

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

Document Code

UNES	Ā		or oponts	Oodeiii	ing Luad		rtuu	y i	rogram		
			SE	MESTE	R LEA	RNING	i Pl	_AN	J		
Courses	i		CODE		Course Fan	nily	Cred	lit We	ght	SEMESTER	Compilation Date
coaching aerobics	g aer	obics/dance rts	8520203	337			T=2 P=2 ECTS=6.36		3	July 17, 2024	
AUTHOR	RIZAT	TON	SP Deve	loper		Cours	e Clu	ster C	oordinator	Study Progra Coordinator	am
											ımmad, S.Pd., Pd.
Learning model	)	Case Studies									
Progran Learning		PLO study pro	ogram that is	charged to t	he course						
Outcom		Program Obje	ectives (PO)								
(PLO)		PLO-PO Matri	ix								
	P.O										
		PO Matrix at t	he end of eac	h learning s	tage (Sub-P	90)					
			P.O 1	2 3	4 5 6	7 8	Week 9	10	11 12	13 14	15 16
Short Course Descript	tion	This course disc	L cusses the tech	nical aspects (	of performing	aerobic exer	cise c	orrect	у		
Referen	ces	Main :									
			Brick. 2002. buç Dinata. 2005. Be					Jaya			
		Supporters:									
Support lecturer		Dra. Ika Jayadi, Dr. Kunjung Ash Shery Iris Zalilla	hadi, S.Pd., M.F	Fis., AIFO.							
Week-	eac	al abilities of th learning ge b-PO)	Indicator	Evaluation  Criteria &	Form	Help Learning, Learning methods, Student Assignments, [Estimated time] Offline (Online (online)		ds, ents,	Learning materials [ References	Assessment Weight (%)	
						offline )			· ,	,	
(1)		(2)	(3)	(4)		(5)		(	6)	(7)	(8)

_			I		1	
	Can know and understand how to do aerobic exercise correctly.	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the saic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1. The assessment is carried out on the following aspects:  2. 1. Participation during lectures and practice, carried out through observation (weight 2)  3. 2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4. 3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5. 4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6. The final NA is (participation value x 2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%

2	Can know and	Introduction	Criteria:	Practice			0%
	perform various	to the basic	1.The assessment	Lectures,			
	basic aerobic	movements	is carried out on	Discussions,			
	exercise	of aerobics	the following	Questions			
	movements. With	with the correct		and			
	the correct body alignment	movement	aspects:	Answers			
	aligninent	techniques	2.1. Participation	3 X 50			
		and in	during lectures	0 70 00			
		harmony	and practice,				
		with the	carried out				
		existing	through				
		music. Performing	observation				
		the basic	(weight 2)				
		movements	3.2. The				
		of aerobics	subsummative				
		with the	test (UTS) is				
		correct	carried out once				
		movement techniques	with indicators 1-7				
		by moving	via written and				
		movements	practical exams				
		in harmony					
		with the	given weight (2) 4.3. The				
		music					
		which gets faster and	assessment for				
		faster and	making aerobics				
		Performing	choreo paper is				
		the basic	considered as an				
		movements	assignment, the				
		of aerobics	scores are				
		with the	averaged, then				
		correct techniques	given a weight (3)				
		in harmony	5.4. UAS scores				
		with	are carried out in				
		existing	writing and				
		music bits	practice with				
		that can be mastered	indicators 9-16				
		quickly by	given weight (3)				
		switching	6.The final NA is				
		counts	(participation				
			value x2)				
			(assignment				
			value x 3) (UTS				
			value x 2) UAS				
			value (3) divided				
			by 10		I	1	

						1
3	Can know and do basic gymnastics movements accompanied by musical bits.	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6. The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%

4	Can recognize	Introduction	Criteria:	Practice		0%
	and perform musical harmony with beautiful movements	to the basic movements of aerobics with the correct	1.The assessment is carried out on the following aspects:	Lectures, Discussions, Questions and		
		movement techniques and in harmony with the existing music. Performing	2.1. Participation during lectures and practice, carried out through observation (weight 2)	Answers 3 X 50		
		the basic movements of aerobics with the correct movement	3.2. The subsummative test (UTS) is carried out once			
		techniques by moving movements in harmony with the music	with indicators 1-7 via written and practical exams given weight (2) 4.3. The			
		which gets faster and faster. Performing the basic movements of aerobics with the	assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then			
		correct techniques in harmony with existing music bits that can be mastered	given a weight (3) 5.4. UAS scores are carried out in writing and practice with indicators 9-16			
		quickly by switching counts	given weight (3) 6.The final NA is (participation value x2) (assignment value x 3) (UTS			
			value x 2) UAS value (3) divided by 10			

5	Can know and	Introduction	Criteria:	Practice		0%
-	select songs that	to the basic	1.The assessment	Lectures,	1	
	suit the	movements	is carried out on	Discussions,		
	movement	of aerobics		Questions		
	chosen	with the	the following	and		
		correct movement	aspects:	Answers		
		techniques	2.1. Participation	3 X 50		
		and in	during lectures	0 X 30		
		harmony	and practice,			
		with the	carried out			
		existing	through			
		music. Performing	observation			
		the basic	(weight 2)			
		movements	3.2. The			
		of aerobics	subsummative			
		with the	test (UTS) is			
		correct	carried out once			
		movement techniques	with indicators 1-7			
		by moving	via written and			
		movements	practical exams			
		in harmony				
		with the	given weight (2)			
		music	4.3. The			
		which gets faster and	assessment for			
		faster.	making aerobics			
		Performing	choreo paper is			
		the basic	considered as an			
		movements	assignment, the			
		of aerobics	scores are			
		with the	averaged, then			
		correct techniques	given a weight (3)			
		in harmony	5.4. UAS scores			
		with	are carried out in			
		existing	writing and			
		music bits	practice with			
		that can be mastered	indicators 9-16			
		quickly by	given weight (3)			
		switching	6.The final NA is		1	
		counts	(participation			
			value x2)			
			(assignment			
			value x 3) (UTS			
			value x 2) UAS			
			value (3) divided			
			by 10			
	ı	1	, -,	1	1	1

			ı	T	ı	1
6	Can know and do basic movements in aerobic exercise	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6.The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%

8	Can know and make basic movement changes by counting from most to 1 count	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the saic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6.The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%
•	015			3 X 50		U%0

9 Can do basic Introduction to the basic 1.The assessment Practice Lectures,	1 (1%
movements with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct etchniques in harmony with the wisting music bits that can be mastered quickly by switching counts    March   March	0%

10	Can do basic	Introduction	Criteria:	Practice		0%
	Can do basic movements with existing music bits	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6. The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%

		ı	T		T	1	
11	Can do basic movements with musical bits with the correct technique	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1. The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6. The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50			0%

12	Can perform	Introduction	Criteria:	Practice			0%
	correct basic	to the basic	1.The assessment	Lectures,			070
	techniques with	movements	is carried out on	Discussions,			
	increasingly	of aerobics		Questions			
	faster counting	with the	the following	and			
	changes	correct	aspects:	Answers			
		movement techniques	2.1. Participation	3 X 50			
		and in	during lectures	3 X 30			
		harmony	and practice,				
		with the	carried out				
		existing	through				
		music.	observation				
		Performing the basic	(weight 2)				
		movements	3.2. The				
		of aerobics	subsummative				
		with the	test (UTS) is				
		correct	carried out once				
		movement	with indicators 1-7				
		techniques by moving					
		movements	via written and				
		in harmony	practical exams				
		with the	given weight (2)				
		music	4.3. The				
		which gets	assessment for				
		faster and	making aerobics				
		faster. Performing	choreo paper is				
		the basic	considered as an				
		movements	assignment, the				
		of aerobics	scores are				
		with the	averaged, then				
		correct	given a weight (3)				
		techniques in harmony	5.4. UAS scores				
		with	are carried out in				
		existing	writing and				
		music bits	practice with				
		that can be	'				
		mastered	indicators 9-16				
		quickly by switching	given weight (3)				
		counts	6.The final NA is				
			(participation				
			value x2)				
			(assignment				
			value x 3) (UTS				
			value x 2) UAS				
			value (3) divided				
		I	by 10		1	1	i

13	Can do basic movements	Introduction to the basic	Criteria: 1.The assessment	Practice Lectures,		0%
13		to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by	1.The assessment is carried out on the following aspects: 2.1. Participation during lectures and practice, carried out through observation (weight 2) 3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2) 4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3) 5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)			0%
		switching counts	6.The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10			

14	Can do basic	Introduction	Criteria:	Dractice		00%
	Can do basic movements correctly and with the correct technique, with increasingly faster counting movements	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6. The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%

15	Can perform the correct basic movements and correct technique with increasingly faster counting movements	Introduction to the basic movements of aerobics with the correct movement techniques and in harmony with the existing music. Performing the basic movements of aerobics with the correct movement techniques by moving movements in harmony with the music which gets faster and faster. Performing the basic movements of aerobics with the correct techniques in harmony with the existing music bits that can be mastered quickly by switching counts	Criteria:  1.The assessment is carried out on the following aspects:  2.1. Participation during lectures and practice, carried out through observation (weight 2)  3.2. The subsummative test (UTS) is carried out once with indicators 1-7 via written and practical exams given weight (2)  4.3. The assessment for making aerobics choreo paper is considered as an assignment, the scores are averaged, then given a weight (3)  5.4. UAS scores are carried out in writing and practice with indicators 9-16 given weight (3)  6.The final NA is (participation value x2) (assignment value x 3) (UTS value x 2) UAS value (3) divided by 10	Practice Lectures, Discussions, Questions and Answers 3 X 50		0%
16	UAS			3 X 50		0%

Evaluation Percentage Recap: Case Study

Lva	idation i cit	cinage inco	ap. Casc Sta	u
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.
- 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.
- 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.