



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
S1 Sports Coaching Education Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Basics of Physical Education and Or.	8520202051		T=2	P=0	ECTS=3.18	3	July 18, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	Dr. Or. Muhammad, 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)																																														
	PLO-PO Matrix																																														
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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: 50px; text-align: center;">P.O</td> <td colspan="15" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; text-align: center;">1</td> <td style="width: 20px; text-align: center;">2</td> <td style="width: 20px; text-align: center;">3</td> <td style="width: 20px; text-align: center;">4</td> <td style="width: 20px; text-align: center;">5</td> <td style="width: 20px; text-align: center;">6</td> <td style="width: 20px; text-align: center;">7</td> <td style="width: 20px; text-align: center;">8</td> <td style="width: 20px; text-align: center;">9</td> <td style="width: 20px; text-align: center;">10</td> <td style="width: 20px; text-align: center;">11</td> <td style="width: 20px; text-align: center;">12</td> <td style="width: 20px; text-align: center;">13</td> <td style="width: 20px; text-align: center;">14</td> <td style="width: 20px; text-align: center;">15</td> <td style="width: 20px; text-align: center;">16</td> </tr> </table>															P.O	Week															1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Short Course Description	Understanding and theoretical study of the basics of physical education including: philosophy, history, sociology, pedagogy, biomechanics, health, physiology, psychological foundations, and being able to measure the level of progress of physical education at the primary and secondary education unit levels.
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References	Main :	
		<ol style="list-style-type: none"> 1. Handout mata kuliah Dasar-dasar Pendidikan Jasmani, Olahraga, dan Kesehatan 2. Permendikbud no. 20 tahun 2016 tentang Standar Kompetensi Lulusan Pendidikan Dasar dan Menengah 3. Permendikbud no. 21 tahun 2016 tentang Standar Isi Satuan Pendidikan Dasar dan Menengah 4. Permendikbud no. 22 tahun 2016 tentang Standar Proses Pendidikan Dasar dan Menengah 5. Permendikbud no. 23 tahun 2016 tentang Standar Penilaian Pendidikan 6. Permendikbud no. 24 tahun 2016 tentang Kompetensi Inti dan Kompetensi Dasar Pelajaran pada Kurikulum 2013 pada Pendidikan Dasar dan Menengah 7. Permendiknas no. 22 tahun 2006 tentang Standar Isi 8. Undang-undang no. 20 tahun 2003 tentang Sistem Pendidikan Nasional 9. Undang-undang no. 14 tahun 2005 tentang Guru dan Dosen 10. Instrumen kadar keguruan guru PJOK 11. Pangkalan Data Pendidikan Jasmani Olahraga Indonesia (PDPJOI)
	Supporters:	

Supporting lecturer	Dr. Abdul Hafidz, S.Pd., M.Pd. Dr. Or. Muhammad, S.Pd., M.Pd.
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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	Students are able to explain the basic nature of education and the factors that influence it	1.Explain the basic nature of education 2.Explain the factors that influence education	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers 2 X 50			0%
2	Students are able to explain in writing the meaning of PJOK, background and 7 objectives of PJOK	Explains in detail and scientifically based on primary sources	Criteria: Students are considered to have passed if they have achieved a minimum score of 56.	Lectures, discussions, questions and answers, assignments 2 X 50			0%
3	Able to explain the meaning of PJOK, background and objectives of PJOK	Explain in simple terms the meaning of PJOK, background and objectives	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers 2 X 50			0%
4	Able to explain and develop PJOK Core Competencies and Basic Competencies in accordance with the Education Unit	Explain and develop simply the Core Competencies and Basic Competencies of PJOK	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
5	Able to explain teacher competencies and duties	Explain in simple terms Teacher Competencies and teacher duties	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
6	Able to explain Bloom's taxonomy and Multiple Intelligences	Explains in a simple way the 6 levels of taxonomy and multiple intelligences	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%

7	Able to explain the cone of learning experiences	Explain in simple terms the cone of experience	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
8	Able to explain the syntax of the IU-07-01 model	Explains in simple terms the syntax of the IU-07-01 model	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
9	Able to explain 13 steps to manage PJOK learning effectively and efficiently	Explains in simple terms 13 steps to manage PJOK learning effectively and efficiently	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
10	Able to explain instruments for measuring PJOK progress and learning effectiveness	Explains simply how to apply both instruments	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
11	Able to measure PJOK progress at the educational unit level	Explains survey results based on 4 PDPJOI categories	Criteria: Students are considered to have passed if they have achieved a minimum score of 56.	Lectures, discussions, questions and answers and assignments 2 X 50			0%
12	Able to explain the function of philosophy in PJOK	Explain the function of philosophy in PJOK	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%

13	Able to explain the function of sociology in PJOK	Explain the function of sociology in PJOK	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
14	Able to explain the function of psychology	Explain the function of psychology in PJOK	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
15	Able to explain the function of biomechanics in PJOK	Explain the biomechanical function in PJOK	Criteria: Attitude: students are considered to have passed if they show a good attitude during lectures Knowledge: students are considered complete if the lecturer's questions are answered correctly	Lectures, discussions, questions and answers and assignments 2 X 50			0%
16							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.
- 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.

