



**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>										
Recreational and Traditional Sports Games	8920103134	Compulsory Study Program Subjects	T=3	P=0	ECTS=4.77	6	January 2, 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. Andun Sudijandoko, M.Kes.			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-1</b>	Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties															
	<b>PLO-3</b>	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned															
	<b>PLO-6</b>	have expertise in social relations, humanities with health and recreation concepts. (PLO-6)															
	<b>PLO-8</b>	Able to develop and optimize the potential of local wisdom in the field of sports science to create a business world and sports industry independently and/or together. (PLO-8)															
	<b>PLO-11</b>	Able to formulate and develop sports science in relation to physical activity, sports and traditional games in the Industrial and World of Work (IDUKA) environment and society in general. (PLO-1)															
	<b>Program Objectives (PO)</b>																
	<b>PO - 1</b>	Understand and master concepts in recreational sports															
	<b>PO - 2</b>	Understand classification and career development in the field of recreational sports															
	<b>PO - 3</b>	Understand and master the concept of innovation-based recreational sports programs															
	<b>PO - 4</b>	Understand traditional sports as part of recreational sports															
	<b>PO - 5</b>	Understanding nature as a medium for recreational sports															
	<b>PO - 6</b>	Innovating recreational sports in the wild															
	<b>PLO-PO Matrix</b>																
			P.O	PLO-1	PLO-3	PLO-6	PLO-8	PLO-11									
		PO-1	✓	✓													
		PO-2		✓			✓										
		PO-3	✓				✓										
	PO-4		✓				✓										
	PO-5				✓		✓										
	PO-6				✓		✓										
<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																	
	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									✓	✓						
	PO-5											✓	✓				
	PO-6													✓	✓	✓	✓
<b>Short Course Description</b>	This course discusses the basic knowledge of recreational sports, equipment and facilities, as well as theory and practice of various types of recreational sports, and traditional sports. Classification and Career Development in the Field of Recreation at school and outside school. Development of Recreational Sports Programs Theory and Practice of managing recreational/tourist sports activities. and sports festivals																
<b>References</b>	<b>Main :</b>																

1. Allen, Lawrence. 2011. Recreation as a Developmental Experience, Willey Periodical. USA
2. Ancok, Jamaludin, Prof., Ph.D. 2003. Outbound Management Training. Yogyakarta. UII Press.
3. Departemen Pendidikan dan Kebudayaan. 1998/1999. Peraturan Permainan Olahraga Asli/Tradisional, Buku I dan II. Direktorat Keolahragaan Direktorat Jenderal Pendidikan Luar Sekolah Pemuda dan Olahraga.
4. Harisson G. Erpelding M. 2012. Outdoor Program Administration. Human Kinetic : United Kingdom
5. Manuel Baud-Bovy and Fred Lawson. 1977. Tourism and Recreation Development. CBI Publishing Company, INC . : Boston, Massachusetts.
6. Richard G. Kraus. 1977. Recreation Today. Goodyear Publishing Company : California
7. Susanta, Agustinus. 2008. Merancang Outbound Training Professional. Yogyakarta. Andi Offset.
8. Tisna Sopandi. 1983. Aneka Permainan Tradisional. Pustaka Buana: Bandung
9. Fikri, Muhammad Dzul, 2024. Modul Permainan Tradisional

**Supporters:**

1. Bernhardin, D. (2021). Pengaruh Olahraga Permainan Tradisional Hadang terhadap Kelincahan Siswa The Influence of Traditional Game Sports Barriers on Student Agility. Journal of Physical and Outdoor Education, 3(1), 79–85. <https://jpo.e.stkipasundan.ac.id/index.php/jpoe/article/download/116/158/281>

**Supporting lecturer**  
 Dr. Andun Sudijandoko, M.Kes.  
 Mokhamad Nur Bawono, S.Or., M.Kes.  
 Dr. Abdul Aziz Hakim, S.Or., M.Or.  
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 Anindya Mar'atus Sholikhah, S.KM., 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	Understanding Introduction to Recreational Sports and Understanding lecture contracts	1. Students are able to understand the lecture contract and collect the necessary lecture support materials 2. Students are able to understand recreational sports	<b>Form of Assessment :</b> Participatory Activities	Mind Mapping, discussion and question and answer 2 X 50		<b>Material:</b> introduction to recreational sports <b>References:</b> Allen, Lawrence. 2011. Recreation as a Developmental Experience, Willey Periodical. USA	5%
2	Understand and master concepts in recreational sports	Students can explain concepts in recreational sports	<b>Form of Assessment :</b> Participatory Activities	Jigsaw, Discussion between groups 6 X 50		<b>Material:</b> Concept of recreational sports <b>References:</b> Ancok, Jamaludin, Prof., Ph.D. 2003. Outbound Management Training. Yogyakarta. UII Press.  <b>Material:</b> Concept of recreational sports <b>References:</b> Allen, Lawrence. 2011. Recreation as a Developmental Experience, Willey Periodical. USA	0%
3	Understand and master concepts in recreational sports	Students can explain concepts in recreational sports	<b>Form of Assessment :</b> Participatory Activities	Jigsaw, Discussion between groups 6 X 50		<b>Material:</b> concept of recreational sports <b>Reference:</b> Harisson G. Erpelding M. 2012. Outdoor Program Administration. Human Kinetic : United Kingdom  <b>Material:</b> concept of recreational sports <b>Reference:</b> Harisson G. Erpelding M. 2012. Outdoor Program Administration. Human Kinetic : United Kingdom	5%
4	Understanding Classification and career development in the field of recreational sports	Students can explain classification and career development in the field of recreational sports	<b>Form of Assessment :</b> Participatory Activities	Demonstration, Role Playing 3 X 50		<b>Material:</b> career development in recreational sports <b>Reference:</b> Susanta, Agustinus. 2008. Designing Professional Outbound Training. Yogyakarta. Andi Offset.  <b>Material:</b> career development in recreational sports <b>Reference:</b> Harisson G. Erpelding M. 2012. Outdoor Program Administration. Human Kinetic : United Kingdom	0%

5	Understanding Classification and career development in the field of recreational sports	Students can explain classification and career development in the field of recreational sports		Demonstration, Role Playing 3 X 50		<p><b>Material:</b> career development in recreational sports <b>Reference:</b> Susanta, Agustinus. 2008. <i>Designing Professional Outbound Training</i>. Yogyakarta. Andi Offset.</p> <p><b>Material:</b> career development in recreational sports <b>Reference:</b> Harisson G. Erpelding M. 2012. <i>Outdoor Program Administration</i>. Human Kinetic : United Kingdom</p>	0%
6	Understanding Classification and career development in the field of recreational sports	Students can explain classification and career development in the field of recreational sports	<p><b>Criteria:</b> 5</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Demonstration, Role Playing 3 X 50		<p><b>Material:</b> career development in recreational sports <b>Reference:</b> Susanta, Agustinus. 2008. <i>Designing Professional Outbound Training</i>. Yogyakarta. Andi Offset.</p> <p><b>Material:</b> career development in recreational sports <b>Reference:</b> Harisson G. Erpelding M. 2012. <i>Outdoor Program Administration</i>. Human Kinetic : United Kingdom</p>	5%
7	Understand and master the concept of innovation-based recreational sports programs	Students can explain the concept of an innovation-based recreational sports program		Think, pair, share 3 X 50		<p><b>Material:</b> concept of innovation-based recreational sports program. <b>Reference:</b> Susanta, Agustinus. 2008. <i>Designing Professional Outbound Training</i>. Yogyakarta. Andi Offset.</p> <p><b>Material:</b> concept of innovation-based recreational sports program. <b>Reference:</b> Manuel Baud-Bovy and Fred Lawson. 1977. <i>Tourism and Recreation Development</i>. CBI Publishing Company, INC. : Boston, Massachusetts.</p>	0%
8	UTS	UTS	<p><b>Criteria:</b> UTS</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	UTS 3 X 50			20%
9	Understand traditional sports as part of recreational sports	Students can understand traditional sports as part of recreational sports		Think, pair, share 3 X 50		<p><b>Material:</b> Understanding traditional sports as part of recreational sports <b>Reference:</b> Bernhardin, D. (2021). <i>The Influence of Traditional Game Sports Barriers on Student Agility</i>. <i>Journal of Physical and Outdoor Education</i>, 3(1), 79–85. <a href="https://jpo.e.stkippasundan.ac.id/">https://jpo.e.stkippasundan.ac.id/...</a></p>	0%
10	Students can understand traditional sports as part of recreational sports	Students can understand traditional sports as part of recreational sports	<p><b>Form of Assessment :</b> Practice / Performance</p>	Demonstration, Practice 3 X 50		<p><b>Material:</b> Traditional Sports <b>Reader:</b> Tisna Sopandi. 1983. <i>Various Traditional Games</i>. Buana Library: Bandung</p> <p><b>Material:</b> Traditional Sports Practices <b>Reference:</b> Fikri, Muhammad Dzul, 2024. <i>Traditional Games Module</i></p> <p><b>Material:</b> Traditional Sports Practices <b>Reference:</b> Department of Education and Culture. 1998/1999. <i>Original/Traditional Sports Game Rules, Books I and II</i>. Directorate of Sports Directorate General of Out-of-School Education, Youth and Sports.</p>	0%
11	Understanding Nature as a medium for recreational sports	Students can explain nature as a medium for recreational sports	<p><b>Form of Assessment :</b> Participatory Activities</p>	Lecture, Demonstration 3 X 50		<p><b>Material:</b> Nature as a medium for recreational sports <b>Reference:</b> Susanta, Agustinus. 2008. <i>Designing Professional Outbound Training</i>. Yogyakarta. Andi Offset.</p> <p><b>Material:</b> Nature as a medium for recreational sports <b>References:</b> Manuel Baud-Bovy and Fred Lawson. 1977. <i>Tourism and Recreation Development</i>. CBI Publishing Company, INC. : Boston, Massachusetts.</p>	0%

12	Understanding Nature as a medium for recreational sports	Students can explain nature as a medium for recreational sports	<b>Form of Assessment :</b> Participatory Activities	Lecture, Demonstration 3 X 50		<b>Material:</b> Nature as a medium for recreational sports <b>Reference:</b> <i>Susanta, Agustinus. 2008. Designing Professional Outbound Training. Yogyakarta. Andi Offset.</i>  <b>Material:</b> Nature as a medium for recreational sports <b>References:</b> <i>Manuel Baud-Bovy and Fred Lawson. 1977. Tourism and Recreation Development. CBI Publishing Company, INC. : Boston, Massachusetts.</i>	5%
13	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild	<b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Practicum for organizing recreational sports activities 3 X 50		<b>Material:</b> organizing recreational sports activities <b>Reader:</b> <i>Tisna Sopandi. 1983. Various Traditional Games. Buana Library: Bandung</i>  <b>Material:</b> organizing recreational sports activities <b>Reference:</b> <i>Susanta, Agustinus. 2008. Designing Professional Outbound Training. Yogyakarta. Andi Offset.</i>	10%
14	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild	<b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Practicum for organizing recreational sports activities 3 X 50		<b>Material:</b> organizing recreational sports activities <b>Reader:</b> <i>Tisna Sopandi. 1983. Various Traditional Games. Buana Library: Bandung</i>  <b>Material:</b> organizing recreational sports activities <b>Reference:</b> <i>Susanta, Agustinus. 2008. Designing Professional Outbound Training. Yogyakarta. Andi Offset.</i>	10%
15	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild	<b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Practicum for organizing recreational sports activities 3 X 50		<b>Material:</b> organizing recreational sports activities <b>Reader:</b> <i>Tisna Sopandi. 1983. Various Traditional Games. Buana Library: Bandung</i>  <b>Material:</b> organizing recreational sports activities <b>Reference:</b> <i>Susanta, Agustinus. 2008. Designing Professional Outbound Training. Yogyakarta. Andi Offset.</i>	10%
16	UAS	UAS	<b>Criteria:</b> UAS  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	UAS 3 X 50			30%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	20%
2.	Project Results Assessment / Product Assessment	45%
3.	Practice / Performance	35%
		100%

#### 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- 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.