



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																															
coaching aerobics/dance aerobics sports	8520203337		T=2	P=2	ECTS=6.36	3	July 17, 2024																															
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																
			Dr. Or. Muhammad, S.Pd., M.Pd.																																
Learning model	Case Studies																																					
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																					
	Program Objectives (PO)																																					
	PLO-PO Matrix																																					
		<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;">P.O</td> <td colspan="6"></td> </tr> </table>						P.O																														
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	PO Matrix at the end of each learning stage (Sub-PO)																																					
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 10%;">P.O</td> <td colspan="15" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">16</td> </tr> </table>						P.O	Week															1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																						
Short Course Description	This course discusses the technical aspects of performing aerobic exercise correctly																																					
References	Main :																																					
	1. Lynne Brick. 2002. bugar dengan senam aerobik. Jakarta: Grafidian Jaya 2. Marta Dinata. 2005. Belajar senam aerobik. Jakarta: Cerdas Jaya																																					
	Supporters:																																					
Supporting lecturer	Dra. Ika Jayadi, M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO. Shery Iris Zalillah, S.Pd..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	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 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%
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2	Can know and perform various basic aerobic exercise movements. With the correct body alignment	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%
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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%
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4	Can recognize and perform musical harmony with beautiful 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 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%
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5	Can know and select songs that suit the movement chosen	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%
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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 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%
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7	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 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%
8	UTS			3 X 50			0%

9	Can do basic aerobic movements 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 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%
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10	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%
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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 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%
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12	Can perform correct basic techniques with increasingly faster counting changes	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%
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13	Can do basic movements correctly with good technique and quick calculations	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%
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14	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 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%
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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 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

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.

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.