



**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>																																																		
Aerobics Instructor	8520203080	Compulsory Study Program Subjects	T=3	P=0	ECTS=4.77	6	July 17, 2024																																																		
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																																			
		Shery Iris Zalillah S.Pd M.Kes	.....			Dr. Or. Muhammad, S.Pd., M.Pd.																																																			
<b>Learning model</b>	<b>Project Based Learning</b>																																																								
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																																								
	<b>PLO-4</b>	Develop yourself continuously and collaborate.																																																							
	<b>Program Objectives (PO)</b>																																																								
	<b>PO - 1</b>	Able to practice aerobic exercise and compose complete movements (warm up music, core movements and cool down).																																																							
	<b>PLO-PO Matrix</b>																																																								
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 5px;">P.O</td> <td style="padding: 5px;">PLO-4</td> </tr> <tr> <td style="padding: 5px;">PO-1</td> <td style="padding: 5px;"></td> </tr> </table>							P.O	PLO-4	PO-1																																															
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<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																																									
<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center; padding: 5px;">Week</td> </tr> <tr> <td style="padding: 5px;">1</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> <td style="padding: 5px;">5</td> <td style="padding: 5px;">6</td> <td style="padding: 5px;">7</td> <td style="padding: 5px;">8</td> <td style="padding: 5px;">9</td> <td style="padding: 5px;">10</td> <td style="padding: 5px;">11</td> <td style="padding: 5px;">12</td> <td style="padding: 5px;">13</td> <td style="padding: 5px;">14</td> <td style="padding: 5px;">15</td> <td style="padding: 5px;">16</td> </tr> <tr> <td style="padding: 5px;">PO-1</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																									
PO-1																																																									
<b>Short Course Description</b>	This course discusses how to become a good aerobics instructor, able to lead aerobics exercise systematically and apply a sports science principle approach in the teaching process.																																																								
<b>References</b>	<b>Main :</b>																																																								
	<ol style="list-style-type: none"> <li>1. Brick, Lynne. 2002. Senam Aerobik . Jakarta: PT Grafindo Jaya. Dinata, Marta. Bugar Dengan Senam Aerobik. Jakarta.</li> <li>2. Trisnawan, Adi. 2010. Senam Aerobik. Semarang: PT Aneka Ilmu. Senam Aerobic. Semarang</li> <li>3. Trisnawan, Adi. 2019. Senam Aerobik. Semarang: PT Mutiaran Askara. Atyo Senam Aerobik. Semarang.</li> </ol>																																																								
	<b>Supporters:</b>																																																								
<b>Supporting lecturer</b>	Dra. Ika Jayadi, M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO. Andri Suyoko, S.Pd., M.Kes. Shery Iris Zalillah, 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	Students are able to understand: 1. Contracts and lecture rules that have been mutually agreed upon. Overview of lectures for 15 meetings	Able to design gymnastic movements, able to practice gymnastic movements as an aerobics instructor	<p><b>Criteria:</b> It is considered correct if you give an answer that is 80% correct for theory and 80% for practice</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures and discussions 3 X 50		<p><b>Material:</b> lecture contract</p> <p><b>Bibliography:</b> <i>Brick, Lynne. 2002. Aerobic Exercise. Jakarta: PT Grafindo</i> <i>Jaya. Dinata, Martha. Get fit with aerobics. Jakarta.</i></p>	2%
2	Students are able to understand the history and development of aerobic exercise	understand the history and development of aerobics, be able to design gymnastics movements, be able to practice gymnastics movements as an aerobics instructor	<p><b>Criteria:</b> It is considered correct if you give an answer that is 80% correct for theory and 80% for practice</p> <p><b>Forms of Assessment :</b> Participatory Activities, Practical Assessment, Tests</p>	Lectures and Questions and Answers 3 X 50		<p><b>Material:</b> history and development of aerobic exercise</p> <p><b>Reference:</b> <i>Brick, Lynne. 2002. Aerobic Exercise. Jakarta: PT Grafindo</i> <i>Jaya. Dinata, Martha. Get fit with aerobics. Jakarta.</i></p>	2%
3	Students are able to arrange stretching and cooling down movements combined with music into a synchronized dynamic warm-up movement	Able to lead stretching and cooling down movements as an aerobics instructor	<p><b>Criteria:</b> Able to lead stretching and cooling down to complete 5 minutes with systematic movements</p> <p><b>Form of Assessment :</b> Participatory Activities, Practical Assessment</p>	Demonstrations, movement assignments, lectures 3 X 50		<p><b>Material:</b> stretching and cooling down</p> <p><b>Reference:</b> <i>Brick, Lynne. 2002. Aerobic Exercise. Jakarta: PT Grafindo</i> <i>Jaya. Dinata, Martha. Get fit with aerobics. Jakarta.</i></p>	2%
4	Students are able to arrange stretching and cooling down movements combined with music into a synchronized dynamic warm-up movement	Able to lead stretching and cooling down movements as an aerobics instructor	<p><b>Criteria:</b> Able to lead stretching and cooling down to complete 5 minutes with systematic movements</p> <p><b>Form of Assessment :</b> Participatory Activities, Practical Assessment</p>	Demonstrations, movement assignments and lectures 3 X 50		<p><b>Material:</b> stretching and cooling down movements as an aerobics instructor</p> <p><b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran</i> <i>Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
5	Students are able to arrange stretching and cooling down movements combined with music into a synchronized dynamic warm-up movement	Able to lead stretching and cooling down movements as an aerobics instructor	<p><b>Criteria:</b> Able to lead stretching and cooling down to complete 5 minutes with systematic movements</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Demonstrations, movement assignments, lectures 3 X 50		<p><b>Material:</b> stretching and cooling down movements as an aerobics instructor</p> <p><b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran</i> <i>Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%

6	Students are able to arrange stretching and cooling down movements combined with music into a synchronized dynamic warm-up movement	Able to lead stretching and cooling down movements as an aerobics instructor	<p><b>Criteria:</b> Able to lead stretching and cooling down to complete 5 minutes with systematic movements</p> <p><b>Form of Assessment :</b> Participatory Activities, Practical Assessment</p>	Demonstrations, movement assignments, lectures 3 X 50		<p><b>Material:</b> Combination of movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
7	Students are able to arrange stretching and cooling down movements combined with music into a synchronized dynamic warm-up movement	Able to lead stretching and cooling down movements as an aerobics instructor	<p><b>Criteria:</b> Able to lead stretching and cooling down to complete 5 minutes with systematic movements</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Demonstrations, movement assignments, lectures 3 X 50		<p><b>Material:</b> Various types of choreo with core movements combined with dynamic music <b>Reader:</b> <i>Trisnawan, Adi. 2010. Aerobic Exercise. Semarang: PT Aneka Ilmu. Aerobic gymnastic. Semarang</i></p>	2%
8	UTS	Students are able to carry out UTS well	<p><b>Criteria:</b> You are considered to understand if you are able to carry out the UTS 75% correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Test</p>	3 X 50 practice exam		<p><b>Material:</b> dynamic warm-up and cool-down movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	31%
9	Students are able to master the harmonious and dynamic movements of the legs and arms in aerobics well and create core to one movements	Students are able to organize aerobic leg movements well	<p><b>Criteria:</b> It is considered understanding if you are able to create 2 pieces of choreography smoothly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Practice and demonstration of 3 X 50		<p><b>Material:</b> Types of literature: <i>Trisnawan, Adi. 2010. Aerobic Exercise. Semarang: PT Aneka Ilmu. Aerobic gymnastic. Semarang</i></p> <p><b>Material:</b> Various types of core movements combined with dynamic music. <b>Reference:</b></p>	2%
10	Students are able to master the harmonious and dynamic movements of the legs and arms in aerobics well and create the second core movement	Students are able to organize aerobic leg movements well	<p><b>Criteria:</b> It is considered understanding if you are able to create 2 pieces of choreography smoothly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Practice and demonstration of 3 X 50		<p><b>Material:</b> Combination of core movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%

11	Students are able to master the harmonious and dynamic movements of the legs and arms in aerobics well and create the third core movement	Students are able to organize aerobic leg movements well	<p><b>Criteria:</b> It is considered understanding if you are able to create 2 pieces of choreography smoothly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Practice and demonstration of 3 X 50		<p><b>Material:</b> Combination of core movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
12	Students are able to master the harmonious and dynamic movements of the feet and hands in aerobics well and create the fourth core movement	Students are able to compose 4 aerobic choreography movements and are able to practice them well	<p><b>Criteria:</b> It is considered correct if you are able to carry out the choreo smoothly with the correct movement technique</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Demonstration and assignment of 3 X 50 movements		<p><b>Material:</b> series of aerobic exercises <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
13	Students are able to organize complete aerobic exercise movements (cool down, core movements and warm up)	Students are able to compose 4 aerobic choreography movements and are able to practice them well	<p><b>Criteria:</b> It is considered correct if you are able to carry out the choreo smoothly with the correct movement technique</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Demonstration and assignment of 3 X 50 movements		<p><b>Material:</b> Combination of movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
14	Students are able to organize complete aerobic exercise movements (cool down, core movements and warm up)	Students are able to compose 4 aerobic choreography movements and are able to practice them well	<p><b>Criteria:</b> It is considered correct if you are able to carry out the choreo smoothly with the correct movement technique</p> <p><b>Form of Assessment :</b> Participatory Activities, Practical Assessment</p>	Demonstration and assignment of 3 X 50 movements		<p><b>Material:</b> Combination of movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
15	Review of meeting materials I-XIV	Review of meeting materials I-XIV	<p><b>Criteria:</b> Review of meeting materials I-XIV</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Review of meeting materials I-XIV 3 X 50		<p><b>Material:</b> Combination of movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	2%
16	FINAL EXAMS	40	<p><b>Criteria:</b> can practice all the movements in sequence</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Test</p>	Practice		<p><b>Material:</b> Combination of movements <b>Reader:</b> <i>Trisnawan, Adi. 2019. Aerobic Exercise. Semarang: PT Mutiaran Askara. Atyo Aerobics Exercise. Semarang.</i></p>	41%

### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	22.67%
2.	Project Results Assessment / Product Assessment	36%
3.	Practical Assessment	4.67%
4.	Test	36.67%
		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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.