SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Basic Athletic Skills		8520103065	Compulsory Study Program Subjects	**T=3**	**P=0**	**ECTS=4.77**	1	May 23, 2023
AUTHORIZATION		**SP Developer**		**Course Cluster Coordinator**			**Study Program Coordinator**	
		Prof. Drs. Suroto, M.A., Ph.D.		Dr. Setiyo Hartoto, M.Kes.			Dr. Mochamad Ridwan, S.Pd., M.Pd.	

Learning model	**Project Based Learning**

Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**	
	Program Objectives (PO)	
	PO - 1	Understand and study theoretically the basic knowledge of athletics, mastery of learning stage skills and basic athletic techniques which include walking, running, jumping and throwing numbers > learning walking, running, throwing and jumping numbers at primary and secondary education unit levels
	PLO-PO Matrix	

P.O
PO-1

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																

Short Course Description	Understanding, theoretical study and mastery of basic athletic skills including: learning steps for walking, running, throwing and jumping at primary and secondary education unit levels.

References	**Main :**
	1. Lari, Lompat, & Lempar Petunjuk Mengajar Atletik IAAF Level 1. IAAF Pendidikan Pelatihan dan Sistem Sertifikasi Tahun 2000 2. Buku Pedoman Lomba Atletik Seri 1 Nomor Lari dan Gawang 3. Buku Pedoman Lomba Atletik Seri 2 Nomor Lompat 4. Buku Pedoman Lomba Atletik Seri 3 Nomor Lempar 5. IAAF Competition Rules 2016-2017
	Supporters:
	1. https://jurnal.unismabekasi.ac.id/index.php/motion/article/view/493/390

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 able to explain the meaning and athletic numbers in it	understand the meaning of athletic numbers	**Criteria:** Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. **Form of Assessment** : Participatory Activities, Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** explaining the meaning and numbers of athletics **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	10%
2	Students learn to find answers through primary or secondary sources such as athletics, history, numbers, pedagogical techniques, and athletic judging.	understand the meaning of athletic numbers	**Criteria:** Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. **Form of Assessment** : Participatory Activities	offline 2 x 50		**Material:** explains what athletics is, history, numbers, pedagogical techniques, and athletic judging **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	10%
3	Students are able to explain and practice basic squatting and short distance running techniques	understand the meaning of athletic numbers	**Criteria:** 1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time **Form of Assessment** : Participatory Activities	offline 2 x 50		**Material:** explains and practices basic techniques for squatting and short distance running. **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Instructions Level 1. IAAF Education Training and Certification System 2000*	10%

4	basic technique test and 100m running test	Understand basic 100m running techniques	**Criteria:** 1.1. Students are considered to have passed if they are able to do a squat start correctly 2.2. Students are considered to have passed if they are able to run 100 meters in a certain time **Form of Assessment**: Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** able to test basic techniques and 100m running test **References:** *Run, Jump & Throw IAAF Athletics Teaching Instructions Level 1. IAAF Education Training and Certification System 2000*	10%
5	Students are able to explain and practice basic long jump techniques	understand the meaning of the long jump number	**Criteria:** 1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2.2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time **Form of Assessment**: Participatory Activities	offline 2 x 50		**Material:** explaining and practicing basic long jump techniques **References:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%
6	basic long jump technique	understand the meaning of the long jump number	**Criteria:** Students are considered to have passed if they are able to jump a certain distance **Form of Assessment**: Participatory Activities	offline 2 x 50		**Material:** basic long jump techniques **References:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%

| 7 | Students are able to explain and practice basic shot put techniques | understand and practice basic shot put techniques | **Criteria:**
1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%.
2.2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time

Form of Assessment:
Project Results Assessment / Product Assessment | offline 2 x 50 | | **Material:** explaining and practicing basic shot put techniques
Reference: *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000* | 5% |
| 8 | Basic shot put techniques | Able to understand basic shot put techniques | **Criteria:**
1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%.
2.2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time

Form of Assessment:
Project Results Assessment / Product Assessment | offline 2 x 50 | | **Material:** Basic shot put techniques
Reference: *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000* | 5% |

9	Students are able to explain and practice the 4 x 100m non-visual relay running technique	able to explain and practice non-visual 4 x 100m relay running techniques	**Criteria:** 1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2.2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time **Form of Assessment**: Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** explaining and practicing 4 x 100m non-visual relay running techniques **References:** *Running, Jumping & Throwing IAAF Athletics Teaching Instructions Level 1. IAAF Education Training and Certification System 2000*	5%
10	Basic shot put techniques	Able to understand basic shot put techniques	**Criteria:** Students are considered to have passed if they are able to repel bullets a certain distance **Form of Assessment**: Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** Basic shot put techniques **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%
11	students are able to explain and practice the basic techniques of 400m running and 4 x 400m visual relay	able to explain and practice basic techniques for 400m running and 4 x 400m visual relay	**Criteria:** 1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2.2. Skills. Students are considered to have passed if they are able to run a short sprint in a certain time **Form of Assessment**: Participatory Activities	offline 2 x 50		**Material:** explaining and practicing basic techniques for the 400m run and 4 x 400m visual relay race **Reference:** *Run, Jump & Throw IAAF Athletics Teaching Instructions Level 1. IAAF Training Education and Certification System 2000*	5%

12	4 x 400m visual relay basic technique test	Students are able to test the basic technique of running a 4 x 400m visual relay	**Criteria:** Students are considered to have passed if they are able to achieve a certain record time **Form of Assessment**: Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** basic techniques for 4 x 400m visual relay **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%
13	Students are able to explain and practice the basic techniques of the flop style high jump	able to explain and practice the basic techniques of the flop style high jump	**Criteria:** 1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2.2. Skills. Students are considered to have passed if they are able to record a high jump achievement of a certain height **Form of Assessment**: Participatory Activities	offline 2 x 50		**Material:** basic techniques for high jump flop style **References:** *Running, Jumping & Throwing IAAF Athletics Teaching Instructions Level 1. IAAF Education Training and Certification System 2000*	5%
14	basic high jump technique test flop style	Students are able to test basic high jump techniques in flop style	**Criteria:** Students are considered to have passed if they are able to record a high jump achievement of a certain height **Form of Assessment**: Participatory Activities	offline 2 x 50		**Material:** basic techniques for high jump flop style **References:** *Running, Jumping & Throwing IAAF Athletics Teaching Instructions Level 1. IAAF Education Training and Certification System 2000*	5%

15	Students are able to explain and practice basic javelin throwing techniques	able to explain and practice basic javelin throwing techniques	**Criteria:** 1.1. Knowledge. Students are considered to have passed if they are able to answer questions in the question and answer session, and are able to take the written test with a correctness level of 56%. 2.2. Skills. Students are considered to have passed if they are able to record a throwing performance of a certain distance **Form of Assessment** : Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** practicing javelin throwing **Reference:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%
16	basic javelin throwing techniques	final exams	**Criteria:** 1.Students are considered to have passed if they are able to record a throwing performance of a certain distance 2.UAS **Form of Assessment** : Participatory Activities, Project Results Assessment / Product Assessment	offline 2 x 50		**Material:** UAS: knowledge **Library:** *Running, Jumping & Throwing IAAF Athletics Teaching Guide Level 1. IAAF Education Training and Certification System 2000*	5%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	52.5%
2.	Project Results Assessment / Product Assessment	47.5%
		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.