



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																																
Massage for Women and the Elderly	8920106247		T=2 P=1 ECTS=4.77	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																																				
		P.O																																			
Short Course Description	PO Matrix at the end of each learning stage (Sub-PO)																																				
		<table border="1" style="margin: auto; border-collapse: collapse;"> <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
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	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. Baz Thompson, Britney Linch, 2021, Stretching Exercise for Seniors: Simple Movements to Improve Posture, Decrease Back Pain and Injury After 60, Strength Training for Senior 2. Bob Doto, 2020, The Power of Stretching: Simple Practice to Promote Weelbeing Volume 2 3. Elsevier, 2021, Mosby's Fundamental of Therapeutic Massage Seventh Edition, Riverpont Lane, St. Louis Missouri 4. Sandra Grace, Jane Gravs, 2019, Text Book of Remedial Massage 5. Tim Masase, 2016, Modul Masase , Unesa Press <p>Supporters:</p>																																				
Supporting lecturer	Dr. Noortje Anita Kumaat, M.Kes. Ika Nurmaya, S.K.M., M.Kes. Indra Himawan Susanto, S.Or., 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	Sub-CPMK-1 Able to analyze the basic concepts of therapeutic massage for women and the elderly	1.Explain the basic concepts of therapeutic massage for women and the elderly 2.Classifying the basic concepts of therapeutic massage for women and the elderly		Learning Form: Face-to-face lecture Learning Method: Lecture, discussion and question and answer [TM : 1 (2x50')] Student assignment Independent task to search for literature related to basic concepts of massage 2 X 50			0%
2	Able to analyze types of therapeutic massage for women and the elderly and their benefits	Explaining the types of massage, therapy for women and the elderly. Classifying the uses of therapeutic massage for women and the elderly. Analyzing the period of providing therapeutic massage		2 X 50			0%
3	Able to analyze types of therapeutic massage for women and the elderly and their benefits	Explaining the types of massage, therapy for women and the elderly. Classifying the uses of therapeutic massage for women and the elderly. Analyzing the period of providing therapeutic massage		2 X 50			0%
4	Able to analyze the application of the sports industry in therapeutic massage for women and the elderly with full responsibility.	3.1 Explain the essential knowledge of therapy for women and the elderly 3.2 Apply massage skills for women and the elderly		2 X 50			0%
5	Able to analyze the application of the sports industry in therapeutic massage for women and the elderly with full responsibility.	3.1 Explain the essential knowledge of therapy for women and the elderly 3.2 Apply massage skills for women and the elderly		2 X 50			0%
6	Able to apply knowledge, skills and professionalism in therapeutic massage for women and the elderly	Explaining knowledge in massage for women and the elderly Applying therapeutic massage skills for Women and sports Applying professionalism in therapeutic massage for Women and the elderly		2 X 50			0%

7	Able to apply knowledge, skills and professionalism in therapeutic massage for women and the elderly	Explaining knowledge in massage for women and the elderly Applying therapeutic massage skills for Women and sports Applying professionalism in therapeutic massage for Women and the elderly		2 X 50			0%
8	UTS			1 X 50			0%
9							0%
10							0%
11							0%
12							0%
13							0%
14							0%
15							0%
16							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.
- 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.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.

