



**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
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Fitness Basics	8920103037		T=3 P=0 ECTS=4.77	0	July 18, 2024
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AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	Dr. Heri Wahyudi, S.Or., M.Pd.

Learning model	Case Studies
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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)																																	
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center; padding: 5px;">Week</td> </tr> <tr> <td style="padding: 5px;">1</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> <td style="padding: 5px;">5</td> <td style="padding: 5px;">6</td> <td style="padding: 5px;">7</td> <td style="padding: 5px;">8</td> <td style="padding: 5px;">9</td> <td style="padding: 5px;">10</td> <td style="padding: 5px;">11</td> <td style="padding: 5px;">12</td> <td style="padding: 5px;">13</td> <td style="padding: 5px;">14</td> <td style="padding: 5px;">15</td> <td style="padding: 5px;">16</td> </tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																		

Short Course Description	This course will discuss understanding and mastery of fitness theory and practice (indoor, outdoor, functional training, and weight training with fitness equipment), how to use and maintain fitness equipment as well as knowledge about spa treatments using aroma therapy. Lectures are carried out with presentations, discussions, practices, performance, and organizing events.
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References	Main :
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17. Sharkey, Brian J., 2011. Fitness Illustrated , Champaign-IL: Human Kinetics.
18. Setijono, Matuankotta, Nurhasan. 2001. Instruktur Fitness . Surabaya : Unesa University Press.

Supporters:

Supporting lecturer
 Dr. Soni Sulistyarto, M.Kes.
 Indra Himawan Susanto, S.Or., M.Kes.
 Dr. Abdul Aziz Hakim, S.Or., 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	1. Understand the terminology of Fitness, Wellness, Fitness Center and Physical Fitness 2. Understand the Ethics of a Personal Trainer	1. Able to explain the differences between Fitness, Wellness, Fitness Center and Physical Fitness 2. Able to give examples in everyday life of the differences between Fitness, Wellness, Fitness Center and Physical Fitness 3. Able to explain and give examples of the ethics of a personal trainer	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions and questions and answers 2 X 50			0%
2	Understanding the Ethics of a Personal Trainer	1. Able to explain the meaning of Ethics 2. Able to explain and give examples of the ethics of a personal trainer	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions, questions and answers, assignments and performances (presentations) 2 X 50			0%

3	Understand the meaning of Weight Training and tips for success in training	1. Able to explain the meaning of Weight Training 2. Can determine individual or other people's training zones 3. Can determine individual or other people's goal settings 4. Find maximum load and maximum repetitions 5. Able to explain and create simple variations of weight training exercises	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions, questions and answers, assignments and performances (presentations) 2 X 50			0%
4	Understanding Workout Methods to Get Fit SPORT, FIT, HIIT, HICT, LISS, AMRAP, EMOM, TABATA, ASCENDING, DESCENDING, and PYRAMID	1. Able to explain the meaning of the principles of SPORT, FIT, HIIT, HICT, LISS, AMRAP, EMOM, TABATA, ASCENDING, DESCENDING, and PYRAMID along with examples 2. Able to explain and calculate the DNM and BMI of people with different ages	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions, questions and answers and assignments 2 X 50			0%
5	Understand the meaning of maximum load, sets, repetitions, rest interval, volume, intensity, interval training and circuit training	1. Able to explain the meaning of maximum load, sets, repetitions, rest interval, volume, intensity. 2. Able to include sets, repetitions and intervals in the weight training program 3. Able to create Total Body Weight training using a circuit model	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions, questions and answers and assignments 2 X 50			0%
6	Understand general knowledge of Aromatherapy and practice how to use it correctly	1. Able to explain the meaning of aromatherapy 2. Able to feel and explain the positives and negatives of the process of aromatherapy entering the body 3. Able to explain the positive and negative benefits of using aromatherapy 4. Able to explain that aromatherapy can be used anywhere 5. Able to mix various types of aromatherapy and their benefits	Criteria: Full marks are obtained if you do all the questions correctly.	Lectures, discussions, questions and answers and assignments 2 X 50			0%

7	U.S.S	Explain the meaning of fitness, physical fitness, functional training and weight training with examples	Criteria: Full marks are obtained if you do all the questions correctly.	2 X 50			0%
8	Warm-up practice and activities using dumbbells	1. Able to explain and provide static, PNF and dynamic warm-up 2. Able to explain and provide examples of weight training using dumbbells	Criteria: Full marks are obtained if you do all the questions correctly.	Discussion, performance, questions and answers and assignments 2 X 50			0%
9	Practice weight training using internal weights (using body weight training)	Able to explain and give examples of weight training using your own body weight (upper body, lower body and core)	Criteria: Full marks are obtained if you do all the questions correctly.	Discussion, performance, questions and answers and assignments 2 X 50			0%
10	Practice exercises using functional training (Gymball, TRX, Resistance band, Battle Rope, Kinesis Wall, Bosu, ViPR, Olympic Bar, Curve Bar, ladder drill, friction training, mat)	Able to explain and give examples of weight training using functional training (Gymball, TRX, Resistance band, Battle Rope, Kinesis Wall, Bosu, ViPR, Olympic Bar, Curve Bar, ladder drill, friction training, mat)	Criteria: Full marks are obtained if you do all the questions correctly.	Practice, Discovery Learning, questions and answers and 2 X 50 assignments			0%
11	Practice exercises using functional training (Gymball, TRX, Resistance band, Battle Rope, Kinesis Wall, Bosu, ViPR, Olympic Bar, Curve Bar, ladder drill, friction training, mat)	Able to explain and give examples of weight training using functional training (Gymball, TRX, Resistance band, Battle Rope, Kinesis Wall, Bosu, ViPR, Olympic Bar, Curve Bar, ladder drill, friction training, mat)	Criteria: Full marks are obtained if you do all the questions correctly.	Practice, Discovery Learning, questions and answers and 2 X 50 assignments			0%
12	Practice fitness instructor cardio workout	Able to explain and practice fitness instructor cardio workout (Low impact aerobic exercise, high impact aerobic exercise, Zumba fitness, body combat, RPM, body pump, Stck Punch, Total body weight workout)	Criteria: Full marks are obtained if you do all the questions correctly.	Discussion, performance, questions and answers and assignments 2 X 50			0%
13	Organizing Training Camp Events	Able to organize events in Surabaya.	Criteria: Full marks are obtained if you do all the questions correctly.	2 X 50 Assignments and Practice			0%
14	Organizing Training Camp Events	Able to organize events in Surabaya.	Criteria: Full marks are obtained if you do all the questions correctly.	2 X 50 Assignments and Practice			0%

15	Organizing Training Camp Events	Able to organize events in Surabaya.	Criteria: Full marks are obtained if you do all the questions correctly.	2 X 50 Assignments and Practice			0%
16	UAS	Explain the training program	Criteria: Full marks if you are able to describe the answer to the question	Test 2 X 50			0%

Evaluation Percentage Recap: Case Study

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.**