



**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>																																	
Injury therapy massage	8920103252		T=2 P=1 ECTS=4.77	7	July 17, 2024																																	
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																	
	.....		.....		Dr. Heri Wahyudi, S.Or., M.Pd.																																	
<b>Learning model</b>	Project Based Learning																																					
<b>Program Learning Outcomes (PLO)</b>	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																															
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	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
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<b>Short Course Description</b>	This course provides students with Injury Therapy Massage who learn various treatment techniques for sports injuries and other injuries in general.																																					
<b>References</b>	<b>Main :</b>																																					
	<ol style="list-style-type: none"> <li>1. 1. Jelveus Anders DN and Oddsson, Kristjan (2011) Integrated Sports Massage Therapy A Comprehensive Handbook, Swedish School of Sport and Health Sciences, Stockholm, Sweden</li> <li>2. 2. Evjenth, Olaf &amp; Hamberg, Jern , 2002. Muscle Stretching In Manual Therapy A Clinical Manual, Alfa Rehab Center Promotion AB, Sweden.</li> <li>3. 3. Benjamin, W., &amp; Sean, H . (2009). Massage Diagnosa And Management. Sports Medicine Australia. Vol. 47 No. 1. Hal. 15-19.</li> <li>4. 4. Wright, Kyle C , 2011. Structural Balancing A Clinical Approach. North Carolina, USA.</li> <li>5. 5. Prentice, William E . 2011. Rehabilitation Technique For sports Medicine And Athletic Training. Department Of Exercise and sport Science University of North Carolina, USA.</li> </ol>																																					
	<b>Supporters:</b>																																					
<b>Supporting lecturer</b>	Dr. Joesoef Roepajadi, M.Pd. Mokhamad Nur Bawono, S.Or., M.Kes. Ika Nurmaya, S.K.M., M.Kes. Ns. Caturia Sasti Sulistyana, S.Kep., M.Kep.																																					
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																															
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																															

1	Students are able to understand theoretically about Injury Therapy Massage	Students can explain theoretically about Injury Therapy Massage		Tutorial, demo, questions and answers 3 X 50			0%
2	Students are able to understand the basic techniques and types of Injury Therapy Massage	Students meet the requirements necessary for a Therapist		Tutorial, demonstration or practice 3 X 50			0%
3	Students are able to identify the condition of injured patients	a. Patient condition b. Indications and contraindications		Tutorials, demos, 3 X 50 applications			0%
4	Students are able to observe and plan actions for injured patients	a. Patient condition b. Introduction to various repositioning techniques		Tutorials, demos, 3 X 50 applications			0%
5	Students are able to understand and perform repositioning massage techniques for shoulder injury therapy (Shoulder Pain).	a. Patient condition b. Shoulder repositioning technique (shoulder pain)		Tutorial, demo, questions and answers 3 X 50			0%
6	Students are able to understand and perform repositioning massage therapy techniques for injuries to the elbow (elbow pain) and wrist (Wrist Pain)	a. Patient's condition b. Elbow and wrist repositioning techniques (wrist pain)		Tutorial, Demo Questions and answers 3 X 50			0%
7	Students are able to understand and perform repositioning techniques for injury therapy massage for neck injuries (Neck Pain).	a. Patient condition b. Neck repositioning technique (neck pain)		Tutorial, Demo, Questions and Answers 3 X 50			0%
8	Midterm Exam (UTS)			3 X 50			0%
9	Students are able to understand and perform repositioning massage therapy techniques for injuries to the lumbar area (Lumbar Pain)	a. Patient's condition b. Waist repositioning technique (lumbar pain)		Tutorial, Demo, Questions and Answers 3 X 50			0%
10			<b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment		Students are able to understand and perform techniques		0%
11			<b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment		Review videos and journals about sports injury massage techniques		0%
12			<b>Form of Assessment :</b> Participatory Activities	Presentation liveliness, assignment portfolio			0%
13							0%
14							0%
15							0%

16							0%
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#### 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.**