	Universitas Negeri Surabaya Faculty of Sports and Health Sciences, Bachelor of Physical Education, Health & Recreation Study Program	Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Advanced Swimming	8520102158		T=2	P=0	ECTS=3.18	8	July 18, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	.....	.....	Dr. Mochamad Ridwan, 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 the theory and practice of swimming sports which include rescue swimming, PPPK in water, process and simulation of rescue swimming, long distance swimming.
References	**Main :**

1. Renang, Drs. Heroe Subali
2. Laughlin, Terry and Delves, John. 2004. Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier. Simon & Schuster New York.
3. Salo, Dave and Riewald, Scott. 2008. Complete Conditioning For Swimming. Human Kinetics States of America.
4. Montgomery, Jim & Chambers, Mo. 2009. Menguasai Berenang. Human Kinetics States of America.Ruben Guzman, 2007, The Swimming Drill Book, United States, Human Kinetics
5. Dave. S PhD dan Scott.A. R PhD, 2008, Complete Conditioning for Swimming, United States, Human Kinetics
6. David Haller, 2008, Belajar Berenang, Pionir Jaya, 511 Bandung 40231
7. Terry L dan John Delves, 2004, Total Immersion (The Revolutionary Way to Swim Better, Faster, dan Easier) Fireside, 1230 Avenue of Americas New York, NY 10020

	Supporters:
Supporting lecturer	Dr. Setiyo Hartoto, M.Kes. Fifukha Dwi Khory, S.Pd., M.Pd. Bayu Budi Prakoso, S.Pd., 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	Understanding the factors that cause accidents and first aidUnderstanding rescue swimming techniquesKnowing how to set up a swimming associationPracticing the basics of rescue swimming techniques	1. Lectures are considered successful if students show the following signs. Students show an understanding of the condition of the pool and the condition of swimmers. 2. Students demonstrate understanding of rescue swimming methods. 3. Students demonstrate understanding of the various types of artificial respiration. 4. Students demonstrate an understanding of the process of forming a swimming association. 5. Students are able to practice various basic rescue swimming techniques.	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56. Students are declared to have passed if they are able to cover the specified swimming distance	Lectures, discussions, questions and answers, assignments and practice 2 X 50			0%

2	Understanding the factors that cause accidents and first aidUnderstanding rescue swimming techniquesKnowing how to set up a swimming associationPracticing the basics of rescue swimming techniques	1. Lectures are considered successful if students show the following signs. Students show an understanding of the condition of the pool and the condition of swimmers. 2. Students demonstrate understanding of rescue swimming methods. 3. Students demonstrate understanding of the various types of artificial respiration. 4. Students demonstrate an understanding of the process of forming a swimming association. 5. Students are able to practice various basic rescue swimming techniques.	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56. Students are declared to have passed if they are able to cover the specified swimming distance	Lectures, discussions, questions and answers, assignments and practice 2 X 50			0%

3	Understanding the factors that cause accidents and first aidUnderstanding rescue swimming techniquesKnowing how to set up a swimming associationPracticing the basics of rescue swimming techniques	1. Lectures are considered successful if students show the following signs. Students show an understanding of the condition of the pool and the condition of swimmers. 2. Students demonstrate understanding of rescue swimming methods. 3. Students demonstrate understanding of the various types of artificial respiration. 4. Students demonstrate an understanding of the process of forming a swimming association. 5. Students are able to practice various basic rescue swimming techniques.	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56. Students are declared to have passed if they are able to cover the specified swimming distance	Lectures, discussions, questions and answers, assignments and practice 2 X 50			0%

4	Understanding the factors that cause accidents and first aidUnderstanding rescue swimming techniquesKnowing how to set up a swimming associationPracticing the basics of rescue swimming techniques	1. Lectures are considered successful if students show the following signs. Students show an understanding of the condition of the pool and the condition of swimmers. 2. Students demonstrate understanding of rescue swimming methods. 3. Students demonstrate understanding of the various types of artificial respiration. 4. Students demonstrate an understanding of the process of forming a swimming association. 5. Students are able to practice various basic rescue swimming techniques.	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56. Students are declared to have passed if they are able to cover the specified swimming distance	Lectures, discussions, questions and answers, assignments and practice 2 X 50			0%

5	Understanding the factors that cause accidents and first aidUnderstanding rescue swimming techniquesKnowing how to set up a swimming associationPracticing the basics of rescue swimming techniques	1. Lectures are considered successful if students show the following signs. Students show an understanding of the condition of the pool and the condition of swimmers. 2. Students demonstrate understanding of rescue swimming methods. 3. Students demonstrate understanding of the various types of artificial respiration. 4. Students demonstrate an understanding of the process of forming a swimming association. 5. Students are able to practice various basic rescue swimming techniques.	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56. Students are declared to have passed if they are able to cover the specified swimming distance	Lectures, discussions, questions and answers, assignments and practice 2 X 50			0%
6	Practice swimming a distance of 200 meters	Students are able to practice swimming a distance of 200 meters in stages starting from a distance of 50 meters, 75 meters, 100 meters, 125 meters, 150 meters, 175 meters and finally 200 meters.	**Criteria:** Students are declared to have passed if they are able to swim distances of 50, 75, 100, 125, 150, 175 and 200 meters.	Lectures, questions and answers, assignments and practice 2 X 50			0%
7	Practice swimming a distance of 200 meters	Students are able to practice swimming a distance of 200 meters in stages starting from a distance of 50 meters, 75 meters, 100 meters, 125 meters, 150 meters, 175 meters and finally 200 meters.	**Criteria:** Students are declared to have passed if they are able to swim distances of 50, 75, 100, 125, 150, 175 and 200 meters.	Lectures, questions and answers, assignments and practice 2 X 50			0%
8	Mastering Lecture Material from Meetings 1-7	Students were able to answer questions correctly 56% of the time.	**Criteria:** Students were able to answer questions correctly 56% of the time.	Written Test 2 X 50			0%
9	Explain and understand the swimming competition committee	Understand the organizational structure of the swimming competition committee	**Criteria:** Students are declared to have passed the knowledge test if they can achieve a minimum score of 56.	Lectures, discussions, questions and answers and assignments 2 X 50			0%

10	Explain and practice rescue swimmingPractice freestyle swimming head upPractice backstroke swimming with hands upPractice diving and head start	1.Understand how to do rescue swimming 2.Perform rescue swimming movements	**Criteria:** Knowledge: students are declared to have passed if they are able to answer 60% of the questions Skills: students are declared to have passed if they are able to practice the skills test well	Lectures, discussions, questions and answers, exercises and assignments 2 X 50			0%
11	Explain and practice rescue swimmingPractice freestyle swimming head upPractice backstroke swimming with hands upPractice diving and head start	1.Understand how to do rescue swimming 2.Perform rescue swimming movements	**Criteria:** Knowledge: students are declared to have passed if they are able to answer 60% of the questions Skills: students are declared to have passed if they are able to practice the skills test well	Lectures, discussions, questions and answers, exercises and assignments 2 X 50			0%
12	Explain and practice rescue swimmingPractice freestyle swimming head upPractice backstroke swimming with hands upPractice diving and head start	1.Understand how to do rescue swimming 2.Perform rescue swimming movements	**Criteria:** Knowledge: students are declared to have passed if they are able to answer 60% of the questions Skills: students are declared to have passed if they are able to practice the skills test well	Lectures, discussions, questions and answers, exercises and assignments 2 X 50			0%
13	Explain and practice rescue swimmingPractice freestyle swimming head upPractice backstroke swimming with hands upPractice diving and head start	1.Understand how to do rescue swimming 2.Perform rescue swimming movements	**Criteria:** Knowledge: students are declared to have passed if they are able to answer 60% of the questions Skills: students are declared to have passed if they are able to practice the skills test well	Lectures, discussions, questions and answers, exercises and assignments 2 X 50			0%
14	Understand the steps to help victims in water	Practicing rescue swimming lessons using victims in the water	**Criteria:** Students are declared to have passed if they are able to help the victim (friend) with the correct steps	Lectures, questions and answers, assignments 2 X 50			0%
15	Explain and practice water traps	Practicing the water trap with breaststroke for 5 minutes	**Criteria:** Students are declared to have passed if they are able to do the water trap in 1, 2, 3, 4 and 5 minutes.	Lectures, questions and answers and assignments 2 X 50			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.