



**Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
Bachelor of Sports Science Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																										
Athletics	8920102010		T=2 P=0 ECTS=3.18	1	July 18, 2024																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																											
	Dr. Heri Wahyudi, S.Or., 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																																													
Short Course Description	PO Matrix at the end of each learning stage (Sub-PO)																																														
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>														P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P.O	Week																																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																															
References	<p>Main :</p> <ol style="list-style-type: none"> 1. IAAF. 1993. Pengenalan kepada teori kepelatihan (terjemahan,suyono,DS). Jakarta: pasi 2. IAAF. 2000. Pedoman mengajar cabang atltik, DS. Jakarta: pasi 3. Khomsin. 2005. Atletik. UNNES PRES: Semarang 4. Mochamad djumidar. 2004. gerak dasar atletik. Jakarta: Raja Grafindo Persada 5. Muller H. 2004. RUN! JUMP! THROW!, The IAAF Guide to Teaching Athletics. Jakarta: pasi <p>Supporters:</p>																																														
Supporting lecturer	Dr. Heri Wahyudi, S.Or., M.Pd. Catur Supriyanto, S.Pd., M.Kes., Ph.D. Dr. Roy Januardi Irawan, S.Or., M.Kes. Testa Adi Nugraha, S.Pd., M.Pd.																																														
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 rules and introduction to athletics.	<ol style="list-style-type: none"> 1. Able to understand and implement athletic course rules. 2. Able to understand and discuss matters related to athletic learning. 		Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
2	Understanding of history and athletic organizations.	<ol style="list-style-type: none"> 1. Able to understand and discuss athletic sports. 2. Able to explain and discuss athletic numbers. 3. Able to discuss and analyze athletic organizations and sports infrastructure. 	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=AbsentDiscipline = (Total Score/Maximum Score) x 100Activity = (Total Score/Maximum Score) x 100Participation Value = (Activity discipline) / 2Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Not Implementing Practice Value = (Total Score/3) x 100 2. Participation during lectures is carried out through direct observation and is given a weight of 2 (two) Mid-Semester Tests (UTS) carried out once with indicators 1-8 through practical exams and given a weight of 2 (two) Practical assessments and assignments, the scores are averaged and then given weight 3 (three) The UAS score is done in writing and practice with indicators 10-15 given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10 	Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50			0%

3	Understanding of sprinting, starting techniques and sprinting games.	<ol style="list-style-type: none"> 1. Able to develop physical condition games to support athletic studies. 2. Able to play reaction games 3. Able to form basic movement attitudes for sprint starting techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50		0%
4	Understanding of sprinting, starting techniques and sprinting games.	<ol style="list-style-type: none"> 1. Able to form basic movement attitudes for sprint starting techniques. 2. Able to play sprint competition games. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50		0%
5	Understanding relay running, starting techniques and relay running games.	<ol style="list-style-type: none"> 1. Able to develop physical condition games to support athletic studies. 2. Able to play reaction games 3. Able to form basic movement attitudes, relay baton movement techniques. 4. Able to play relay race competition games. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50		0%

6	Understanding fast walking, and fast walking games.	<ol style="list-style-type: none"> 1. Able to play fast game. 2. Able to play step and rhythm games with various basic movement patterns of fast walking. 3. Able to form basic fast walking postures. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practises and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Assignments via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
7	Understanding of hurdling, equipment modification and the game of hurdling.	<ol style="list-style-type: none"> 1. Able to play hurdles and jump on modified hurdles. 2. Able to make reaction plays over various goal distances. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practises and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
8	Understanding of hurdling, equipment modification and the game of hurdling.	<ol style="list-style-type: none"> 1. Able to make reaction plays over various goal distances. 2. Able to form the basic movement attitudes of hurdle running techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practises and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
9							0%

10	Understanding linear throwing, equipment modification and linear throwing games.	<ol style="list-style-type: none"> 1. Able to play physical development games for linear throwing. 2. Able to play a linear throwing game over various throwing distances. 3. Able to form basic movement attitudes for linear throwing techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
11	Understanding linear throwing, equipment modification and linear throwing games.	<ol style="list-style-type: none"> 1. Able to play physical development games for linear throwing. 2. Able to play a linear throwing game over various throwing distances. 3. Able to form basic movement attitudes for linear throwing techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
12	Understanding rotational throwing, equipment modification and rotational throwing games.	<ol style="list-style-type: none"> 1. Able to play rotational throwing reaction games over various throwing distances. 2. Able to form basic movement attitudes of rotational throwing techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%

13	Understanding horizontal jumping, tool modification and horizontal jumping games.	<ol style="list-style-type: none"> 1. Able to play horizontal jump. 2. Able to play horizontal jumps, over various distances. 3. Able to play step and rhythm games with various basic horizontal jumping movement patterns. 4. Able to form basic movement attitudes for horizontal jump techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
14	Understanding horizontal jumping, tool modification and horizontal jumping games.	<ol style="list-style-type: none"> 1. Able to play horizontal jump. 2. Able to play horizontal jumps, over various distances. 3. Able to play step and rhythm games with various basic horizontal jumping movement patterns. 4. Able to form basic movement attitudes for horizontal jump techniques. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
15	Understanding vertical jumping, equipment modification and vertical jumping games.	<ol style="list-style-type: none"> 1. Able to play vertical jumps over various obstacles. 2. Able to play step and rhythm games with various basic vertical jump movement patterns. 3. Able to form the basic movements of the vertical jump technique. 	<p>Criteria: Discipline score: 5= Present; 4= Dispensation; 3=Pain; 2=Late; 1= Permission; and 0=Absent Discipline = (Total Score/Maximum Score) x 100 Activity = (Total Score/Maximum Score) x 100 Participation Value = (Activity Discipline) / 2 Practice Score: 3=Good; 2=Fair; 1=Poor; 0=Didn't carry out Practical Value = (Total Score/3))Assessment of practices and assignments, scores are averaged and then given a weight of 3 (three) UAS scores are carried out in writing and practice with indicators 10-15 are given a weight of 3 (three) The final score is (2 x Participation) (3 x Practice) (2 x UTS) (3 x UAS) divided by 10</p>	Lectures, Discussions, Questions and Answers, and Teaching via Zoom Meeting/Google Meet/Classroom 2 X 50			0%
16							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.