



**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
Exercise	8920103149		T=3	P=0	ECTS=4.77	2	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	
	<table border="1" style="margin: auto;"> <tr> <td style="width: 50px; height: 20px;">P.O</td> </tr> </table>	P.O
P.O		

PO Matrix at the end of each learning stage (Sub-PO)	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 50px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																		

**Short Course Description** Understanding the history of aerobic exercise and being able to perform low impact, moderate impact, high impact foot movements and combining them with hand movements, calculating beats per minutes (BPM) as well as judging techniques in aerobic exercise

References	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>1. Nurkholis, dkk. 2015. Senam Dasar. Surabaya. Unipress Unesa.</li> <li>2. Rahman, H., dan Sukadiyanto. 2011. Penkasorkes 2 . Jakarta: Quadra.</li> <li>3. Suherman, A., 2001. Tes dan Pengukuran dalam Pendidikan Jasmani: Prinsip-prinsip dan Penerapannya . Jakarta: Depdiknas.</li> <li>4. Departemen Pendidikan Nasional. 2004. Senam Kesegaran Jasmani. 2004. Jakarta.</li> <li>5. Mukholid. 2004. Pendidikan Jasmani. Surakarta: Yudhistira.</li> <li>6. Anna agustina. 2001. Bugar dengan Senam Aerobik. Jakarta: PT Raja Grafindo Persada.</li> <li>7. Satrio Ahmad Y. 2007. Senam . PT Indah Jaya Adipratama Anggota IKAPI.</li> <li>8. Marta Dinata, 2007. Langsing dengan aerobik. Jakarta: Cerdas Jaya.</li> <li>9. Nurhasan, dkk. 2005. Petunjuk praktis Pendidikan Jasmani . Surabaya: Unipress Unesa Surabaya.</li> <li>10. Hari Setijono. 2001. Instruktur Fitness . Surabaya: Unipress Unesa Surabaya.</li> </ol> <p><b>Supporters:</b></p>
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**Supporting lecturer** Dr. Noortje Anita Kumaat, M.Kes.  
Dr. Roy Januardi Irawan, S.Or., M.Kes.  
Lutfhi Abdil Khuddus, 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	Contract and willingness to study gymnastics	Able to explain the rules of gymnastics lecture activities	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly	Lectures, discussions and questions and answers 3 X 50			0%
2	Understand and study the history of gymnastics, the development of Indonesian gymnastics and gymnastics as it develops in society	Able to explain the history of gymnastics, the development of community gymnastics	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly	Lectures, discussions, questions and answers, 3 X 50			0%
3	Understand basic gymnastics concepts by practicing strength, flexibility and core stability	Able to explain and practice movements to increase flexibility, strength and core stability	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly	Lectures, discussions, questions and answers, and 3 X 50 exercises			0%
4	Understand basic gymnastics concepts by practicing strength, flexibility and core stability	Able to explain and practice movements to increase flexibility, strength and core stability	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly	Lectures, discussions, questions and answers, and 3 X 50 exercises			0%
5	Understand the series of front roll, back roll, kayak movements	Able to explain and practice a series of front roll, back roll, kayak movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice the movements	Discussion, questions and answers, exercises and assignments 3 X 50			0%
6	Understand the series of front roll, back roll, kayak movements	Able to explain and practice a series of front roll, back roll, kayak movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice the movements	Discussion, questions and answers, exercises and assignments 3 X 50			0%
7	Understand the series of movements of front roll, back roll, kayang, kip roll, head stand, hand stand	Able to explain and practice a series of front roll, back roll, kayang, kip roll, head stand, hand stand movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice the movements	Discussions, consultations, questions and answers, presentations, exercises and assignments 3 X 50			0%
8	Understand the series of movements of front roll, back roll, kayang, kip roll, head stand, hand stand	Able to explain and practice a series of front roll, back roll, kayang, kip roll, head stand, hand stand movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice the movements	Discussions, consultations, questions and answers, presentations, exercises and assignments 3 X 50			0%
9	Understand aerobic exercise, beat and rhythm hand and foot movements	Able to explain and practice aerobic hand and foot movements, beats and rhythms	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice movement	Lectures, discussions, questions and answers, exercises and assignments 3 X 50			0%
10	Understand aerobic exercise, beat and rhythm hand and foot movements	Able to explain and practice aerobic hand and foot movements, beats and rhythms	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Practice movement	Lectures, discussions, questions and answers, exercises and assignments 3 X 50			0%

11	Understand rhythmic, low impact, moderate, mixed and high impact beats	Able to explain and practice a series of low impact, moderate impact, mixed and high impact hand and foot movements.	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, Javanese questions, exercises and assignments 3 X 50			0%
12	Understand rhythmic, low impact, moderate, mixed and high impact beats	Able to explain and practice a series of low impact, moderate impact, mixed and high impact hand and foot movements.	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, Javanese questions, exercises and assignments 3 X 50			0%
13	Understand the creation of a series of aerobic exercise movements	Able to explain and practice a series of movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, questions and answers and 3 X 50 exercises			0%
14	Understand the creation of a series of aerobic exercise movements	Able to explain and practice a series of movements	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, questions and answers and 3 X 50 exercises			0%
15	Understand the combination of hand and foot movements and assessment in aerobic exercise competitions	Able to explain and practice a combination of hand and foot movements as well as judging in aerobics competitions	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, questions and answers 3 X 50			0%
16	Understand the combination of hand and foot movements and assessment in aerobic exercise competitions	Able to explain and practice a combination of hand and foot movements as well as judging in aerobics competitions	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly. Completeness of the report	Lectures, discussions, questions and answers 3 X 50			0%

#### Evaluation Percentage Recap: Project Based Learning

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.

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.