



**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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gymnastics I | 8920102150 | | T=2 | P=0 | ECTS=3.18 | 0 | July 18, 2024 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AUTHORIZATION | SP Developer | | Course Cluster Coordinator | | | Study Program Coordinator | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | Dr. Heri Wahyudi, S.Or., M.Pd. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Learning model | Case Studies | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 10%;">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. Nurkholis, dkk. 2015. Senam Dasar. Surabaya. Unipress Unesa. 2. Rahman, H., dan Sukadiyanto. 2011. Penkasorkes 2 . Jakarta: Quadra. 3. Suherman, A., 2001. Tes dan Pengukuran dalam Pendidikan Jasmani: Prinsip-prinsip dan Penerapannya . Jakarta: Depdiknas. 4. Departemen Pendidikan Nasional. 2004. Senam Kesegaran Jasmani. 2004. Jakarta. 5. Mukholid. 2004. Pendidikan Jasmani. Surakarta: Yudhistira. 6. Anna agustina. 2001. Bugar dengan Senam Aerobik. Jakarta: PT Raja Grafindo Persada. 7. Satrio Ahmad Y. 2007. Senam . PT Indah Jaya Adipratama Anggota IKAPI. 8. Marta Dinata, 2007. Langsing dengan aerobik. Jakarta: Cerdas Jaya. 9. Nurhasan, dkk. 2005. Petunjuk praktis Pendidikan Jasmani . Surabaya: Unipress Unesa Surabaya. 10. Hari Setijono. 2001. Instruktur Fitness . Surabaya: Unipress Unesa Surabaya. <p>Supporters:</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Supporting lecturer | Dr. Noortje Anita Kumaat, 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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. | Criteria: 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. | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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 | Criteria: 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: Case Study

| 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.