



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

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 Basics.	8520102039	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	1	May 2, 2023																																																													
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																																														
	Drs. Suroto. M.A., Ph.D.		Prof. Dr. Abdul Rachman Syam Tuasikal, M.Pd.			Dr. Mochamad Ridwan, 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)																																																																			
	PO - 1	Able to explain various basic regulations from the government that apply in implementing PJOK (four graduation standards, content, process and assessment). Able to analyze the urgency and function of PJOK related to growth and development and competency needs of the 21st century in accordance with relevant science and the results of current research. Able to collect and analyze facts in the field related to minimum demands in the field for PJOK.																																																																		
	PLO-PO Matrix																																																																			
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="16"></td> </tr> </table>						P.O																	PO-1																																											
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PO Matrix at the end of each learning stage (Sub-PO)																																																																				
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PO-1																																																																				
<b>Short Course Description</b>	Understand the latest developments regarding regulations, scientific arguments, and minimum demands in the field that must be considered in implementing physical education.																																																																			
<b>References</b>	<b>Main :</b>																																																																			
	<ol style="list-style-type: none"> <li>1. Handout mata kuliah Dasar-dasar Pendidikan Jasmani, Olahraga, dan Kesehatan</li> <li>2. Permendikbud no. 20 tahun 2016 tentang Standar Kompetensi Lulusan Pendidikan Dasar dan Menengah</li> <li>3. Permendikbud no. 21 tahun 2016 tentang Standar Isi Satuan Pendidikan Dasar dan Menengah</li> <li>4. Permendikbud no. 22 tahun 2016 tentang Standar Proses Pendidikan Dasar dan Menengah</li> <li>5. Permendikbud no. 23 tahun 2016 tentang Standar Penilaian Pendidikan</li> <li>6. Permendikbud no. 24 tahun 2016 tentang Kompetensi Inti dan Kompetensi Dasar Pelajaran pada Kurikulum 2013 pada Pendidikan Dasar dan Menengah</li> <li>7. Permendiknas no. 22 tahun 2006 tentang Standar Isi</li> <li>8. Undang-undang no. 20 tahun 2003 tentang Sistem Pendidikan Nasional</li> <li>9. Undang-undang no. 14 tahun 2005 tentang Guru dan Dosen</li> <li>10. Instrumen kadar keguruan guru PJOK</li> <li>11. Pangkalan Data Pendidikan Jasmani Olahraga Indonesia (PDPJOI)</li> </ol>																																																																			
	<b>Supporters:</b>																																																																			
	<ol style="list-style-type: none"> <li>1. <a href="http://repository.unima.ac.id:8080/handle/123456789/283">http://repository.unima.ac.id:8080/handle/123456789/283</a></li> </ol>																																																																			
<b>Supporting lecturer</b>	Prof. Drs. Suroto, M.A., Ph.D. 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 basic nature of education and the factors that influence it	1.Explain the basic nature of education 2.Explain the factors that influence education	<b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers 2 X 50		<b>Material:</b> the basic nature of education and the factors that influence it <b>Reference:</b> <i>Handout for the Basics of Physical Education, Sports and Health course</i>	2%
2	Students are able to explain in writing the meaning of PJOK, background and 7 objectives of PJOK	Explains in detail and scientifically based on primary sources	<b>Criteria:</b> Students are considered to have passed if they have achieved a minimum score of 56.  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers, assignments 2 X 50		<b>Material:</b> understanding of PJOK, background, and 7 objectives of PJOK <b>Library:</b> <i>Handout for the Basics of Physical Education, Sports and Health course</i>	3%
3	Able to explain the meaning of PJOK, background and objectives of PJOK	Explain in simple terms the meaning of PJOK, background and objectives	<b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers 2 X 50		<b>Material:</b> meaning of PJOK, background and objectives of PJOK <b>Library:</b> <i>Handout for the Basics of Physical Education, Sports and Health course</i>	3%
4	Able to explain and develop PJOK Core Competencies and Basic Competencies in accordance with the Education Unit	Explain and develop simply the Core Competencies and Basic Competencies of PJOK	<b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers and assignments 2 X 50		<b>Material:</b> PJOK Core Competencies and Basic Competencies in accordance with the <b>Library Education Unit: Minister of Education and Culture Regulation no. 21 of 2016 concerning Content Standards for Primary and Secondary Education Units</b>	5%
5	Able to explain teacher competencies and duties	Explain in simple terms Teacher Competencies and teacher duties	<b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers and assignments 2 X 50		<b>Material:</b> Competence and duties of teachers <b>Teacher Library: Law no. 14 of 2005 concerning Teachers and Lecturers</b>	5%

6	Able to explain Bloom's taxonomy and Multiple Intelligences	Explains in a simple way the 6 levels of taxonomy and multiple intelligences	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> Bloom's taxonomy and Multiple Intelligences <b>References:</b> <i>Law no. 20 of 2003 concerning the National Education System</i></p>	5%
7	Able to explain the cone of learning experiences	Explain in simple terms the cone of experience	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> learning experience cone <b>Reference:</b> <i>Minister of Education and Culture Regulation no. 23 of 2016 concerning Educational Assessment Standards</i></p>	5%
8	Able to explain the syntax of the IU-07-01 model	Explains in simple terms the syntax of the IU-07-01 model	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Form of Assessment :</b> Test</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> IU-07-01 model syntax <b>Reference:</b> <i>Indonesian Sports Physical Education Database (PDPJOI)</i></p>	5%
9	Able to explain 13 steps to manage PJOK learning effectively and efficiently	Explains in simple terms 13 steps to manage PJOK learning effectively and efficiently	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> 13 steps to manage PJOK learning effectively and efficiently <b>Reference:</b> <i>PJOK teacher's teaching level instrument</i></p>	5%
10	Able to explain instruments for measuring PJOK progress and learning effectiveness	Explains simply how to apply both instruments	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> instrument for measuring PJOK progress and learning effectiveness <b>Reference:</b> <i>Indonesian Physical Education and Sports Database (PDPJOI)</i></p>	3%

11	Able to measure PJOK progress at the educational unit level	Explains survey results based on 4 PDPJOI categories	<p><b>Criteria:</b> Students are considered to have passed if they have achieved a minimum score of 56.</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> progress of PJOK at the education unit level</p> <p><b>Reference:</b> <i>Minister of Education and Culture Regulation no. 21 of 2016 concerning Content Standards for Primary and Secondary Education Units</i></p>	3%
12	Able to explain the function of philosophy in PJOK	Explain the function of philosophy in PJOK	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> the function of philosophy in PJOK</p> <p><b>Library:</b> <i>Handout for the Basics of Physical Education, Sports and Health course</i></p>	5%
13	Able to explain the function of sociology in PJOK	Explain the function of sociology in PJOK	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> function of sociology in PJOK</p> <p><b>Library:</b> <i>Indonesian Physical Education and Sports Database (PDPJOI)</i></p>	5%
14	Able to explain the function of psychology	Explain the function of psychology in PJOK	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> functions of psychology</p> <p><b>Reference:</b> <i>Minister of Education and Culture Regulation no. 22 of 2016 concerning Primary and Secondary Education Process Standards</i></p>	5%
15	Able to explain the function of biomechanics in PJOK	Explain the biomechanical function in PJOK	<p><b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p><b>Material:</b> function of biomechanics in PJOK</p> <p><b>Library:</b> <i>Minister of Education and Culture Regulation no. 23 of 2016 concerning Educational Assessment Standards</i></p>	5%

16	Able to explain the function of biomechanics in PJOK	1.Explain the biomechanical function in PJOK 2.uas	<b>Criteria:</b> Attitude: students are considered to have passed if they show a good attitude during the lecture Knowledge: students are considered complete if the lecturer's questions are answered correctly  <b>Form of Assessment :</b> Participatory Activities, Tests	Lectures, discussions, questions and answers and assignments 2 X 50		<b>Material:</b> UAS: knowledge <b>Library:</b> <i>Handout for the Basics of Physical Education, Sports and Health course</i>	30%
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#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	57,5%
2.	Project Results Assessment / Product Assessment	9%
3.	Portfolio Assessment	2,5%
4.	Practice / Performance	5%
5.	Test	20%
		94%

#### 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.