



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

Document Code

### SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																	
Tests and Measurements Or.	8520103195		T=3 P=0 ECTS=4.77	5	July 18, 2024																																	
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																	
	.....		.....		Dr. Mochamad Ridwan, S.Pd., M.Pd.																																	
Learning model	Case Studies																																					
Program Learning Outcomes (PLO)	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: 50px; height: 20px;">P.O</td></tr> </table>					P.O																															
P.O																																						
	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: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 15px;">1</td><td style="width: 15px;">2</td><td style="width: 15px;">3</td><td style="width: 15px;">4</td><td style="width: 15px;">5</td><td style="width: 15px;">6</td><td style="width: 15px;">7</td><td style="width: 15px;">8</td><td style="width: 15px;">9</td><td style="width: 15px;">10</td><td style="width: 15px;">11</td><td style="width: 15px;">12</td><td style="width: 15px;">13</td><td style="width: 15px;">14</td><td style="width: 15px;">15</td><td style="width: 15px;">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																						
Short Course Description	This course will discuss understanding and mastery of the functions, objectives of measurement tests in physical education, sports and recreation in the form of tests of physical abilities and skills both in theory and practice, including using assessment norms. Lectures are carried out with presentations and discussions, practice, project assignments, and reflection																																					
References	Main :																																					
	<ol style="list-style-type: none"> <li>1. Margareth J. Safrit , 1981, Evaluation in Physical education . Champaign-IL, Human Kinetics.</li> <li>2. Frank M.Verducci, Ed. D . 1980. Measurement Concepts in Physical Education</li> <li>3. Nurhasan. 2001. Tes dan Pengukuran Dalam Pendidikan Jasmani. Depdiknas</li> <li>4. Winnick, Joseph P., dan Short, Francis X. 2014. Brockport physical fitness test manual : a health-related assessment for youngsters with disabilities . Champaign-IL, Human Kinetics.</li> <li>5. Severini, Thomas A. 2015. Analytic Methods In Sports Using Mathematics and Statistics to Understand Data from Baseball, Football, Basketball, and Other . Boca Raton. CRC PressTaylor &amp; Francis Group.</li> <li>6. Brian Mackenzie. 2005. 101 Performance Evaluation Tests. Champaign-IL, Human Kinetics.</li> <li>7. Edward et.al. 2007. Sport and Exercise Physiology Testing Guidelines, The British Association of Sport and Exercise Sciences Guide, Volume II: Exercise and Clinical Testing, Routledge.</li> </ol>																																					
	Supporters:																																					
Supporting lecturer	Prof. Dr. Nurhasan, M.Kes. Dr. Sapto Wibowo, S.Pd., M.Pd. Dr. Taufiq Hidayat, S.Pd., M.Kes. Dr. Nur Ahmad Arief, 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	Understand the general meaning of Measurement Tests. Understand the general meaning and meaning of Measurement Tests along with examples	<ol style="list-style-type: none"> <li>1.Be able to explain what a test is</li> <li>2.Be able to explain what measurement is</li> <li>3.Able to define the tests and measurements themselves</li> <li>4.Able to provide examples in everyday life of tests and measurements</li> <li>5.Able to provide examples of test and measurement models in the world of education</li> <li>6.Provide examples of fitness measurements</li> <li>7.Provide examples of academic measurements</li> <li>8.Provide examples of objects for measuring skills, knowledge and attitudes</li> </ol>	<b>Criteria:</b> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Lectures, discussions and questions and answers 3 X 50			0%
2	Understand the general meaning of Measurement Tests. Understand the general meaning and meaning of Measurement Tests along with examples	<ol style="list-style-type: none"> <li>1.Be able to explain what a test is</li> <li>2.Be able to explain what measurement is</li> <li>3.Able to define the tests and measurements themselves</li> <li>4.Able to provide examples in everyday life of tests and measurements</li> <li>5.Able to provide examples of test and measurement models in the world of education</li> <li>6.Provide examples of fitness measurements</li> <li>7.Provide examples of academic measurements</li> <li>8.Provide examples of objects for measuring skills, knowledge and attitudes</li> </ol>	<b>Criteria:</b> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Lectures, discussions and questions and answers 3 X 50			0%

3	Understand and master the objectives of Evaluation Explain the Assessment and Evaluation process	<ol style="list-style-type: none"> <li>1.Able to explain with examples the implementation of evaluation</li> <li>2.Able to follow up on the evaluation itself</li> <li>3.Able to provide examples of aspects being measured</li> <li>4.Able to provide examples of instruments used</li> <li>5.Able to analyze data collection procedures</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Lectures, discussions, questions and answers, assignments and performances (presentations) 3 X 50			0%
4	Explain the purpose of tests and measurements in detail. Understand and master the test selection criteria and their aspects	<ol style="list-style-type: none"> <li>1.Mention the importance of tests</li> <li>2.Can analyze the data obtained</li> <li>3.Explaining teaching/training mistakes</li> <li>4.Describes measurements as material for comparative studies and for research</li> <li>5.Describe and mention various types of validity along with examples</li> <li>6.Explain the meaning of reliability with examples</li> <li>7.Explain the meaning of objectives along with examples and norms</li> <li>8.Explain with examples the meaning of interest</li> <li>9.Describes a simple and economical form of test with examples</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observations of an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Lectures, cooperation, questions and answers and 3 X 50 assignments			0%

5	<p>Explain the purpose of tests and measurements in detail. Understand and master the test selection criteria and their aspects</p>	<ol style="list-style-type: none"> <li>1.Mention the importance of tests</li> <li>2.Can analyze the data obtained</li> <li>3.Explaining teaching/training mistakes</li> <li>4.Describes measurements as material for comparative studies and for research</li> <li>5.Describe and mention various types of validity along with examples</li> <li>6.Explain the meaning of reliability with examples</li> <li>7.Explain the meaning of objectives along with examples and norms</li> <li>8.Explain with examples the meaning of interest</li> <li>9.Describes a simple and economical form of test with examples</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observations of an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	<p>Lectures, cooperation, questions and answers and 3 X 50 assignments</p>			0%
6	<p>Explain the purpose of tests and measurements in detail. Understand and master the test selection criteria and their aspects</p>	<ol style="list-style-type: none"> <li>1.Mention the importance of tests</li> <li>2.Can analyze the data obtained</li> <li>3.Explaining teaching/training mistakes</li> <li>4.Describes measurements as material for comparative studies and for research</li> <li>5.Describe and mention various types of validity along with examples</li> <li>6.Explain the meaning of reliability with examples</li> <li>7.Explain the meaning of objectives along with examples and norms</li> <li>8.Explain with examples the meaning of interest</li> <li>9.Describes a simple and economical form of test with examples</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observations of an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	<p>Lectures, cooperation, questions and answers and 3 X 50 assignments</p>			0%

7	Understand Standard Operational Procedures and be able to use test and measurement tools according to their function	<ol style="list-style-type: none"> <li>1.Be able to say the name of the measuring tool</li> <li>2.Be able to explain the function of the tool</li> <li>3.Able to explain SOP and its uses</li> <li>4.Able to search for and obtain the norm</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Lectures, discussions, questions and answers and assignments 3 X 50			0%
8	USS (attached)	Able to complete the USS in accordance with the time requirements and test regulations	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observations of an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	3 X 50 Exam			0%

9	Understand Standard Operational Procedures and be able to use test and measurement tools according to their function	<ol style="list-style-type: none"> <li>1.Be able to say the name of the measuring tool</li> <li>2.Be able to explain its function</li> <li>3.Able to explain SOP and its uses</li> <li>4.Get the norm</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Discussion, performance, questions and answers and 3 X 50 assignments			0%
10	Explain the various measurement tests using and without tools	<ol style="list-style-type: none"> <li>1.Be able to explain what to do before the test</li> <li>2.Able to explain and practice the tools in question</li> </ol>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1.The assessment is carried out on the following aspects:</li> <li>2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)</li> </ol>	Discussion, performance, questions and answers and 3 X 50 assignments			0%

11	Explain the various types of fitness tests	Able to explain and simulate TKJI and MFT	<b>Criteria:</b> 1.The assessment is carried out on the following aspects: 2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%
12	Measurement practice in the Sports Laboratory	Able to explain and carry out anthropometry tools, flexibility, blood pressure meter, fat thickness test, coordination ability, agility, strength and adapt to the norms	<b>Criteria:</b> 1.The assessment is carried out on the following aspects: 2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%

13	Practice field tests and laboratory tests (measurement of speed, balance, endurance strength, cardiovascular endurance, power (speed strength))	Able to explain and measure speed, balance, endurance strength, cardiovascular endurance, power (speed strength) and adjust to the norms	<b>Criteria:</b> 1. The assessment is carried out on the following aspects: 2. Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%
14	Practice measurements in the Lab. Sports / field	Able to explain and carry out fitness tests and the results are adjusted to the norms	<b>Criteria:</b> 1. The assessment is carried out on the following aspects: 2. Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%



15	Practice measurements in the Lab. Sports / field	Able to explain and carry out fitness tests and the results are adjusted to the norms	<b>Criteria:</b> 1.The assessment is carried out on the following aspects: 2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%
16	Analysis of field test and laboratory fitness test measurement results (for sports education applications)	Able to analyze and evaluate the results of measurements that have been carried out	<b>Criteria:</b> 1.The assessment is carried out on the following aspects: 2.Participation during lectures in the laboratory is carried out through observing an honest and independent attitude (weight 2). Collection of learning assignments is carried out outside lectures in the form of articles/papers/portfolios (weight 3). UTS (Mid-Semester Examination) is carried out twice by accessing all the indicators relevant through written tests and practical tests (weight 2) The Final Semester Examination (UAS) is carried out at the 15th meeting to access all indicators of student success seen from relevant cognitive aspects through written tests (essay and multiple choice) (weight 3)	Discussion, performance, questions and answers and 3 X 50 assignments			0%

**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
		0%

**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.