



**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>		
Injury Prevention & Treatment	8520102107		T=2 P=0 ECTS=3.18	4	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 that is charged to the course						
	Program Objectives (PO)						
	PLO-PO Matrix						
		P.O					
<b>Short Course Description</b>	This course provides understanding and mastery of the principles and factors for preventing injuries in sports as well as treatment procedures or first aid for sports injuries. Lectures are carried out with presentations and discussions, project assignments and reflections.						
	References						
<b>References</b>	<b>Main :</b>						
	1. Wibowo,H. 1994.Penceahan dan penatalaksanaan cedera olahraga,Jakarta. EGC 2. Hamid T dkk. 1994. Cedera Olahraga.PERDOSRI. Surabaya						
	<b>Supporters:</b>						
<b>Supporting lecturer</b>	Dr. dr. Endang Sri Wahjuni, M.Kes. Dr. Taufiq Hidayat, S.Pd., M.Kes. Dony Andrijanto, S.Pd., 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)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

1	Understand the anatomy of the body's organs and the meaning of sports injuries	- know the types of body tissues and their functions - be able to relate and analyze possible injuries to body tissues - know the meaning of injury - be able to analyze an injury event	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures and questions and answers 2 X 50			0%
2	Understand types of injuries, causes and prevention of injuries	- know the types of sports injuries - know the types of organs/tissues that are injured - be able to classify sports injuries - know the causes of injuries and ways to prevent them - be able to analyze possible injuries in a sports activity and prevent them	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions and questions and answers 2 X 50			0%
3	Understand how to prevent sports injuries	Understand how to prevent sports injuries	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions, questions and answers and assignments 2 X 50			0%
4	Understand the meaning and principles of assistance for minor sports injuries	- know how to help minor sports injuries - be able to provide help for minor sports injuries	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions, questions and answers and assignments 2 X 50			0%
5	Understand the meaning of health testing and its implementation. Explain the meaning and implementation of PPPK	- about the purpose and implementation of medical tests - able to decide on the appropriate method of first aid for people who need and able to provide first aid for accidents or sports injuries	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions, questions and answers and assignments 2 X 50			0%
6	Understanding sports injuries and how to deal with them	- Know and understand the types of injuries that can occur in sports - Know how to help and overcome sports injuries	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	lectures and discussions 2 X 50			0%
7	Explains the types, prevention and ways to overcome fatigue and overtraining	- Knowing the mechanism of fatigue - Knowing the types of fatigue - Knowing how to overcome fatigue in sports - Knowing the limits and types of overtraining. - able to prevent and overcome when overtraining occurs	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions, assignments and questions and answers 2 X 50			0%
8	UTS			2 X 50			0%

9	Understand the meaning, types and benefits of physiotherapy for sports injuries	- Know the meaning of physiotherapy - Know the types of physiotherapy - Know the benefits of physiotherapy for sports injuries	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions and questions and answers 2 X 50			0%
10	Understand the meaning, types and procedures of doping checks	- know the meaning of doping - know the types of chemicals/drugs that are classified as doping - know the procedures for doping checks on athletes	<b>Criteria:</b> 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done	Lectures, discussions and questions and answers 2 X 50			0%
11	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport		Student presentations and discussions 2 X 50			0%
12	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport		Student presentations and discussions 2 X 50			0%
13	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport		Student presentations and discussions 2 X 50			0%
14	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport		Injuries in specific sports 2 X 50			0%
15	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport		Student presentations and discussions 2 X 50			0%
16							0%

**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
		0%

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## 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.