



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

Document  
Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																
Physical Education and Sports	8820902518		T=2	P=0	ECTS=3.18	2	July 18, 2024																																
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																	
	.....		.....			Dr. Welly Suryandoko, S.Pd., M.Pd.																																	
<b>Learning model</b>	Case Studies																																						
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		P.O																																					
<b>Short Course Description</b>	Study of the nature, function, objectives of physical education and the ability to measure the level of physical fitness, introduction to various sports, game activities, sports management and competition systems as well as sportsmanship in sports through activities in the classroom and on the field. Lectures are carried out using a system of presentations, discussions, group assignments and field practice both individually, in pairs and in groups.																																						
	<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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<b>Supporting lecturer</b>	Dra. Sasminta Christina Yuli Hartati, M.Pd. Vega Candra Dinata, S.Pd., M.Pd.																																						
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																

1	Understand the position and function of Physical Education and sports	<ol style="list-style-type: none"> <li>1.Explain the meaning and benefits of physical education</li> <li>2.Explain the aims and functions of Physical Education</li> <li>3.Mention three differences between physical education and sports</li> </ol>		Lectures, questions and answers, discussions. 2 X 50			0%
2	Understand physical fitness, components of physical fitness and exercise programs as an effort towards a healthy life	<ol style="list-style-type: none"> <li>1.Explain the meaning and benefits of physical fitness</li> <li>2.Explain at least five components of physical fitness</li> <li>3.Analyzes exercise intensity based on exercise pulse.</li> </ol>		Lectures, questions and answers, discussions. 2 X 50			0%
3	Skilled in physical fitness through measuring Vo2 max and pulse rate	<ol style="list-style-type: none"> <li>1.Carry out a Vo2 Max test according to the student's condition.</li> <li>2.Take pulse measurements before and after activity correctly</li> <li>3.Analyze the level of physical fitness from the pre-test results</li> </ol>		Demonstration and Assignment of 2 X 50 movement practice			0%
4	Skilled in improving physical fitness through aerobic exercise in the form of walking	<ol style="list-style-type: none"> <li>1.Do aerobic exercise by walking 4.8 km or 30 minutes without stopping.</li> <li>2.Take pulse measurements before and after activity correctly</li> <li>3.Analyze the level of physical fitness from the results of 30 minutes of walking exercise.</li> </ol>		Demonstration and Assignment of 2 X 50 movement practice			0%
5	Developing personality values contained in recreational sports by playing traditional games (without equipment).	<ol style="list-style-type: none"> <li>1.Playing some traditional games (without tools).</li> <li>2.Demonstrate an attitude of cooperation, mutual assistance and sportsmanship.</li> </ol>		Demonstration and Assignment of 2 X 50 movement practice			0%

6	Developing personality values contained in recreational sports by playing traditional games (with tools).	<ol style="list-style-type: none"> <li>1. Playing some traditional games (with tools).</li> <li>2. Demonstrate an attitude of cooperation, mutual assistance and sportsmanship.</li> </ol>		Demonstration and Assignment of 2 X 50 movement practice			0%
7	Developing the personality values contained in recreational sports by playing traditional games with a ball.	<ol style="list-style-type: none"> <li>1. Throw and catch the ball in pairs at a distance of 10 meters</li> <li>2. Dribbling the ball through the funnel (zig-zag) correctly.</li> <li>3. Make a movement to shoot the ball into the goal</li> <li>4. Play handball according to the rules</li> </ol>		Demonstration and Assignment of 2 X 50 movement practice			0%
8	UTS			2 X 50			0%
9	Understand general exercise patterns and practice aerobics in 45 minutes.	<ol style="list-style-type: none"> <li>1. Explain the systematics of aerobic exercise</li> <li>2. Explain the purpose of aerobic exercise activities</li> <li>3. Practicing aerobic exercise movements</li> </ol>		Lecture, Question and Answer, and Imitation of 2 X 50 movements			0%
10	Understand the knowledge of general weight training patterns and weight training practices.	<ol style="list-style-type: none"> <li>1. Explain the systematics of weight training</li> <li>2. Explain the purpose of weight training activities</li> <li>3. Practice weight training movement techniques</li> </ol>		Lecture, Question and answer, Imitation of movements, and Practice in pairs 2 X 50			0%
11	Understand general pattern knowledge and basic swimming practices.	<ol style="list-style-type: none"> <li>1. Explain the systematics of basic swimming training</li> <li>2. Explain the purpose of basic swimming training activities</li> <li>3. Practice basic swimming movement techniques</li> </ol>		Lecture, Question and answer, Imitation of movements, and Practice in pairs 2 X 50			0%
12							0%

13	Understand the basic techniques of playing soccer. Understand the basic techniques of playing volleyball.	<ol style="list-style-type: none"> <li>1.Explains basic soccer techniques</li> <li>2.Explain the purpose of football activities</li> <li>3.Practicing the game of football</li> <li>4.Explains basic volleyball techniques</li> <li>5.Explain the purpose of volleyball activities</li> <li>6.Practicing the game of volleyball</li> </ol>		Lecture, Question and answer, Imitation of movements, Practice in pairs, and Play in teams 2 X 50			0%
14	Understand the basic techniques of playing handball. Understand the basic techniques of playing badminton.	<ol style="list-style-type: none"> <li>1.Explains basic handball techniques</li> <li>2.Explain the purpose of handball activities</li> <li>3.Practicing the game of handball</li> <li>4.Explains basic badminton techniques</li> <li>5.Explain the purpose of badminton activities</li> <li>6.Practicing the game of badminton</li> </ol>		Lecture, Question and answer, Imitation of movements, Practice in pairs, and Play in teams 2 X 50			0%
15	Understand sportsmanship in sports matches both as a player, official and sports supporter and understand the competition system in implementing MKU Penjas OR class meetings	<ol style="list-style-type: none"> <li>1.Understand the principles of sportsmanship in sports</li> <li>2.Practice sportsmanship in sporting events</li> <li>3.Understand the implementation of the class meeting sports competition system</li> </ol>		Lectures, Questions and answers, Direct observation, Practice sports matches, Playing in teams 2 X 50			0%
16	Skilled in measuring VO2 max and physical fitness status (post test)	<ol style="list-style-type: none"> <li>1.Understand the principles of measuring VO2 max in sports</li> <li>2.Practicing the Vo2 max test</li> <li>3.Understand physical fitness status</li> </ol>		Lecture, Question and Answer, Practice Test 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.