



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																																		
INTRODUCTION TO RECREATIONAL SPORTS	8920102235		T=2 P=0 ECTS=3.18	1	July 17, 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																																						
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	PO Matrix at the end of each learning stage (Sub-PO)																																						
	<table border="1" style="margin: auto;"> <tr> <td style="width: 5%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">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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Short Course Description	This course discusses the basic knowledge of recreational sports, tools and facilities, as well as theory and practice of various types of recreational sports, and traditional sports. Classification & Career Development in the Field of Recreation at school and outside school. Development of Recreational Sports Programs Theory and Practice of managing recreational/tourism sports activities.																																						
References	Main :																																						
	<ol style="list-style-type: none"> 1. Allen, Lawrence. 2011. Recreation as a Developmental Experience, Willey Periodical. USA 2. Ancok, Jamaludin, Prof., Ph.D. 2003. Outbound Management Training. Jogjakarta. 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 																																						
	Supporters:																																						
Supporting lecturer	Dr. Andun Sudijandoko, M.Kes. Hijrin Fithroni, S.Or., M.Pd. Muhammad Dzul Fikri, S.Or., 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	Introduction to Recreational Sports and Understanding college contracts	Students are able to understand the lecture contract and collect the necessary lecture support materials		Mind Mapping, discussion and question and answer 2 X 50			0%
2	Understand and master concepts in recreational sports	Students can explain concepts in recreational sports		Jigsaw, Discussion between groups 6 X 50			0%
3	Understand and master concepts in recreational sports	Students can explain concepts in recreational sports		Jigsaw, Discussion between groups 6 X 50			0%
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		Demonstration, Role Playing 3 X 50			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			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		Demonstration, Role Playing 3 X 50			0%
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			0%
8	UTS	UTS	Criteria: UTS	UTS 3 X 50			0%
9	Understand traditional sports as part of recreational sports	Students can explain traditional sports as part of recreational sports		Think, pair, share 3 X 50			0%
10	Understand traditional sports as part of recreational sports	Students can explain traditional sports as part of recreational sports		Think, pair, share 3 X 50			0%
11	Understanding Nature as a medium for recreational sports	Students can explain nature as a medium for recreational sports		Practicum for organizing recreational sports activities 3 X 50			0%
12	Understanding Nature as a medium for recreational sports	Students can explain nature as a medium for recreational sports		Practicum for organizing recreational sports activities 3 X 50			0%
13	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild		Practicum for organizing recreational sports activities 3 X 50			0%

14	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild		Practicum for organizing recreational sports activities 3 X 50			0%
15	Innovating recreational sports in the wild	Students can innovate recreational sports in the wild		Practicum for organizing recreational sports activities 3 X 50			0%
16	UAS	UAS	Criteria: UAS	UAS 3 X 50			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.**