



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Physical Education, Health & Recreation Undergraduate Study**  
**Program**

Document Code

**SEMESTER LEARNING PLAN**

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Athletic Learning	8520102263	Compulsory Study Program Subjects	T=0	P=0	ECTS=0	4	May 22, 2023
AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator				
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Learning model	Project Based Learning
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**Program Learning Outcomes (PLO)** PLO study program that is charged to the course

<b>PLO-2</b>	Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit
<b>PLO-3</b>	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned
<b>PLO-6</b>	KU1. Able to apply logical, critical, systematic and innovative thinking in the context of developing or implementing science and technology that pays attention to and applies humanities values in accordance with their field of expertise
<b>PLO-8</b>	KK1. Able to plan, implement and evaluate sports learning in a measurable, accountable and effective manner
<b>PLO-11</b>	Able to apply knowledge of physical education concepts to face problems that occur in the field with an innovative approach

**Program Objectives (PO)**

<b>PO - 1</b>	Understand and theoretically study the basic knowledge of athletics which is the learning material in primary and secondary schools.
<b>PO - 2</b>	Mastery of learning stage skills starting from planning, implementation, evaluation and follow-up on the results of learning innovations in schools.
<b>PO - 3</b>	Mastering the rules of athletic competitions in competition numbers which are used as learning material for athletics in primary and secondary schools.
<b>PO - 4</b>	Carrying out competition simulations which include running, jumping and throwing events which are applicable in elementary and middle school level competitions.
<b>PO - 5</b>	Able to carry out competitions involving participants in the East Java region in running, throwing and jumping competitions at primary and secondary education unit levels
<b>PO - 6</b>	Able to prepare reports on the results of implementing learning innovations in schools as field project activities.

**PLO-PO Matrix**

		P.O	PLO-2	PLO-3	PLO-6	PLO-8	PLO-11
	PO-1			✓	✓		
	PO-2					✓	✓
	PO-3	✓	✓				
	PO-4	✓			✓		
	PO-5			✓	✓		
	PO-6				✓	✓	✓

**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
	PO-1	✓				✓											
	PO-2		✓	✓	✓												
	PO-3									✓		✓		✓			
	PO-4							✓	✓		✓		✓				
	PO-5														✓	✓	
	PO-6						✓										✓

**Short Course Description** This course discusses how to examine/evaluate the athletic learning of PJOK teachers who are being assisted and organize athletic championships for East Java elementary school students.

References	Main :						
	<ol style="list-style-type: none"> <li>1. Permendiknas 16 tahun 2007 Standar Kualifikasi Akademik dan Kompetensi Guru</li> <li>2. Panduan Laman Riset PJOK Indonesia User 4 – Mahasiswa (<a href="http://risetpjokindonesia.com/panduan-member">http://risetpjokindonesia.com/panduan-member</a>)</li> <li>3. Tips Penulisan Bukti Fisik di Laman Riset PJOK Indonesia User 4 – Mahasiswa (<a href="http://risetpjokindonesia.com/panduan-member">http://risetpjokindonesia.com/panduan-member</a>)</li> <li>4. Permendikbud 22 tahun 2016 tentang Standar Proses Dikdasmen</li> <li>5. Buku Pegangan Pembelajaran Berorientasi pada Keterampilan Berfikir Tingkat Tinggi, Dit GTK Kemdikbud, 2018</li> <li>6. Permendikbud 23 tahun 2016 tentang Standar Penilaian Dikdasmen</li> <li>7. Buku Penilaian Berorientasi Higher Order Thinking Skills, Dit GTK Kemdikbud, 2018.</li> <li>8. PPT Dinamika Perkembangan Kurikulum 2013, Kemdikbud, 2018</li> <li>9. Permendikbud 37 Tahun 2018 ttg KI-KD Dikdasmen – Sub PJOK tingkat SD, SMP, SMA, dan SMK</li> <li>10. Buku Teks PJOK tingkat SD, SMP, SMA/SMK</li> <li>11. Laman <a href="http://atletik.unesa.ac.id/">http://atletik.unesa.ac.id/</a></li> <li>12. Suroto (2016) Buku Belajar penyelenggaraan Perlombaan Atletik Sederhana.</li> <li>13. IAAF Competition Rules 2018</li> </ol>						
	Supporters:						
	<ol style="list-style-type: none"> <li>1. Muhtar, T., &amp; Irawati, R. (2009). Atletik. UPI sumedang press.</li> <li>2. Depdiknas, (2002), Panduan dan Model Pembelajaran Pendidikan Jasmani Adaptif bagi SDLB/SLB Tingkat Dasar, Dirjrn Dikdasmen, Direktorat Pendidikan Luar Biasa</li> <li>3. PB PASI, (1994), Teknik-Teknik Atletik dan Tahap-tahap Mengajarkan, Pendidikan, Pelatihan dan Sistem Sertifikasi, PB PASI, Jakarta</li> </ol>						
Supporting lecturer	Prof. Drs. Suroto, M.A., Ph.D. Dr. Drs. Bambang Ferianto Tjahyo Kuntjoro, M.Pd. Vega Candra Dinata, 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	Students are familiar with the characteristics of courses and the lecture process	<ol style="list-style-type: none"> <li>1. Mastering the characteristics of the course.</li> <li>2. Get to know the related virtual learning account.</li> <li>3. Get to know the Unesa Athletics Driver's License.</li> <li>4. Entered into the course WAG</li> </ol>	<p><b>Criteria:</b> Students are considered complete if they are able to achieve a minimum score of 80 in each aspect.</p> <p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions and questions and answers 3 X 50	Reading materials are provided at SIDIA	<p><b>Material:</b> athletic descriptions</p> <p><b>Library:</b> Page <a href="http://atletik.unesa.ac.id/">http://atletik.unesa.ac.id/...</a></p>	5%
2	Students can explain at least 80% correctly about: Teacher Competency Standards	Able to measure his competence as a prospective PJOK teacher	<p><b>Criteria:</b> Students are considered complete if they are able to achieve a minimum score of 80 in each aspect.</p> <p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, questions and answers, and practice 3 X 50	Reading materials are provided at SIDIA	<p><b>Material:</b> describing athletics</p> <p><b>Reference:</b> Minister of Education and Culture Regulation 37 of 2018 concerning KI-KD Elementary School - Sub PJOK elementary, middle school, high school and vocational school levels</p>	6%
3	Students can explain at least 80% correctly about: RPP assessment instruments, implementation, and students' initial competencies	Able to briefly explain the RPP Assessment Instrument, Implementation of Video Data Learning, and measuring students' initial competencies.	<p><b>Criteria:</b> Students are considered complete if they are able to achieve a minimum score of 80 in each aspect.</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures, questions and answers, and practice 3 X 50	Reading materials are provided at SIDIA	<p><b>Material:</b> describing athletics</p> <p><b>Reference:</b> PPT Dynamics of Curriculum Development 2013, Ministry of Education and Culture, 2018</p>	5%
4	Students are experienced in measuring at least 80% correctly about the student's initial athletic ability/competence from the teacher being assisted	Able to assist PJOK teachers in measuring students' initial abilities within the scope of KD athletics	<p><b>Criteria:</b> Students are considered complete if the report score reaches a minimum of 80</p> <p><b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Practice 3 X 50	Reading materials are provided at SIDIA	<p><b>Material:</b> can do basic movements well and correctly</p> <p><b>References:</b> Learning Handbook Oriented to Higher Level Thinking Skills, Directorate of GTK Kemdikbud, 2018</p>	6%

5	Students are experienced in assessing at least 80% correct on the Athletic RPP of the teacher they are assisting	Able to assist PJOK teachers in assessing Athletics RPPs	<b>Criteria:</b> Students are considered complete if the report score reaches a minimum of 80  <b>Form of Assessment :</b> Participatory Activities	Practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> Muhtar, T., & Irawati, R. (2009). <i>Athletics</i> . UPI Sumedang press.	5%
6	Experienced students are at least 80% correct when it comes to recording and helping to carry out athletic learning	Able to assist PJOK teachers in implementing and recording athletic lessons.	<b>Criteria:</b> Students are considered complete if the report score reaches a minimum of 80  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> <i>Handbook of Learning Oriented to Higher Level Thinking Skills, Dit GTK Kemdikbud, 2018</i>	9%
7	Experienced students are at least 80% correct when it comes to registering students for the Unesa Athletics SIM	Able to accompany athletes to register for championships online with the Unesa Athletics SIM.	<b>Criteria:</b> It is considered complete if the school and students have complete documents for the Unesa Athletics Championship  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Cooperative learning 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Bibliography:</b>	6%
8	UTS - Know the learning outcomes of meeting material 1-7	Able to do questions correctly at least 80%	<b>Criteria:</b> Students are considered complete if they are able to do 80% of the questions correctly  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Practice, Cooperative Learning 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> <i>Higher Order Thinking Skills Oriented Assessment Book, Directorate of GTK Kemdikbud, 2018.</i>	9%
9	Experienced students prepare competition circulars together with at least 80% correct	Able to compile a competition circular together and explain briefly about the 2019 competition plan	<b>Criteria:</b> Students are considered complete if they are able to make circulars 80% correctly and their performance in conveying plans for the Unesa Athletics Championship gets a score of 80  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Lectures, questions and answers, and practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> <i>Minister of Education and Culture Regulation 37 of 2018 concerning KI-KD Basic Education - Sub PJOK for elementary, middle school, high school and vocational school levels</i>	7%
10	Experienced students compile the competition event book together at least 80% correctly.	Able to put together an event book and explain briefly what the ideal would be like.	<b>Criteria:</b> Students are considered complete if they are able to make the competition event book 80% correctly  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> <i>Tips for Writing Physical Evidence on the PJOK Indonesia Research Page User 4 – Students</i> ( <a href="http://risetpjokindonesia.com/">http://risetpjokindonesia.com/...</a> )	5%

11	Experienced students hold engineering meetings together at least 80% correct	Able to hold technical meetings together and explain briefly what the ideal would be like	<b>Criteria:</b> Students are considered complete if they are able to carry out technical meetings with 80% success  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Cooperative learning 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> knowing the rules of athletics <b>Reference:</b> Muhtar, T., & Irawati, R. (2009). <i>Athletics</i> . UPI Sumedang press.	7%
12	Experienced students hold competition rehearsals together with at least 80% correct results	Able to organize and take part in competition rehearsals together and explain briefly what the ideal would be like.	<b>Criteria:</b> Students are considered complete if they are able to carry out the rehearsal with 80% success  <b>Form of Assessment :</b> Participatory Activities	Practice, Cooperative Learning 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> knowing the athletic rules <b>Reference:</b> Suroto (2016) <i>Study book for organizing simple athletic competitions</i> .	4%
13	Experienced students compile a book of competition results together with at least 80% correct.	Able to put together a book of results and explain briefly what the ideal would be like.	<b>Criteria:</b> Students are considered complete if they are able to make the competition book 80% correctly  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> knowing the athletic regulations <b>Reference:</b> Page <a href="http://atletik.unesa.ac.id/...">http://atletik.unesa.ac.id/...</a>	4%
14	Experienced students prepare individual reports at least 80% correct.	Able to compile an individual report and briefly explain what it would ideally look like.	<b>Criteria:</b> Students are considered complete if their portfolio score is at least 80  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Lectures, questions and answers, and practice 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> knowing the measuring instruments used in athletic competitions <b>Reference:</b> Page <a href="http://atletik.unesa.ac.id/...">http://atletik.unesa.ac.id/...</a>	6%
15	Experienced students prepare group reports together with at least 80% correct.	Able to prepare a group report and explain briefly what the ideal would be like.	<b>Criteria:</b> Students are considered complete if their portfolio score is at least 80  <b>Form of Assessment :</b> Participatory Activities	Project based learning 3 X 50	Reading materials are provided at SIDIA	<b>Material:</b> knowing the measuring instruments used in athletic competitions <b>Reference:</b> IAAF <i>Competition Rules 2018</i>	6%
16	UAS - Know the learning outcomes of meeting material 1-15	Able to do questions correctly at least 80%	<b>Criteria:</b> Students are considered complete if they are able to do 80% on the two types of exams  <b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Students presented the results of the implementation of learning innovations at school. 3 X 50	Students study study materials at SIDIA	<b>Material:</b> describing athletics <b>Reference:</b> <i>Minister of Education and Culture Regulation 37 of 2018 concerning KI-KD Basic Education - Sub PJOK for elementary, middle school, high school and vocational school levels</i>	10%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	51%
2.	Project Results Assessment / Product Assessment	49%
		100%

#### 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.