



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
Pregnant. & Injury Care Or.	8520202141		T=2 P=0 ECTS=3.18	2	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 which is charged to the course																																	
	Program Objectives (PO)																																	
	PLO-PO Matrix																																	
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PO Matrix at the end of each learning stage (Sub-PO)	<table border="1" style="margin: auto;"> <tr> <th rowspan="2" style="width: 30px;">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </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 examines basic knowledge and understanding of sports injuries, prevention of sports injuries, classification of sports injuries, pathophysiology of injuries, injuries according to organs, injuries due to extreme temperatures and first care for sports injuries as well as basic knowledge about taping-strapping. The study was carried out using a collaborative and scientific strategy. This lecture is carried out with presentations and discussions, project assignments, and reflection

References

Main :

1. J. Garrison ,Susan dan Saputra, Virgi (2001) Dasar Dasar Terapi dan / HPK . Hipokrates
2. Aslani, Marylin. (2003). Teknik Pijat Untuk Pemula. Erlangga Jakarta
3. Giriwijoyo S dan Muchtamadji M A. (2006). Ilmu Faal Olahraga: Fungsi Tubuh Manusia pada Olahraga untuk Kesehatan dan Prestasi . Bandung.
4. Rohman, Fatkur. (2003). Pelatihan Sport Massage untuk Mencegah Cedera . Makalah disampaikan dalam simposium, lokakarya dan Pelatihan Kedokteran Olahraga Nasional ke II, Surabaya, 29-30 Maret 2003
5. Widiyanto. (2008). Peran Manipulasi Sport Massage dan Sirculo m assage Terhadap Waktu Pulih Asal Setelah Latihan Fisik Sub Maksimal . Tesis. Pascasarjana Universitas Airlangga Surabaya
6. Yudik Prasetyo. (2008). Pengaruh Masase Olahraga dan teknik Friction Pada TungkaiSetelah Latihan Fisik Submaksimal Terhadap Kecepatan Pembuangan Asam Laktat. Tesis. Pascasarjana Universitas Airlangga Surabaya
7. Media digital (youtube)

Supporters:

Supporting lecturer

Dra. Ika Jayadi, M.Kes.
 dr. Azizati Rochmania, Sp.KFR.
 Dr. Or. Muhammad, S.Pd., M.Pd.
 Dr. Aghus Sifaq, S.Or., M.Pd.
 dr. Ariesia Dewi Ciptorini, Sp.N.
 Yanuar Alfian Triardhana, S.Or., M.Kes.
 Resti Nurpratiwi, S.Ft., M.Fis.

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 concept of sports injuries Understand the causes of sports injuries	Explain the meaning of sports injuries. State the classification of sports injuries. Explain the causes of sports injuries. Give examples of sports injuries according to their classification.		Comprehensive scientific, recollective and collaborative scientific 2 X 50			0%
2	Understand the concept of sports injuries Understand the causes of sports injuries	Explain the meaning of sports injuries. State the classification of sports injuries. Explain the causes of sports injuries. Give examples of sports injuries according to their classification.		Comprehensive scientific, recollective and collaborative scientific 2 X 50			0%
3	Understand and master the concept of sports injury prevention	Explain the concept of preventing sports injuries. Explain how to prevent sports. Identify sports prevention in each sport		Collaborative, Scientific Comprehension 2 X 50			0%
4	Able to master the concept of physical exercise in preventing sports injuries	Explain the principles of physical exercise in preventing sports injuries. Explain the role of physical exercise in preventing sports injuries		Scientific Comprehension, Humanistic Generalization 2 X 50			0%
5	Able to understand and explain the concept of pathophysiology of tissue injury	Explain the pathophysiological process of tissue injury. Explain the physiological process of healing tissue injury		Cognitive collaborative, associative scientific 2 X 50			0%
6	Able to master and carry out management of acute sports injuries	Explain the procedures for managing acute sports injuries Understand the steps for managing acute sports injuries Understand the risks of errors in managing acute sports injuries		Collaborative, scientific 2 X 50 depth			0%
7	Able to master and carry out management of acute sports injuries	Explain the procedures for managing acute sports injuries Understand the steps for managing acute sports injuries Understand the risks of errors in managing acute sports injuries		Collaborative, scientific 2 X 50 depth			0%
8	Sub Summative (Mid Semester exam)			2 X 50			0%
9	Able to master the concept of injury due to extreme temperatures	Explain the concept of injuries due to high heat Explain the concept of injuries due to cold temperatures Analyze injuries due to extreme temperatures Understand the management of injuries due to extreme temperatures		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
10	Able to understand and be able to analyze types of sports injuries according to organs	Explain the types of upper limb sports injuries. Understand the management of upper limb sports injuries		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%

11	Able to understand the types of sports injuries according to organs	Explain the types of lower limb sports injuries. Understand the management of lower limb sports injuries		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
12	Able to understand the types of sports injuries according to organs	Explain the types of sports injuries to the head and spine. Understand the management of sports injuries to the head and spine		Collaborative cognitive, scientific associative and humanistic automatic 2 X 50			0%
13	Able to understand and analyze sports injury incidents	Explain the process of sports injuries. Analyze the causes and prevention that can be done for sports injuries		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
14	Able to understand and analyze sports injury incidents	Explain the process of sports injuries. Analyze the causes and prevention that can be done for sports injuries		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
15	Able to understand and carry out initial management of sports injuries	Explain the concept of initial management of sports injuries. Explain and understand how to tap and bandage in acute sports injuries. Tap and bandage in acute sports injuries.		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
16				UAS	UAS		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.**

