



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
Swimming	8520102249	Compulsory Study Program Subjects	T=0	P=2	ECTS=3.18	1	August 15, 2023
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Dr. Setiyo Hartoto, M.Kes.		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

PLO-1	Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties
PLO-3	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned
PLO-8	KK1. Able to plan, implement and evaluate sports learning in a measurable, accountable and effective manner

Program Objectives (PO)

PO - 1	can do freestyle swimming with the correct style technique
PO - 2	Can do backstroke swimming with the correct stroke technique
PO - 3	Can do breaststroke swimming with the correct stroke technique
PO - 4	can do butterfly swimming with the correct style technique

PLO-PO Matrix

P.O	PLO-1	PLO-3	PLO-8
PO-1	✓	✓	✓
PO-2	✓	✓	✓
PO-3	✓	✓	✓
PO-4	✓	✓	✓

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	✓	✓	✓													
PO-2				✓	✓	✓	✓									
PO-3								✓	✓	✓	✓					
PO-4												✓	✓	✓	✓	✓

Short Course Description Understanding and mastery of swimming history, basic swimming skills, theory and practice of freestyle, backstroke, breaststroke and butterfly, special methodical didactics for swimming, rules and organization of swimming competitions.

References **Main :**

1. Ruben Guzman. 2007. The Swimming Drill Book . United States: Human Kinetics
2. Dave. S PhD dan Scott.A. R PhD. 2008. Complete Conditioning for Swimming . United States: Human Kinetics
3. Ernest W. M. 1982. Swimming Faster . California State University Chico: Mayfeld publishing Company
4. David Haller. 2008. Belajar Berenang . Pionir Jaya: 511 Bandung 40231
5. Marta D dan Tina W. 2006. Renang . Ciputat Tangerang 15419:Cerdas Jaya Pondok Hijau
6. Terry L dan John Delves. 2004. Total Immersion (The Revolutionary Way to Swim Better, Faster, dan Easier) Fireside. NY 10020: 1230 Avenue of Americas New York.

		Supporters:					
		1. http://sportasaintika.pjj.unp.ac.id/index.php/sporta/article/view/39					
Supporting lecturer		Dr. Setiyo Hartoto, M.Kes. Fifukha Dwi Khory, S.Pd., M.Pd. Bayu Budi Prakoso, S.Pd., M.Pd. Dr. Novadri Ayubi, S.Or., 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)
1	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	1.Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3.Explain freestyle and backstroke movements	Criteria: 8 Form of Assessment : Participatory Activities, Practice/Performance	Demonstrations, lectures, questions and answers and assignments 2 X 50		Material: breaststroke material Reader: <i>Dave. S PhD and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics</i>	8%
2	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	1.Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3.Explain freestyle and backstroke movements	Criteria: assessment criteria rubric Form of Assessment : Participatory Activities, Practice/Performance	Demonstrations, lectures, questions and assignments 2 X 50		Material: breaststroke material Reference: <i>Ernest WM 1982. Swimming Faster. California State University Chico: Mayfeld publishing Company</i>	3%
3	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	1.Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3.Explain freestyle and backstroke movements	Criteria: assessment criteria rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Demonstrations, lectures, questions and answers and assignments 2 X 50		Material: breaststroke test material Reader: <i>David Haller. 2008. Learning to Swim. Pioneer Jaya: 511 Bandung 40231</i>	7%

4	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 	<p>Criteria: assessment criteria rubric</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	Demonstrations, lectures, questions and answers and assignments 2 X 50		<p>Material: freestyle test material Reader: <i>Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics</i></p> <p>Material: freestyle material Reader: <i>Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics</i></p>	8%
5	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 	<p>Criteria: 8</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstrations, lectures, questions and answers and assignments 2 X 50		<p>Material: breaststroke material Reader: <i>Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics</i></p>	8%
6	Understand breaststroke and butterfly strokes	<ol style="list-style-type: none"> 1. Identify breaststroke swimming movements 2. Identify the butterfly swimming movement 	<p>Criteria: 7</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstrations, lectures, discussions, questions and answers and assignments 4 X 50		<p>Material: breaststroke material Reference: <i>Marta D and Tina W. 2006. Swimming. Ciputat Tangerang 15419: Cerdas Jaya Pondok Hijau</i></p>	8%
7	Understand breaststroke and butterfly strokes	<ol style="list-style-type: none"> 1. Identify breaststroke swimming movements 2. Identify the butterfly swimming movement 	<p>Criteria: 8</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Demonstrations, lectures, discussions, questions and answers and assignments 4 X 50		<p>Material: breaststroke test material Reference: <i>Ernest WM 1982. Swimming Faster. California State University Chico: Mayfeld publishing Company</i></p>	8%
8	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	backstroke swimming	<p>Criteria: assessment criteria rubric</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	6x50 lecture method		<p>Material: backstroke material Reader: <i>Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics</i></p>	7%

9	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	backstroke assessment	Criteria: 5 Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	2x50 lecture method		Material: backstroke material Reader: Dave. S PhD and Scott.A. R PhD. 2008. <i>Complete Conditioning for Swimming. United States: Human Kinetics</i>	8%
10	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements	Criteria: 8 Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50		Material: backstroke material Reader: Terry L and John Delves. 2004. <i>Total Immersion (The Revolutionary Way to Swim Better, Faster, and Easier) Fireside. NY 10020: 1230 Avenue of the Americas New York.</i>	8%
11	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements	Criteria: Participation assessment rubrik Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50		Material: backstroke test material Reader: Dave. S PhD and Scott.A. R PhD. 2008. <i>Complete Conditioning for Swimming. United States: Human Kinetics</i>	7%
12	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements	Criteria: assessment rubrik Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance, Tests	Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50		Material: butterfly style material Reader: Ruben Guzman. 2007. <i>The Swimming Drill Book. United States: Human Kinetics</i>	5%
13	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements	Criteria: assessment criteria rubric Form of Assessment : Practical Assessment	Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50		Material: butterfly style material Reader: Terry L and John Delves. 2004. <i>Total Immersion (The Revolutionary Way to Swim Better, Faster, and Easier) Fireside. NY 10020: 1230 Avenue of the Americas New York.</i>	3%
14	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	butterfly style assessment	Criteria: assessment criteria rubric Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests	6x50 lecture method		Material: butterfly style material Reader: David Haller. 2008. <i>Learning to Swim. Pioneer Jaya: 511 Bandung 40231</i>	7%

15	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	assessment criteria rubric	Criteria: assessment criteria rubric Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests	6x50 lecture method		Material: butterfly style test material. References: Marta D and Tina W. 2006. <i>Swimming. Ciputat Tangerang 15419:Cerdas Jaya Pondok Hijau</i>	3%
16	UAS	Freestyle, backstroke, breaststroke and butterfly tests	Criteria: assessment criteria rubric Forms of Assessment : Participatory Activities, Practice/Performance, Tests	2 X 50 Demonstration		Material: UTS Bibliography: Marta D and Tina W. 2006. <i>Swimming. Ciputat Tangerang 15419:Cerdas Jaya Pondok Hijau</i>	2%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	36.25%
2.	Project Results Assessment / Product Assessment	34.83%
3.	Portfolio Assessment	2%
4.	Practical Assessment	6.25%
5.	Practice / Performance	16.75%
6.	Test	3.92%
		100%

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.