



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Bachelor of Physical Education, Health & Recreation 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>																																	
General Sports Knowledge	8520102126		T=2 P=0 ECTS=3.18	2	July 18, 2024																																	
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																	
	.....		.....		Dr. Mochamad Ridwan, S.Pd., M.Pd.																																	
<b>Learning model</b>	Case Studies																																					
<b>Program Learning Outcomes (PLO)</b>	PLO study program which is charged to the course																																					
	Program Objectives (PO)																																					
	PLO-PO Matrix																																					
		<table border="1" style="margin: auto;"> <tr><td style="width: 30px; height: 30px;">P.O</td></tr> </table>					P.O																															
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	PO Matrix at the end of each learning stage (Sub-PO)																																					
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																						
<b>Short Course Description</b>	This course will discuss the basics of sports knowledge in world society, especially in Indonesia. Lectures are carried out with presentations and discussions, project assignments and reflections.																																					
<b>References</b>	<b>Main :</b>																																					
	1. <ul style="list-style-type: none"> <li>- Lutan, Rusli. (2001). <i>Olahraga dan Etika Fair Play</i> . Ditjora &amp; Mendiknas: Jakarta.</li> <li>- Pramono, Made. (2003). <i>Dasar-dasar Filosofis Ilmu Keolahragaan (Suatu Pengantar)</i> . Jurnal Filsafat, Jilid 34, No. 2.</li> <li>- McNamee, Mike. 2005. <i>Philosophy and the Sciences of Exercise, Health and Sport: Critical perspectives on research methods</i>. LONDON: Routledge 2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN</li> <li>- Heather Bateman, Katy McAdam, Howard Sargeant . 2006. <i>Dictionary of Sport and Exercise Science</i>. Italy: Rotolito Lombarda</li> <li>- Malcolm, Dominic. 2008. <i>The SAGE Dictionary of Sports Studies</i>. London: SAGE Publications Ltd</li> <li>- Mallon, Bill &amp; Heijmans, Jeroen. 2011. <i>Historical Dictionary of the Olympic Movement</i> . United Kingdom: Scarecrow Press, Inc</li> <li>- . <a href="http://www.basicknowledge101.com/subjects/physicalhealth.html">http://www.basicknowledge101.com/subjects/physicalhealth.html</a></li> <li>- <a href="http://www.ultathlete.com">www.ultathlete.com</a></li> <li>- UU no 3 tahun 2005</li> </ul>																																					
	<b>Supporters:</b>																																					
<b>Supporting lecturer</b>	Hamdani, S.Pd., M.Pd. Irma Febriyanti, S.Or., M.Kes. Andhega Wijaya, S.Pd.Jas., M.Or.																																					
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>	<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>	<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																	

		Indicator	Criteria & Form	Offline ( offline )	Online ( online )		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand the general meaning of sport and its scope	<ol style="list-style-type: none"> <li>1.Able to explain the general meaning of sports</li> <li>2.Able to explain the scope of sports science</li> </ol>	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.	Lectures, discussions and questions and answers 2 X 50			0%
2	Understand the history of ancient and modern sports	<ol style="list-style-type: none"> <li>1.Explaining the Development of Sports in Ancient Egypt, China, India, Persia, Greece and Rome</li> <li>2.Explaining the Development of Sports in the 17th Century, 18th Century, Influential Figures, and Sports in England</li> </ol>	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.	Lectures, questions and answers, assignments and presentations 2 X 50			0%
3	Understand the history of ancient and modern sports	<ol style="list-style-type: none"> <li>1.Explaining the Development of Sports in Ancient Egypt, China, India, Persia, Greece and Rome</li> <li>2.Explaining the Development of Sports in the 17th Century, 18th Century, Influential Figures, and Sports in England</li> </ol>	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.	Lectures, questions and answers, assignments and presentations 2 X 50			0%
4	Understand the history of ancient and modern sports	<ol style="list-style-type: none"> <li>1.Explaining the Development of Sports in Ancient Egypt, China, India, Persia, Greece and Rome</li> <li>2.Explaining the Development of Sports in the 17th Century, 18th Century, Influential Figures, and Sports in England</li> </ol>	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.	Lectures, questions and answers, assignments and presentations 2 X 50			0%

5	Understand the history of ancient and modern sports	<p>1.Explaining the Development of Sports in Ancient Egypt, China, India, Persia, Greece and Rome</p> <p>2.Explaining the Development of Sports in the 17th Century, 18th Century, Influential Figures, and Sports in England</p>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly.</p>	Lectures, questions and answers, assignments and presentations 2 X 50		0%
6	Understand the history of ancient and modern sports	<p>1.Explaining the Development of Sports in Ancient Egypt, China, India, Persia, Greece and Rome</p> <p>2.Explaining the Development of Sports in the 17th Century, 18th Century, Influential Figures, and Sports in England</p>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly.</p>	Lectures, questions and answers, assignments and presentations 2 X 50		0%
7	Understand the history of POM	Explain the history of POM		Lecture presentation 2 X 50		0%
8	Midterm exam			2 X 50		0%
9	Understanding Olympic history, PON history, Asian games history	Explains the development of the Olympics, PON, Asian Games from time to time		Lectures, questions and answers, assignments and presentations 2 X 50		0%
10	Understanding Olympic history, PON history, Asian games history	Explains the development of the Olympics, PON, Asian Games from time to time	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.Full marks are obtained if you do all the questions correctly.</li> <li>2.Completeness of the report on the results of the description of the nature of physical fitness.</li> <li>3.Full marks are obtained if you do all the questions correctly.</li> <li>4.Full marks are obtained if you complete the questions according to the calculation steps correctly.</li> </ol>	Lectures, questions and answers, assignments and presentations 2 X 50		0%

11	Understand the components of physical fitness	- Explain the components of physical fitness		Lectures, discussions, questions and answers 2 X 50			0%
12	- Understanding the sports site in Indonesia - Understanding the problems of sports in Indonesia in accordance with the Indonesian sports system Understanding the relationship between sports and the country	- Explain the basis of the Indonesian sports content system - Explain the problems of sports in Indonesia in accordance with the Indonesian sports system Explain the relationship between sports and the country		Lectures, discussions, questions and answers 2 X 50			0%
13	- Understanding the sports site in Indonesia - Understanding the problems of sports in Indonesia in accordance with the Indonesian sports system Understanding the relationship between sports and the country	- Explain the basis of the Indonesian sports content system - Explain the problems of sports in Indonesia in accordance with the Indonesian sports system Explain the relationship between sports and the country		Lectures, discussions, questions and answers 2 X 50			0%
14	- Understanding the sports site in Indonesia - Understanding the problems of sports in Indonesia in accordance with the Indonesian sports system Understanding the relationship between sports and the country	- Explain the basis of the Indonesian sports content system - Explain the problems of sports in Indonesia in accordance with the Indonesian sports system Explain the relationship between sports and the country		Lectures, discussions, questions and answers 2 X 50			0%
15	- Understand the nature of health	Explain the nature of health		Lectures, discussions, assignments and questions and answers 2 X 50			0%
16	UAS			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.

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.