



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**Bachelor of Sports Science 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>																																																																																																				
Aquatic Therapy and Spa	8920103317		T=2	P=1	ECTS=4.77	5	July 19, 2024																																																																																																				
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																																																																																					
	Muhammad Dzul Fikri, S.Or., M.Pd.		Dr. Joesoef Roepajadi, M.Pd.			Dr. Heri Wahyudi, S.Or., M.Pd.																																																																																																					
<b>Learning model</b>	Project Based Learning																																																																																																										
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																																																																																										
	<b>PLO-2</b>	Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit																																																																																																									
	<b>PLO-5</b>	able to carry out theoretical analysis of the relationship between human anatomy and the implementation of human functions in physical activity and sports, especially in the field of sports science studies." (PLO-4)																																																																																																									
	<b>PLO-7</b>	Able to understand, analyze and evaluate and apply scientific theories, especially physical fitness, mental health and social health in the field of sports science. (PLO-7)																																																																																																									
	<b>PLO-10</b>	Able to think critically, logically, innovatively and systematically in order to develop and optimize the potential of the business and industrial world in the field of sports science. (PLO-10)																																																																																																									
	<b>Program Objectives (PO)</b>																																																																																																										
	<b>PO - 1</b>	Apply and apply aquatic therapy theory.																																																																																																									
	<b>PO - 2</b>	Master the basic concepts of aquatic therapy																																																																																																									
	<b>PO - 3</b>	Make strategic decisions based on data and information that has been carried out, both practically and theoretically in aquatic therapy																																																																																																									
	<b>PO - 4</b>	Responsible for the task of preparing practice results reports, carrying out aquatic therapy simulations																																																																																																									
	<b>PLO-PO Matrix</b>																																																																																																										
		<table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th>P.O</th> <th>PLO-2</th> <th>PLO-5</th> <th>PLO-7</th> <th colspan="3">PLO-10</th> </tr> </thead> <tbody> <tr> <td>PO-1</td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td></td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-3</td> <td></td> <td></td> <td>✓</td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-4</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>✓</td> </tr> </tbody> </table>						P.O	PLO-2	PLO-5	PLO-7	PLO-10			PO-1	✓						PO-2		✓					PO-3			✓				PO-4						✓																																																																	
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<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																																																																																											
	<table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th rowspan="2">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> </thead> <tbody> <tr> <td>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> </tr> <tr> <td>PO-2</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> <tr> <td>PO-3</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> <tr> <td>PO-4</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> </tbody> </table>						P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1	✓																PO-2			✓	✓	✓												PO-3								✓				✓					PO-4														✓	✓	✓
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<b>Short Course Description</b>	This course equips students with the skills to master, apply and apply and can create training programs in the field of aquatic therapy. The material presented in this lecture includes: Introduction to aquatic therapy; facilities and infrastructure, upper extremity aquatic therapy, lower extremity aquatic therapy, core aquatic therapy, and strengthening exercises and flexibility exercises in the water.																																																																																																										
<b>References</b>	<b>Main :</b>																																																																																																										

1. 1. Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA
2. 2. Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä
3. 3. Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.

**Supporters:**

**Supporting lecturer**  
 Dr. Joesoef Roepajadi, M.Pd.  
 Muhammad Dzul Fikri, S.Or., M.Pd.  
 Nur Luthfiatus Solikah, S.Pd., M.Or.

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 lecture contract	<ol style="list-style-type: none"> <li>1. Students are able to understand the lecture contract and collect the necessary lecture support materials</li> <li>2. Have an intelligent, honest attitude in interpreting and explaining introductory theories of aquatic therapy</li> <li>3. Applying introductory theory of aquatic therapy</li> <li>4. Solve problems regarding introduction to aquatic therapy</li> </ol>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures, Quizzes and interactive discussions 2 X 50		<p><b>Material:</b> The role &amp; importance of aquatic therapy  <b>References:</b>            2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <p><b>Material:</b>            Bibliography History : 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p>	5%

2	Understand and master the basic concepts of lifeguard swimming	<ol style="list-style-type: none"> <li>1. Have an intelligent and honest attitude regarding aquatic therapy facilities and infrastructure</li> <li>2. Have an intelligent and caring attitude regarding the analysis of aquatic therapy facilities and infrastructure</li> <li>3. Have a responsible attitude in identifying aquatic therapy facilities and infrastructure</li> </ol>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Lectures, Discussions 2 X 50		<p><b>Material:</b> Know and understand the facilities and infrastructure of aquatic therapy and spas</p> <p><b>References:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Material:</b> Know and understand the facilities and infrastructure of aquatic therapy and spas</p> <p><b>References:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p>	0%
3	Mastering skills in upper extremity rehabilitation in aquatic therapy	<ol style="list-style-type: none"> <li>1.1. Demonstrate a tough and honest attitude in understanding upper extremity rehabilitation in aquatic therapy</li> <li>2.2. Skilled in practicing upper extremity rehabilitation in aquatic therapy</li> </ol>	<p><b>Criteria:</b> Do the movements correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Upper Extremities</p> <p><b>Bibliography:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Material:</b> Upper extremity rehabilitation</p> <p><b>References:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p>	5%

4	Mastering skills in upper extremity rehabilitation in aquatic therapy	<p>1.1. Demonstrate a tough and honest attitude in understanding upper extremity rehabilitation in aquatic therapy</p> <p>2.2. Skilled in practicing upper extremity rehabilitation in aquatic therapy</p>	<p><b>Criteria:</b> Do the movements correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Upper Extremities</p> <p><b>Bibliography:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Upper extremity rehabilitation</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p>	5%
5	Mastering skills in upper extremity rehabilitation in aquatic therapy	<p>1.1. Demonstrate a tough and honest attitude in understanding upper extremity rehabilitation in aquatic therapy</p> <p>2.2. Skilled in practicing upper extremity rehabilitation in aquatic therapy</p>	<p><b>Criteria:</b> Do the movements correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Upper Extremities</p> <p><b>Bibliography:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Upper extremity rehabilitation</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p>	5%

6	Mastering skills in upper extremity flexibility exercises	<p>1.1. Demonstrate a tough and honest attitude in upper extremity flexibility exercises</p> <p>2.2. Skilled in analyzing upper extremity flexibility exercises</p>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in upper extremity flexibility exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p>	5%
7	Mastering skills in upper extremity strengthening exercises	<p>1.1. Demonstrate a tough and honest attitude in upper extremity strengthening exercises</p> <p>2.2. Skilled in analyzing upper extremity strengthening exercises</p>	<p><b>Criteria:</b> Full marks are obtained if you do all the questions correctly</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in upper extremity strengthening exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p>	5%
8	MIDTERM EXAM	UTS	<p><b>Criteria:</b> 15</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	UTS 2 X 50		<p><b>Material:</b> UTS</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> UTS</p> <p><b>Bibliography:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p>	20%

9	Master skills in lower extremity rehabilitation in aquatic therapy	<p>1.1. Demonstrate a tough and honest attitude in understanding lower extremity rehabilitation in aquatic therapy</p> <p>2.2. Skilled in practicing lower extremity rehabilitation in aquatic therapy</p>	<p><b>Criteria:</b> do the movements well and correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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10	Master skills in lower extremity rehabilitation in aquatic therapy	<p>1.1. Demonstrate a tough and honest attitude in understanding lower extremity rehabilitation in aquatic therapy</p> <p>2.2. Skilled in practicing lower extremity rehabilitation in aquatic therapy</p>	<p><b>Criteria:</b> do the movements well and correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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11	Master skills in lower extremity rehabilitation in aquatic therapy	<p>1.1. Demonstrate a tough and honest attitude in understanding lower extremity rehabilitation in aquatic therapy</p> <p>2.2. Skilled in practicing lower extremity rehabilitation in aquatic therapy</p>	<p><b>Criteria:</b> do the movements well and correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Drill, discussion, demonstration, lecture, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity rehabilitation in aquatic therapy</p> <p><b>References:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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12	Mastering skills in lower extremity flexibility exercises	1. Demonstrate a tough and honest attitude in lower extremity flexibility training	<p><b>Criteria:</b> do the movements well and correctly</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity flexibility exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity flexibility exercises</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity flexibility training</p> <p><b>Reference:</b> 3. <i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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13	Master skills in lower extremity strengthening exercises	<p>1.1. Demonstrate a tough and honest attitude in lower extremity strengthening exercises</p> <p>2.2. Skilled in analyzing lower extremity strengthening exercises</p>	<p><b>Criteria:</b> Full marks are obtained if you master the lifeguard swimming technique correctly</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 3. <i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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14	Master skills in lower extremity strengthening exercises	<p>1.1. Demonstrate a tough and honest attitude in lower extremity strengthening exercises</p> <p>2.2. Skilled in analyzing lower extremity strengthening exercises</p>	<p><b>Criteria:</b> Full marks are obtained if you master the lifeguard swimming technique correctly</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 3. <i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
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15	Master skills in lower extremity strengthening exercises	<p>1.1. Demonstrate a tough and honest attitude in lower extremity strengthening exercises</p> <p>2.2. Skilled in analyzing lower extremity strengthening exercises</p>	<p><b>Criteria:</b> Full marks are obtained if you master the lifeguard swimming technique correctly</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Drill, discussion, demonstration, practice, problem solving 2 X 50		<p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in the Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Material:</b> Mastering skills in lower extremity strengthening exercises</p> <p><b>References:</b> 3. <i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p>	5%
16	FINAL EXAMS		<p><b>Form of Assessment :</b> Test</p>	UAS 2 X 50			15%

**Evaluation Percentage Recap: Project Based Learning**

No	Evaluation	Percentage
1.	Participatory Activities	37.5%
2.	Practice / Performance	47.5%
3.	Test	15%
		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** 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.