

		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																																			
Basic Gymnastics		8520102165				T=2 P=0 ECTS=3.18		1	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																																											
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Short Course Description	This course discusses an understanding of history, methods/stages of basic gymnastics movement techniques, general understanding of gymnastics as well as elements of physical conditions that support basic floor gymnastics techniques, as well as making simple circuits and how to help with safety principles.																																											
	<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td></td> <td style="width: 5%;">1</td><td style="width: 5%;">2</td><td style="width: 5%;">3</td><td style="width: 5%;">4</td><td style="width: 5%;">5</td><td style="width: 5%;">6</td><td style="width: 5%;">7</td><td style="width: 5%;">8</td><td style="width: 5%;">9</td><td style="width: 5%;">10</td><td style="width: 5%;">11</td><td style="width: 5%;">12</td><td style="width: 5%;">13</td><td style="width: 5%;">14</td><td style="width: 5%;">15</td><td style="width: 5%;">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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References	Main :																																											
	<ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> 1. FIG, 2013. <i>Code Of Points de Gymnastics Artistic</i> . Available from : http://www.fig-gymnastics.com/site/index.php 2. Internet website : <i>Safety First for Gymnast in Gymnasium</i> . 3. Mahendra, 2000. <i>Senam</i> . Direktorat jenderal pendidikan dasar dan menengah bagian proyek penataran guru SLTP setara D-III. DEPDIKBUD 4. Sholeh, 1992. <i>Olahraga Pilihan Senam</i> . Direktorat jenderal pendidikan tinggi proyek pembinaan tenaga kependidikan. DEPDIKBUD 5. Soewandi, 1998. <i>Perkembangan Senam Dasar</i> . Unipress Unesa 6. Febriyanti, dkk, 2017. <i>Keterampilan Dasar Senam</i> . Unipress Unesa 																																											
Supporting lecturer	Supporters:																																											
	Irma Febriyanti, S.Or., M.Kes.																																											
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 can understand national and world gymnastics, the definition of gymnastics and the elements of physical conditions that support it	<ul style="list-style-type: none"> - Students can explain gymnastics in general - Students can know the core equipment in gymnastics. - Students can compile a list of elements of physical conditions (flexibility, agility, power, speed, etc.) that support gymnastics. 	<p>Criteria: Explains national and world gymnastics, the definition of gymnastics and elements of supporting physical conditions based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation of the definition of gymnastics, the history of gymnastics and the elements of physical condition - Discuss the definition of gymnastics, the history and elements of physical condition of gymnastics based on the book reference 2 X 50 			0%
2	Students can explain the various basic movements of floor exercise	<ul style="list-style-type: none"> - Students can explain basic gymnastics movements - Students can identify basic gymnastics movements 	<p>Criteria: Explain the various basic floor exercise movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to lecturers' explanations about basic gymnastics movement material - Discuss basic gymnastics movement material based on the reference book 2 X 50 			0%
3	Students can perform basic techniques and explain the movements of the front roll and back roll	<ul style="list-style-type: none"> - Students can describe the stages of the front roll (front roll) and back roll movements - Students can practice the front roll and back roll movements - Students improve the front roll and back roll movements 	<p>Criteria: Perform basic techniques and explain front and back roll movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of front and back rolls - Practice the basic techniques of front and back rolls - Discuss the basic techniques of front and back rolls based on the reference book 2 X 50 			0%

4	Students can perform basic techniques and explain straight leg rear rolls and dive rolls.	<ul style="list-style-type: none"> - Students can describe the stages of the straight leg back roll and tiger jump (dive roll) - Students can practice the straight leg back roll and tiger jump (dive roll) - Students improve the straight leg back roll and tiger jump (dive roll) movements 	<p>Criteria: Perform basic techniques and explain straight leg back rolls and dive rolls based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of straight leg back rolls and dive rolls - Practice the basic techniques of straight leg back rolls and dive rolls - Discuss the basic techniques of straight leg back rolls and dive rolls based on references 2 X 50 books 			0%
5	Students can perform basic techniques and explain the cartwheel movement	<ul style="list-style-type: none"> - Students can describe the stages of the cartwheel movement - Students can practice the cartwheel movement - Students improve the cartwheel movement 	<p>Criteria: Perform basic techniques and explain cartwheel movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic cartwheel technique - Practice the basic cartwheel technique - Discuss the basic cartwheel technique based on the reference book 2 X 50 			0%
6	Students can perform basic techniques and explain round off movements	<ul style="list-style-type: none"> - Students can describe the stages of the round off movement - Students can practice the round off movement - Students improve the round off movement 	<p>Criteria: Perform basic techniques and explain round off movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic technique of the round off movement - Practice the basic technique of the round off movement - Discuss the basic technique of the round off movement based on the reference book 2 X 50 			0%

7	Students can perform basic techniques and explain kopstand movements	- Students can describe the stages of the kopstand movement - Students can practice the kopstand movement - Students improve the kopstand movement	Criteria: Perform basic techniques and explain kopstand movements based on reference books	- Listen to the lecturer's explanation about the basic techniques of the kopstand movement - Practice the basic techniques of the kopstand movement - Discuss the basic techniques of the kopstand movement based on the reference book 2 X 50			0%
8	UTS		Criteria: Perform basic techniques and explain the stages of front roll, back roll, straight leg back roll, dive roll, cartwheel, round off, and kopstand based on the reference book	2 X 50			0%
9	Students can perform basic techniques and explain the roll kip movement	- Students can describe the stages of the roll kip movement - Students can practice the roll kip movement - Students improve the roll kip movement	Criteria: Perform basic techniques and explain roll kip movements based on reference books	- Listen to the lecturer's explanation about the basic technique of the roll kip movement - Practice the basic technique of the roll kip - Discuss the basic technique of the roll kip movement based on the reference book 2 X 50			0%

10	Students can perform basic techniques and explain the kop kip movement	<ul style="list-style-type: none"> - Students can describe the stages of the kop kip movement - Students can practice the kop kip movement - Students improve the kop kip movement 	<p>Criteria: Perform basic techniques and explain kop kip movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of the kop kip movement - Practice the basic techniques of the kop kip movement - Discuss the basic techniques of the kop kip movement based on the book reference 2 X 50 			0%
11	Students can perform basic techniques and explain handstand and handstand roll movements	<ul style="list-style-type: none"> - Students can describe the stages of handstand and handstand roll movements - Students can practice handstand and handstand roll movements - Students improve handstand and handstand roll movements 	<p>Criteria: Perform basic techniques and explain handstand and handstand roll movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of handstand and handstand roll movements - Practice the basic techniques of handstand and handstand roll movements - Discuss the basic techniques of handstand and handstand roll movements based on the reference book 2 X 50 			0%

12	Students can perform basic techniques and explain the kayang handstand movement	<ul style="list-style-type: none"> - Students can describe the stages of the kayang handstand movement - Students can practice the kayang handstand movement - Students improve the kayang handstand movement 	<p>Criteria: explains the Kayang handstand movement based on a reference book</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of the Kayang handstand movement - Practice the basic techniques of the Kayang handstand movement - Discuss the basic techniques of the Kayang handstand movement based on the reference book 			0%
13	Students can perform basic techniques and explain handspring movements	<ul style="list-style-type: none"> - Students can describe the stages of the handspring movement - Students can practice the handspring movement - Students can improve the handspring movement - Students can connect the handspring movement 	<p>Criteria: Perform basic techniques and explain handspring movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of handspring movements - Practice the basic techniques of handspring movements - Discuss the basic techniques of handspring movements based on the reference book 			0%
14	Students can perform basic techniques and explain stud movements.	<ul style="list-style-type: none"> - Students can describe the stages of stud movements - Students can practice stud movements - Students can improve stud movements - Students can relate stud movements 	<p>Criteria: Perform basic techniques and explain stud movements based on reference books</p>	<ul style="list-style-type: none"> - Listen to the lecturer's explanation about the basic techniques of handspring movements - Practice the basic techniques of handspring movements - Discuss the basic techniques of handspring movements based on the reference book 			0%

15	Students can create and perform a series of basic gymnastic movements	- Students make connections from the basic gymnastics movements that have been given - Students make variations of the basic gymnastics movements that have been given	Criteria: Create and perform a series of basic gymnastic movements based on reference books	- Discussing techniques for making a series of basic gymnastics movements - Practicing techniques for making a series of basic gymnastics movements 2 X 50			0%
16	UAS		Criteria: Perform front, back rolls, back rolls with straight legs, tiger dive rolls, cartwheels, round offs, and kopstands, rollkip, kop kip, handstand, handstandroll, handstand kayang, handspring and stud based on the reference book	2 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.