



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
School Health Education	8520102110	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	3	May 22, 2023

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	Dr. Abdul Rachman Syam Tuasikal, M.Pd.	Dr. Mochamad Ridwan, S.Pd., M.Pd.

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program that is charged to the course		
	Program Objectives (PO)		
	PO - 1	Understand the basics of health education which includes factors that influence health, signs of a healthy body, communicable and non-communicable diseases, efforts to maintain health and the meaning, objectives, implementation and benefits of health education in schools.	
	PLO-PO Matrix		
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> </table>	P.O
P.O			
PO-1			

PO Matrix at the end of each learning stage (Sub-PO)																																																			
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td>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> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																
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Short Course Description	This course will discuss the basics of health education which includes Personal Health, Nutritional Problems, Environmental Health, Disease, Reproductive Health, PHBS, as well as the implementation of UKS in Schools. Lectures are carried out with presentations and discussions, project assignments and reflections.
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References	Main :	<ol style="list-style-type: none"> Sarwoto,Bambang Soetedjo. 1993. Pendidikan Kesehatan dan P3P, Jakarta : Depdikbud Lutan,Rusli dkk. 2000. Pendidikan Kesehatan, Jakarta : Depdiknas P. Hills,Andrew, King, Neil A. dan Byrne, Nuala M. , 2007. Children, Obesity and Exercise- Prevention, treatment and management of childhood and adolescent obesity, Oxon: Routledge Sukandarrumidi. 2010. Bencana Alam dan BencanaAnthropogene , Yogyakarta : Kanisius Notoatmodjo,Soekidjo. 2011. Kesehatan Masyarakat Ilmudan Seni , Jakarta: Rineka Cipta. Kesehatan Reproduksi Remaja dan Wanita , Jakarta: Salemba Medika. St JohnAmbulance, St Andrew's First Aid dan The British Red Cross Society, 2011. First Aid Manual. Revised 9thEdition , London: Dorling Kindersly.
	Supporters:	<ol style="list-style-type: none"> https://journal.uny.ac.id/index.php/jpji/article/view/3017

Supporting lecturer	Junaidi Budi Prihanto, S.KM., M.KM., Ph.D. dr. Tri Putra Rahmad Ramadani, Sp.Rad. Aby Nugrah Septanto, S.Kep.,Ns., M.Sc. Arifah Kaharina, S.Pd., M.Kes.
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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	Explain the meaning of health and illness, and the factors that influence it, as well as the importance of School Health Education	<ol style="list-style-type: none"> 1. Able to understand the meaning of health and illness and the influencing factors 2. Able to identify signs of a healthy body and efforts to maintain health 3. Understand the meaning, objectives, implementation and benefits of health education 	<p>Criteria: Get full marks if you answer correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions, questions and answers and assignments 2 X 50		<p>Material: understanding of health, illness, and influencing factors, as well as the importance of School Health Education</p> <p>Library: Sarwoto, Bambang Soetedjo. 1993. <i>Health Education and P3P</i>, Jakarta: Depdikbud</p>	5%
2	Explain personal health and its maintenance (Personal Hygiene)	<ol style="list-style-type: none"> 1. Explain the elements of personal hygiene (cleanliness of skin, nails, hair, eyes) 2. Explain how to maintain personal hygiene 3. Identify types of diseases caused by personal uncleanliness 	<p>Criteria: Get full marks if you can solve the questions well</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: personal health and its maintenance (Personal Hygiene)</p> <p>References: Lutan, Rusli et al. 2000. <i>Health Education</i>, Jakarta: Ministry of National Education</p>	5%
3	Explain personal health and its maintenance (Personal Hygiene)	<ol style="list-style-type: none"> 1. Explain the elements of personal hygiene (cleanliness of nose, ears, mouth-teeth and clothing) 2. Explain how to maintain personal hygiene 3. Identify types of diseases caused by personal uncleanliness 	<p>Criteria: Get full marks if you can show good performance.</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: personal health and its maintenance (Personal Hygiene)</p> <p>References: Lutan, Rusli et al. 2000. <i>Health Education</i>, Jakarta: Ministry of National Education</p>	5%
4	Explain nutrition and healthy eating patterns	<ol style="list-style-type: none"> 1. Able to recognize and choose healthy, nutritious foods 2. Explains how to eat and a healthy, balanced diet 3. Able to identify nutritional problems in schools 	<p>Criteria: Get full marks if you can show good performance</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: nutrition and healthy eating patterns</p> <p>References: P. Hills, Andrew, King, Neil A. and Byrne, Nuala M., 2007. <i>Children, Obesity and Exercise-Prevention, treatment and management of childhood and adolescent obesity</i>, Oxon: Routledge</p>	5%

5	Explains environmental health and management of school and household sanitation as well as environmental pollution and its consequences	<ol style="list-style-type: none"> 1. Able to explain and assess school environmental sanitation management 2. Able to explain and assess household environmental sanitation management 3. Explain environmental pollution and its consequences 	<p>Criteria: Get full marks if you can show good performance</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: Environmental Health and management of school and household sanitation as well as environmental pollution and its consequences.</p> <p>Reference: <i>Sukandarrumidi. 2010. Natural Disasters and Disasters Anthropogene, Yogyakarta: Kanisius</i></p>	5%
6	Recognize mental health problems and identify deviant behavior that impacts health	<ol style="list-style-type: none"> 1. Able to explain mental health and the factors that influence it 2. Identify students who are experiencing mental health problems 3. Recognize the bad effects and prevention of smoking habits, abuse of narcotics and dangerous substances 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: mental health and identifying deviant behavior that has an impact on health</p> <p>References: <i>P. Hills, Andrew, King, Neil A. and Byrne, Nuala M. , 2007. Children, Obesity and Exercise-Prevention, treatment and management of childhood and adolescent obesity , Oxon: Routledge</i></p>	5%
7	Explains communicable and non-communicable diseases and efforts to prevent them	<ol style="list-style-type: none"> 1. Able to explain the meaning, causes, methods of transmission and prevention of infectious diseases 2. Able to explain the meaning, causes and prevention of non-communicable diseases 3. Able to explain the purpose and objectives of immunization 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: communicable and non-communicable diseases and efforts to prevent them</p> <p>References: <i>St John Ambulance, St Andrew's First Aid and The British Red Cross Society, 2011. First Aid Manual. Revised 9th Edition, London: Dorling Kindersly.</i></p>	5%

8	able to do the mid-semester exam material for meetings 1-7	<ol style="list-style-type: none"> 1. Able to explain the meaning of health and illness, factors that influence the degree of health, signs of a healthy body 2. Able to understand personal health problems 3. Able to explain nutritious food, healthy balanced eating patterns and nutritional problems at school 4. Able to explain environmental sanitation at school and at home, as well as environmental pollution and its consequences 5. Able to understand mental health problems and deviant behavior 6. Able to explain the causes and prevention of infectious and non-communicable diseases 	<p>Criteria: Get full marks if you answer correctly</p> <p>Form of Assessment : Participatory Activities</p>	Midterm exam 2 X 50		<p>Material: uts school health education material Reader: <i>Sarwoto, Bambang Soetedjo. 1993. Health Education and P3P, Jakarta: Depdikbud</i></p>	10%
9	Explain safety education and be able to organize prevention and evacuation efforts from dangers and disasters	<ol style="list-style-type: none"> 1. Explain the meaning and objectives of safety education 2. Identify sources of danger and disaster in the surrounding environment 3. Able to organize prevention and evacuation efforts from dangers and disasters 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: Safety education and being able to organize prevention and evacuation efforts from dangers and disasters Reader: <i>Sukandarrumidi. 2010. Natural Disasters and Disasters Anthropogene, Yogyakarta: Kanisius</i></p>	5%
10	Explain safety education and be able to organize prevention and evacuation efforts from dangers and disasters	<ol style="list-style-type: none"> 1. Identify sources of danger and disaster in the surrounding environment 2. Able to organize prevention and evacuation efforts from dangers and disasters 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: Safety education and being able to organize prevention and evacuation efforts from dangers and disasters Reader: <i>Sukandarrumidi. 2010. Natural Disasters and Disasters Anthropogene, Yogyakarta: Kanisius</i></p>	5%

11	Explaining reproductive health in adolescents	<ol style="list-style-type: none"> 1.Explains the function of the reproductive organs and how to maintain their health 2.Able to identify various types of sexual harassment and how to avoid them 3.Explains sexually transmitted diseases (STDs) and AIDS and how to avoid them 4.Explains the dangers of casual sex and how to avoid it 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: Reproductive Health in Adolescents Reference: <i>Reproductive Health of Adolescents and Women, Jakarta: Salemba Medika.</i></p>	5%
12	Explaining First Aid for Diseases (P3P) and First Aid for Accidents (P3K)	<ol style="list-style-type: none"> 1.Explain the meaning and objectives of P3P 2.Explains the use of light and traditional medicines 3.Explains the use of compresses and sugar-salt solutions 4.Explain the meaning and purpose of P3K 5.Explain the types of first aid that can be given in the event of an accident that occurs in the school environment 6.Explain the referral system for accidents in the school environment 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: First Aid for Diseases (P3P) and First Aid for Accidents (P3K) Library: <i>Sukandarrumidi. 2010. Natural Disasters and Disasters Anthropogene, Yogyakarta: Kanisius</i></p>	5%
13	Skilled in carrying out simple health and hygiene checks on school students	<ol style="list-style-type: none"> 1.Able to carry out routine simple health checks on school students 2.Able to check nutritional status, visual acuity and hearing as well as students' hygiene and health conditions 	<p>Criteria: Get full marks if you can demonstrate good performance and mastery of the material</p> <p>Form of Assessment : Participatory Activities</p>	Group presentations, lectures, discussions and questions and answers 2 X 50		<p>Material: simple health and hygiene checks on school students Reader: <i>Sarwoto, Bambang Soetedjo. 1993. Health Education and P3P, Jakarta: Depdikbud</i></p>	5%

14	Able to explain about School Health Business (UKS) and programs	<ol style="list-style-type: none"> 1.Explain the aims, objectives and targets of UKS 2.Explain the organizational structure and management of UKS 3.Explain the services provided by UKS 4.Explain the school UKS strata evaluation instrument 	Criteria: Completeness of reports from observations and interviews Form of Assessment : Participatory Activities	Group presentations, lectures, discussions and questions and answers, field observations and 2 X 50 interviews		Material: School Health Business (UKS) and programs Library: Lutan, Rusli et al. 2000. Health Education, Jakarta: Ministry of National Education	5%
15	Able to explain about School Health Business (UKS) and programs	<ol style="list-style-type: none"> 1.Explain the aims, objectives and targets of UKS 2.Explain the organizational structure and management of UKS 3.Explain the services provided by UKS 4.Explain the School UKS Strata evaluation instrument 	Criteria: Completeness of reports from observations and interviews Form of Assessment : Participatory Activities	Group presentations, lectures, discussions and questions and answers, field observations and 2 X 50 interviews		Material: School Health Business (UKS) and programs Library: Lutan, Rusli et al. 2000. Health Education, Jakarta: Ministry of National Education	5%
16	Able to explain about School Health Business (UKS) and programs	Explain the aims, objectives and targets of UKS	Criteria: Completeness of reports from observations and interviews Form of Assessment : Participatory Activities	offline 2x50		Material: UAS: knowledge Reader: Sarwoto, Bambang Soetedjo. 1993. Health Education and P3P, Jakarta: Depdikbud	20%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	100%
		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.

