



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education 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>          |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| Basic Gymnastics Skills                                     | 8520202098   | Compulsory Study Program Subjects  | T=2 P=0 ECTS=3.18                 | 1  | August 11, 2022                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>AUTHORIZATION</b>  | <b>SP Developer</b>  |  | <b>Course Cluster Coordinator</b> |  | <b>Study Program Coordinator</b> |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | Dr. Fransisca Januarumi M W, M.Kes.  |  | Dr. Nurkholis, M. Pd              |  | Dr. Or. Muhammad, S.Pd., M.Pd.   |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>Learning model</b>                                       | Project Based Learning   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>Program Learning Outcomes (PLO)</b>                      | <b>PLO study program that is charged to the course</b>   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>Program Objectives (PO)</b>   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>PO - 1</b>  | Able to be responsible for applying the basic movement techniques of Artistic and Rhythmic gymnastics  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>PO - 2</b>  | Able to demonstrate independent performance and work together to produce a series of simple movements sequentially and measurably                |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>PO - 3</b>  | Able to analyze problem solving in project-based artistic and rhythmic gymnastics independently or in groups based on science and technology     |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>PO - 4</b>  | Able to apply theoretical and practical concepts to basic gymnastics skills, especially developing entrepreneurial creativity (entrepreneurship) |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>PLO-PO Matrix</b>   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   |  | P.O  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   |  | PO-1   |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   |  | PO-2   |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | PO-3   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | PO-4   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>PO Matrix at the end of each learning stage (Sub-PO)</b> |  |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | 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   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>Short Course Description</b>                             | Understanding of the history and understanding of gymnastics in general as well as elements of supporting physical conditions and basic techniques, applying basic gymnastics skills according to international regulations.   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>References</b>   | <b>Main :</b>  |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <ol style="list-style-type: none"> <li>1. FIG. 2011.Coaching Methodology for Gymnastics.</li> <li>2. FIG. 2017.Code Of Points de Gymnastics - Artistic.</li> <li>3. FIG. 2017. Code Of Points de Gymnastics - Rhythmic.</li> <li>4. FIG. 2017.Code Of Points de Gymnastics - Aerobic</li> <li>5. FIG. 2017.Code Of Points de Gymnastics - Trampoline</li> <li>6. FIG. 2017.Code Of Points de Gymnastics - Acrobatic</li> <li>7. FIG. 2011. Level I Coaching</li> <li>8. Handout. 2013. Buku Ajar Dasar Senam.</li> </ol> |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
|   | <b>Supporters:</b>   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>Supporting lecturer</b>                                  | Dr. Nurkholis, M.Pd.<br>Dr. Fransisca Januarumi Marhaendra Wijaya, S.Pd., M.Kes.<br>Eva Ferdita Yuhantini, S.Pd., M.Kes.   |  |                                   |  |                                  |                          |   |  |                              |   |    |    |    |    |    |    |    |  |
| <b>Week-</b>  | <b>Final abilities of each learning stage (Sub-PO)</b>   | <b>Evaluation</b>  |                                   | <b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b> |                                  |                          |   | <b>Learning materials [ References ]</b> | <b>Assessment Weight (%)</b> |   |    |    |    |    |    |    |    |  |
|   |  | <b>Indicator</b>   | <b>Criteria &amp; Form</b>        | <b>Offline ( offline )</b>   |                                  | <b>Online ( online )</b> |   |  |                              |   |    |    |    |    |    |    |    |  |
| (1)   | (2)  | (3)  | (4)                               | (5)  |                                  | (6)                      |   | (7)                                      | (8)                          |   |    |    |    |    |    |    |    |  |

|   |  |  |   |  |  |  |    |
|---|--|--|---|--|--|--|----|
| 1 | Able to explain the history and definition of gymnastics in general as well as getting to know several gymnastics disciplines and safety first.                          | <ol style="list-style-type: none"> <li>1.Accuracy in explaining the history of Indonesian and world gymnastics.</li> <li>2.Accuracy in explaining the definition of gymnastics in general.</li> <li>3.Accuracy in explaining safety first in gymnastics.</li> <li>4.Accuracy in explaining the elements of supporting physical conditions in gymnastics</li> </ol> | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                               | Virtual Conference<br>Questions and answers<br>Discussions<br>Structured assignments<br>Self-study<br>2 X 50 |  | <p><b>Materials:</b> 5<br/><b>References:</b><br/><i>Handout.</i><br/>2013. <i>Basic Gymnastics Textbook.</i></p>                            | 5% |
| 2 | Able to explain basic artistic gymnastics movement techniques with the principle of safety first and be familiar with international sized equipment.                     | <ol style="list-style-type: none"> <li>1.Accurately explains the basic floor exercise movements and techniques.</li> <li>2.Accuracy explains the safety first principle.</li> <li>3.Accuracy in explaining the size and types of equipment for floor exercise (competition mats, tumbling).</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Forms of Assessment :</b><br/>Participatory Activities, Practice/Performance, Tests</p> | Questions and answers<br>Discussion<br>Structured assignments<br>Self-study<br>2 X 50                        |  | <p><b>Material:</b><br/>basic gymnastics movements<br/><b>Reference:</b><br/><i>Handout.</i><br/>2013. <i>Basic Gymnastics Textbook.</i></p> | 5% |
| 3 | Able to explain the basic movement techniques of rhythmic and aerobic gymnastics with the principle of safety first and be familiar with international sized equipment   | <ol style="list-style-type: none"> <li>1.Accuracy in explaining the basic movements of rhythmic and aerobic gymnastics and their techniques.</li> <li>2.Accuracy explains the safety first principle</li> <li>3.Accuracy in explaining the sizes and types of equipment for rhythmic and aerobic gymnastics</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                               | Questions and answers<br>Discussion<br>Structured assignments<br>Self-study<br>2 X 50                        |  | <p><b>Material:</b><br/>basic gymnastics skills<br/><b>Reference:</b><br/><i>Handout.</i><br/>2013. <i>Basic Gymnastics Textbook.</i></p>    | 5% |
| 4 | Able to explain basic movement techniques for trampoline and acrobatic gymnastics with the principle of safety first and be familiar with international sized equipment. | <ol style="list-style-type: none"> <li>1.Accuracy in explaining the basic movements of trampoline and acrobatic gymnastics and their techniques.</li> <li>2.Accuracy explains the safety first principle</li> <li>3.Accurately explains the size and types of equipment for trampoline and acrobatic gymnastics</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                               | Questions and answers<br>Discussion<br>Structured assignments<br>Self-study<br>2 X 50                        |  | <p><b>Material:</b><br/>basic gymnastics skills<br/><b>Reference:</b><br/><i>Handout.</i><br/>2013. <i>Basic Gymnastics Textbook.</i></p>    | 5% |

|    |   |   |   |  |  |   |     |
|----|---|---|---|--|--|---|-----|
| 5  | Able to explain basic gymnastics skills training media.   | <ol style="list-style-type: none"> <li>1.Mastering basic gym equipment modification techniques.</li> <li>2.Mastering the basic equipment requirements for each gymnastics discipline</li> <li>3.Understand equipment and movement safety requirements.</li> </ol> | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                                   | Questions and answers<br>Discussion<br>Structured assignments<br>Self-study<br>2 X 50                        |  | <p><b>Material:</b><br/>basic gymnastics skills</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p> | 5%  |
| 6  | Able to explain the basic technical and physical application of floor exercise.   | <ol style="list-style-type: none"> <li>1.Accuracy in explaining basic gymnastics techniques</li> <li>2.Accuracy in explaining the basic physics of gymnastics.</li> <li>3.Accuracy explains safety for every movement, both technical and physical.</li> </ol>    | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 40%<br/>Quiz 20%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                                   | Virtual Conference<br>Questions and answers<br>Discussions<br>Structured assignments<br>Self-study<br>2 X 50 |  | <p><b>Material:</b><br/>gymnastics</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p>              | 5%  |
| 7  | Able to explain the application of forward roll and back roll techniques  | <ol style="list-style-type: none"> <li>1.Mastering the application of front roll and back roll techniques.</li> <li>2.Mastering how to help with forward rolls and back rolls.</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 30%<br/>Practice 50%</p> <p><b>Forms of Assessment :</b><br/>Participatory Activities, Practice/Performance, Tests</p> | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50        |  | <p><b>Material:</b><br/>basics of gymnastics</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p>    | 5%  |
| 8  | Able to explain the definition of gymnastics, gymnastics discipline and apply how to help front rolls and back rolls by paying attention to safety first. | <ol style="list-style-type: none"> <li>1.Accuracy in explaining the definition of gymnastics</li> <li>2.Accuracy in explaining gymnastics disciplines</li> <li>3.Mastering the application of how to assist forward rolls and back rolls</li> </ol>               | <p><b>Criteria:</b><br/>Activeness in answering assignments 20%<br/>Accuracy in answering assignments 40%<br/>Practice 40%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                                | Virtual Conference<br>Questions and answers<br>Structured assignments<br>Self-study<br>2 X 50                |  | <p><b>Material:</b><br/>basics of gymnastics</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p>    | 15% |
| 9  | Able to explain the application of hanging and cartwheel movement techniques  | <ol style="list-style-type: none"> <li>1.Mastering the application of hanging and cartwheel movement techniques</li> <li>2.Master how to assist hanging and cartwheels</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 30%<br/>Practice 50%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                               | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50        |  | <p><b>Material:</b><br/>gymnastics</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p>              | 5%  |
| 10 | Able to explain the application of kopstand and handstand movement techniques   | <ol style="list-style-type: none"> <li>1.Mastering the application of kopstand and handstand movement techniques</li> <li>2.Mastering how to help kopstand and handstand movements</li> </ol>   | <p><b>Criteria:</b><br/>Activeness in asking 10%<br/>Activity in answering 10%<br/>Simple presentation 30%<br/>Practice 50%</p> <p><b>Form of Assessment :</b><br/>Participatory Activities</p>                               | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50        |  | <p><b>Material:</b><br/>gymnastics</p> <p><b>Reference:</b><br/><i>Handout. 2013. Basic Gymnastics Textbook.</i></p>              | 5%  |

|    |  |   |   |   |  |   |     |
|----|--|---|---|---|--|---|-----|
| 11 | Able to explain the application of the Kayang handstand movement technique   | 1.Perfection in mastering the application of the Kayang handstand movement technique<br>2.Perfection in mastering how to help Kayang's handstand movement   | <b>Criteria:</b><br>Activeness in asking 10%<br>Activity in answering 10%<br>Simple presentation 30%<br>Practice 50%<br><br><b>Form of Assessment :</b><br>Participatory Activities, Practice/Performance         | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50 |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 5%  |
| 12 | Able to explain the application of basic rhythmic gymnastics techniques.   | 1.Accuracy explains the difference between instrumental gymnastics and rhythmic gymnastics<br>2.Accuracy in explaining the various types of rhythmic gymnastics equipment<br>3.Accuracy in explaining the basic movements of rhythmic gymnastics<br>4.Accuracy in explaining musical rules in rhythmic gymnastics | <b>Criteria:</b><br>Activeness in asking 10%<br>Activity in answering 10%<br>Simple presentation 40%<br>Quiz 20%<br><br><b>Form of Assessment :</b><br>Participatory Activities, Portfolio Assessment             | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50 |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 5%  |
| 13 | Able to explain rhythmic gymnastics training media   | 1.Mastering rhythmic gymnastics equipment modification techniques<br>2.Mastering the basic equipment requirements for each gymnastics discipline<br>3.Understand equipment and movement safety requirements.  | <b>Criteria:</b><br>Activeness in asking 10%<br>Activity in answering 10%<br>Simple presentation 40%<br>Quiz 20%<br><br><b>Form of Assessment :</b><br>Participatory Activities, Portfolio Assessment             | Questions and answers<br>Discussion<br>Structured assignments<br>Self-study<br>2 X 50                 |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 5%  |
| 14 | Able to explain the application of balances, rotations and jumps movement techniques   | 1.Perfection in mastering the application of balances, rotations and jumps movement techniques<br>2.Perfection is mastering how to help balance movements, rotations and jumps  | <b>Criteria:</b><br>Activeness in asking 10%<br>Activity in answering 10%<br>Simple presentation 30%<br>Practice 50%<br><br><b>Forms of Assessment :</b><br>Participatory Activities, Practice/Performance, Tests | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50 |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 5%  |
| 15 | Able to explain the application of a simple series of rhythmic exercises   | Perfection in mastering the application of simple sequences using balances, rotations and jumps movements accompanied by music  | <b>Criteria:</b><br>Activeness in asking 10%<br>Activity in answering 10%<br>Simple presentation 30%<br>Practice 50%<br><br><b>Form of Assessment :</b><br>Participatory Activities, Practice/Performance         | Virtual Conference<br>Q&A<br>Discussion<br>Practice<br>Structured assignments<br>Self-study<br>2 X 50 |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 5%  |
| 16 | Able to explain the application of how to assist hanging, cartwheel, kopstand, handstand and kayang handstand movements by paying attention to safety first. | Perfection in mastering the application of methods to assist hanging, cartwheel, kopstand, handstand and kayang handstand movements by paying attention to safety first.  | <b>Criteria:</b><br>Activeness in answering assignments 20%<br>Accuracy in answering assignments 40%<br>Practice 40%<br><br><b>Form of Assessment :</b><br>Participatory Activities                               | Virtual Conference<br>Questions and answers<br>Structured assignments<br>Self-study<br>2 X 50         |  | <b>Material:</b><br>gymnastics<br><b>Reference:</b><br><i>Handout. 2013. Basic Gymnastics Textbook.</i> | 15% |

**Evaluation Percentage Recap: Project Based Learning**

| No | Evaluation               | Percentage |
|----|--------------------------|------------|
| 1. | Participatory Activities | 80.01%     |

|    |                        |        |
|----|------------------------|--------|
| 2. | Portfolio Assessment   | 5%     |
| 3. | Practice / Performance | 10.01% |
| 4. | Test                   | 5.01%  |
|    |                        | 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.