



**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>          |
| Sports Massage and Physical Rehabilitation | 8520203107  |                      | T=3                        | P=0  | ECTS=4.77                         | 5  | July 18, 2024                    |
| <b>AUTHORIZATION</b>                       |   | <b>SP Developer</b>  |                            |  | <b>Course Cluster Coordinator</b> |  | <b>Study Program Coordinator</b> |
|  |   | .....                |                            |  | .....                             |  | 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>Program Objectives (PO)</b>  |                      |                            |  |                                   |  |                                  |
|  | <b>PLO-PO Matrix</b>  |                      |                            |  |                                   |  |                                  |
|  |   | P.O                  |                            |  |                                   |  |                                  |
| <b>Short Course Description</b>            | This course is an introduction, learning/teaching, development, implementation and evaluation of the basic concepts of sports massage and physical rehabilitation, mastery and management of factors in implementing sports massage and rehabilitation in theory and practice to increase fitness and prevent injury.   |                      |                            |  |                                   |  |                                  |
|  |   |                      |                            |  |                                   |  |                                  |
| <b>References</b>                          | <b>Main :</b>   |                      |                            |  |                                   |  |                                  |
|  | 1. Referensi :<br>2. Aslani, Marylin. (2003). Teknik Pijat Untuk Pemula. Erlangga Jakarta<br>3. Basoeki, Hadi (2009). Sport Massage. Malang.<br>4. Giriwijoyo S dan Muchtamadi M A. (2006). Ilmu Faal Olahraga: Fungsi Tubuh Manusia pada Olahraga untuk Kesehatan dan Prestasi. Bandung.<br>5. Jelveus and Oddsson, 2011. Integrated Sports Massage Therapy. Los Angeles : USA.<br>6. Roepajadi, J. (2015). Terapi Masase Olahraga. Makalah Pada Guru-Guru Pendidikan Jasmani di Dawar-Mojokerto.<br>7. Roepajadi, Joesoef. Drs.,M.Pd. 2016. Masase Olahraga. University Press : Surabaya.<br>8. Jelveus and Oddsson, 2011. Integrated Sports Massage Therapy. Los Angeles : USA.<br>9. Weerapong, Hume and.Kolt. 2005. The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention. Auckland University of Technology Auckland : New Zealand. |                      |                            |  |                                   |  |                                  |
|  | <b>Supporters:</b>  |                      |                            |  |                                   |  |                                  |
| <b>Supporting lecturer</b>                 | Dr. Or. Muhammad, S.Pd., M.Pd.<br>Dr. Aghus Sifaq, S.Or., M.Pd.   |                      |                            |  |                                   |  |                                  |
| <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 the theory and practice of sports massage independently                        | Students are able to practice massage independently within the specified time duration                     | <b>Criteria:</b><br>1.The assessment is carried out on the following aspects:<br>2.1. Participation in lectures and peer teaching, carried out through observation (weight 2)<br>3.2. Subsummative test (UTS) is carried out once with indicators 1-7 via written exam and given a weight (2)<br>4.3. Written test assessments in peer teaching and practicum are considered as assignments, grades are averaged, then weighted (3)<br>5.4. UAS scores are carried out in writing with indicators 9-16 given a weight of (3)<br>6.The final NA is (participation value") (assignment value%2 3) (UTS value%2 2) UAS value (3) divided by 10 | Learning strategies using repeated practice methods produce knowledge that continues to stick.<br>3 X 50 |  |  | 0% |
| 2 | Students are able to identify and interpret factors in implementing massage                                    | 1. Conditions required for a masseur 2. Hands of a masseur 3. Direction of hand movement                   | <b>Criteria:</b><br>1. Participation during lectures and peer teaching, carried out through observation (weight 2)  | Lectures, Discussions, Questions and Answers<br>3 X 50   |  |  | 0% |
| 3 | Students are able to identify and interpret factors in implementing sports massage and physical rehabilitation | 1. Patient position 2. Use of lubricants. 3. Contraindications for using massage                           | <b>Criteria:</b><br>1.The assessment is carried out on the following aspects:<br>2.1. Participation during lectures and peer teaching, carried out through observation (weight 2)   | Lectures, discussions, practices, questions and answers<br>3 X 50  |  |  | 0% |
| 4 | Students are able to identify and interpret sports massage and physical rehabilitation                         | · Massage procedure: a. Efflurage (rubbing) b. Petrissage (massaging) c. Friction (grinding)               | <b>Criteria:</b><br>Practice  | Lectures, discussions, practices, questions and answers<br>3 X 50  |  |  | 0% |
| 5 | Students are able to identify and interpret sports massage and physical rehabilitation                         | · Massage procedure: a. Shaking (shaking) b. Tapotement (hitting) c. Walken (transverse muscle rubbing)    | <b>Criteria:</b><br>Accuracy of Practice  | Lectures, discussions, practices, questions and answers<br>3 X 50  |  |  | 0% |
| 6 | Students are able to identify and interpret sports massage   | · Massage procedure: a. Vibration (grinding) b. Skin Rolling (shifting skin folds) c. Stroking (massaging) | <b>Criteria:</b><br>Practice Manipulation   | Lectures, discussions, practices, questions and answers<br>3 X 50  |  |  | 0% |

|    |  |  |  |   |  |  |    |
|----|--|--|--|---|--|--|----|
| 7  | Students are able to identify and interpret sports massage                             | · Massage procedure: a. Shaking and twisting b. Pulling (pinch) and stretching | <b>Criteria:</b><br>Accuracy of Sports Massage Manipulation                  | Lectures, discussions, practices, questions and answers<br>2 X 50 |  |  | 0% |
| 8  | UTS  | UTS  | <b>Criteria:</b><br>UTS  | UTS<br>2 X 50   |  |  | 0% |
| 9  | Students are able to identify and interpret sports massage and physical rehabilitation | Other massage procedures.  | <b>Criteria:</b><br>Accuracy of practice tests                               | Lectures, discussions, practices, questions and answers<br>3 X 50 |  |  | 0% |
| 10 | Students are able to identify and interpret sports massage                             | Other massage procedures.  | <b>Criteria:</b><br>Accuracy of practice tests                               | Lectures, discussions, practices, questions and answers<br>6 X 50 |  |  | 0% |
| 11 | Students are able to identify and interpret sports massage and physical rehabilitation | Other massage procedures.  | <b>Criteria:</b><br>Accuracy of practice tests                               | Lectures, discussions, practices, questions and answers<br>3 X 50 |  |  | 0% |
| 12 | Students are able to identify and interpret massage on athletes' bodies                | Massage the athlete's body   | <b>Criteria:</b><br>Ability to Apply Sports Massage Manipulation to Athletes | Lectures, discussions, questions and answers<br>8 X 50            |  |  | 0% |
| 13 | Students are able to identify and interpret massage on athletes' bodies                | Massage the athlete's body   | <b>Criteria:</b><br>Ability to Apply Sports Massage Manipulation to Athletes | Lectures, discussions, questions and answers<br>8 X 50            |  |  | 0% |
| 14 | Students are able to identify and interpret massage on athletes' bodies                | Massage the athlete's body   | <b>Criteria:</b><br>Ability to Apply Sports Massage Manipulation to Athletes | Lectures, discussions, questions and answers<br>8 X 50            |  |  | 0% |
| 15 | Students are able to identify and interpret massage on athletes' bodies                | Massage the athlete's body   | <b>Criteria:</b><br>Ability to Apply Sports Massage Manipulation to Athletes | Lectures, discussions, questions and answers<br>2 X 50            |  |  | 0% |
| 16 |  |  |  |   |  |  | 0% |

#### Evaluation Percentage Recap: Project Based Learning

| 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.

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.