	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
Swimming II		8520202185		**T=2**	**P=0**	**ECTS=3.18**	6	July 18, 2024

AUTHORIZATION		SP Developer		Course Cluster Coordinator		Study Program Coordinator
		....		....		Dr. Or. Muhammad, S.Pd., M.Pd.

Learning model	**Project Based Learning**

Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**
	Program Objectives (PO)
	PLO-PO Matrix

	P.O

PO Matrix at the end of each learning stage (Sub-PO)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	Understanding and mastery of the theory and practice of swimming to help victims in swimming pools, water polo techniques and regulations, and the physical education swimming learning process for elementary, middle school and high school/vocational/equivalent students

References	**Main :**

1. DepDikBud, Dirjen DikLusMudora. 1983 . Cara Belajar dan Mengajar Renang . Jakarta
2. Dadeng Kurnia. 1993. Pedoman Dasar Membina Olahraga Renang Prestasi . Jakarta.
3. Ernest W Maglischo. 1982. Swimming Faster , By Mayfield Publishing Company. USA.
4. FINA Hand Book. 2009. General rules, swimming, diving, water polo, synchronized swimming and open water . Sweden.
5. PRSI. ____. Peraturan Pertandingan Polo Air . Jakarta. PB.PRSI.
6. Imam Marsudi. 2009. Renang, Teori, Praktek dan Peraturan Perlombaan Renang . Wineka Media. Malang.
7. Charles End David. 1978. Water Polo Fundamentals . Springfield Offset. Inc USA.

	Supporters:

Supporting lecturer	Dr. Aghus Sifaq, S.Or., M.Pd. Bayu Agung Pramono, 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	Students have improved swimming performance as a basis for swimming in rescue swimming and water polo	able to swim a distance of 400 meters	**Criteria:** According to UNESA assessment criteria	Practice 2 X 50			0%
2	Students have improved swimming performance as a basis for swimming in rescue swimming and water polo	able to swim a distance of 400 meters	**Criteria:** According to UNESA assessment criteria	Practice 2 X 50			0%
3	Students have improved swimming performance as a basis for swimming in rescue swimming and water polo	able to swim a distance of 400 meters	**Criteria:** According to UNESA assessment criteria	Practice 2 X 50			0%
4	Able to be a lifeguard in the swimming pool	Able to help drowning victims	**Criteria:** 1. In accordance with UNESA assessment criteria 2.	Theory practice 2 X 50			0%
5	Able to be a lifeguard in the swimming pool	Able to help drowning victims	**Criteria:** 1. In accordance with UNESA assessment criteria 2.	Theory practice 2 X 50			0%
6	Able to be a lifeguard in the swimming pool	Able to help drowning victims	**Criteria:** 1. In accordance with UNESA assessment criteria 2.	Theory practice 2 X 50			0%
7	able to perform water treading swimming techniques	water trap for 7 minutes	**Criteria:** In accordance with Unesa assessment criteria	practical theory 2 X 50			0%
8	able to perform water treading swimming techniques	water trap for 7 minutes	**Criteria:** In accordance with Unesa assessment criteria	practical theory 2 X 50			0%
9	UTS	UTS		UTS practice and theory 2 X 50			0%
10	students are able to play water polo	students master dribbling, longpass and passing techniques	**Criteria:** In accordance with UNESA assessment	theory practice 2 X 50			0%
11	students are able to play water polo	students master dribbling, longpass and passing techniques	**Criteria:** In accordance with UNESA assessment	theory practice 2 X 50			0%
12	students are able to play water polo	students master dribbling, longpass and passing techniques	**Criteria:** In accordance with UNESA assessment	theory practice 2 X 50			0%
13	students are able to play water polo	students master dribbling, longpass and passing techniques	**Criteria:** In accordance with UNESA assessment	theory practice 2 X 50			0%
14	Practice the game of WATER POLO	Students are able to play and organize water polo competitions	**Criteria:** In accordance with UNESA assessment	Direct practice 2 X 50			0%

| 15 | Carrying out direct lifeguard practice | carry out lifeguard practices at the UNESA swimming pool | **Criteria:** In accordance with Unesa's assessment | direct practice 2 X 50 | | | 0% |
| 16 | able to do 200 swimming, rescue swimming, water trap and water polo theory and practice | Passed theoretical and practical exams | **Criteria:** in accordance with the Unesa assessment criteria | direct practice and written exam 2 X 50 | | | 0% |

Evaluation Percentage Recap: Project Based Learning

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.