able to perform body contact movement techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Hands-on learning2 X 50 exercises			0%
13	Performing Hip-Hop Techniques	Able to do Hip-Hop Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Hands-on learning2 X 50 exercises			0%

14	Performing Ballet Dance Techniques	Able to do Ballet Dance Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Hands-on learning 2 X 50 exercises			0%
15	Performing Ballet Dance Techniques	Able to do Ballet Dance Techniques	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Hands-on learning 2 X 50 exercises			0%
16	Compiling a series of modern techniques taken from breathing techniques, abdominal muscle flexibility, jumping, balance, aerobic movement techniques, Hip-Hop, Body contact, and Ballet Dance.	Able to prepare a series of modern techniques taken from breathing techniques, abdominal muscle flexibility, jumping, balance, aerobic movement techniques, Hip-Hop, Body contact, and Ballet Dance.	Criteria: No. ASPECTS OBSERVED SCOREBOTTENANCE 43211. Accuracy of warm-up and cool-down techniques 52. Achievement of body flexibility 53. Achievement of endurance in accordance with the provisions 54. Achievement of balance 55. Achievement of strength 56. Achievement of movement techniques	Direct learning Practice 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.