



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																																
Spa Therapy	8520202212		T=2	P=0	ECTS=3.18	1	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																																						
		P.O																																					
Short Course Description	Spa is a traditional health effort with a holistic approach, in the form of comprehensive treatment using a combination of hydrotherapy skills, massage, aromatherapy, and added healthy food and drink services and physical activity. The aim of studying is to expand the knowledge, skills and expertise that will be really needed by the wider community.																																						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2.5%; text-align: center;">1</td> <td style="width: 2.5%; text-align: center;">2</td> <td style="width: 2.5%; text-align: center;">3</td> <td style="width: 2.5%; text-align: center;">4</td> <td style="width: 2.5%; text-align: center;">5</td> <td style="width: 2.5%; text-align: center;">6</td> <td style="width: 2.5%; text-align: center;">7</td> <td style="width: 2.5%; text-align: center;">8</td> <td style="width: 2.5%; text-align: center;">9</td> <td style="width: 2.5%; text-align: center;">10</td> <td style="width: 2.5%; text-align: center;">11</td> <td style="width: 2.5%; text-align: center;">12</td> <td style="width: 2.5%; text-align: center;">13</td> <td style="width: 2.5%; text-align: center;">14</td> <td style="width: 2.5%; text-align: center;">15</td> <td style="width: 2.5%; text-align: center;">16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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References	Main :																																						
	<ol style="list-style-type: none"> 1. Bumpa Tudor O. 1989. Theory and Methodology of Training. kendall.Torornt 2. Sophie Benge.2000. Asian Secrets of Health, Beauty , and Relaxation. Tuttle Publishing (USA) 364 innovation Drive North Clarendon. 3. Aini s. Hutasoit. 2002. Aromatherapy untuk Pemula. Jakarta: PT. Gramedia Pustaka Utama. 4. Kosasih, Engkos. 1984. Olahraga Teknik dan Program Latihan. Jakarta : Akedemika Pressindo 5. Denise Whichello Brown. 1999. Sensual Massage. Australia: 7-9 Merriwa Street Gordon NSW. 6. Rachmi Primadiati. 2002. Aromaterapi . Jakarta: PT. Gramedia Pustaka Utama. 																																						
	Supporters:																																						
Supporting lecturer	Dra. Ika Jayadi, M.Kes. Dr. Oce Wiriawan, M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO. Shery Iris Zalillah, S.Pd..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	- Able to know in general and the basic foundations of SPA Therapy - Able to know and practice ethics in SPA Therapy	1. Course rules 2. Explanation of Spa Therapy Functions 3. Structured Division of Tasks	Criteria: 1.1. Assessment Weight: 30% Assignment and 20% Participation 2.2. Synchronize at least 6 times	1. Done online, we have made a video on the Youtube2 channel. Assigned from the video. 2 X 50			0%
2	AROMA THERAPY 1. Students of the function of Aroma Therapy Biologically and Physiologically 2. Students aim at Aromatherapy Biologically and Physiologically	1. Students can understand the purpose of Aroma Therapy Biologically and Physiologically 2. Students can understand the biological and physiological function of aromatherapy	Criteria: 1.1. Oral Test 2.2. Written Test	1. explain one by one 2. via social media 2 X 50			0%
3	AROMA THERAPY 1. Students of the function of Aroma Therapy Biologically and Physiologically 2. Students aim at Aromatherapy Biologically and Physiologically	1. Students can understand the purpose of Aroma Therapy Biologically and Physiologically 2. Students can understand the biological and physiological function of aromatherapy	Criteria: 1.1. Oral Test 2.2. Written Test	1. explain one by one 2. via social media 2 X 50			0%
4	AROMA THERAPY 1. Students of the function of Aroma Therapy Biologically and Physiologically 2. Students aim at Aromatherapy Biologically and Physiologically	1. Students can understand the purpose of Aroma Therapy Biologically and Physiologically 2. Students can understand the biological and physiological function of aromatherapy	Criteria: 1.1. Oral Test 2.2. Written Test	1. explain one by one 2. via social media 2 X 50			0%
5	-Able to know what spa therapy is - Able to know the function of spa therapy -Ability to practice various kinds of spa therapy -	1. Describe spa therapy 2. Describe the various types of spa therapy 3. Describe the physiological function of spa therapy	Criteria: 1.- Lecture 2.- Oral test 3.- Task	- Oral Test - 2 X 50 Open Questions			0%
6	-Able to know what spa therapy is - Able to know the function of spa therapy -Ability to practice various kinds of spa therapy -	1. Describe spa therapy 2. Describe the various types of spa therapy 3. Describe the physiological function of spa therapy	Criteria: 1.- Lecture 2.- Oral test 3.- Task	- Oral Test - 2 X 50 Open Questions			0%
7	-Able to know what spa therapy is - Able to know the function of spa therapy -Ability to practice various kinds of spa therapy -	1. Describe spa therapy 2. Describe the various types of spa therapy 3. Describe the physiological function of spa therapy	Criteria: 1.- Lecture 2.- Oral test 3.- Task	- Oral Test - 2 X 50 Open Questions			0%
8	- MIDDLE SEMESTER EXAMINATION - CAN UNDERSTAND AND PRACTICE SPA THERAPY - CAN EXPLAIN THE PHYSIOLOGICAL FUNCTIONS OF SPA THERAPY			2 X 50			0%

9	- Able to describe whirlpool therapy - Able to describe the function of whirlpool physiologically - Able to practice Whirlpool	1. Understanding whirlpools 2. Explanation of whirlpool knowledge 3. Explanation of the benefits of whirlpools 4. Knowing how to use whirlpools 5. Knowing the biological and physiological function of whirlpools	Criteria: 1.1. Assessment Weight: 30% Assignment and 20% Participation 2.2. Synchronize at least 6 times	- 2 x 50 face to face (case study, q&a and discussion) - 2 x 60 structured assignments - 2 x 60 independent study 2 X 50			0%
10	- Able to describe whirlpool therapy - Able to describe the function of whirlpool physiologically - Able to practice Whirlpool	1. Understanding whirlpools 2. Explanation of whirlpool knowledge 3. Explanation of the benefits of whirlpools 4. Knowing how to use whirlpools 5. Knowing the biological and physiological function of whirlpools	Criteria: 1.1. Assessment Weight: 30% Assignment and 20% Participation 2.2. Synchronize at least 6 times	- 2 x 50 face to face (case study, q&a and discussion) - 2 x 60 structured assignments - 2 x 60 independent study 2 X 50			0%
11							0%
12							0%
13							0%
14							0%
15							0%
16							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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.

