



**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																																
Sports Massage	8920102092		T=2	P=0	ECTS=3.18	7	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	This course is an introduction, learning/teaching, development, implementation, and evaluation of the basic concepts of sports massage, mastery and management of factors in implementing sports massage in theory and practice to increase fitness and prevent injury.																																						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 10%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%; text-align: center;">1</td> <td style="width: 5%; text-align: center;">2</td> <td style="width: 5%; text-align: center;">3</td> <td style="width: 5%; text-align: center;">4</td> <td style="width: 5%; text-align: center;">5</td> <td style="width: 5%; text-align: center;">6</td> <td style="width: 5%; text-align: center;">7</td> <td style="width: 5%; text-align: center;">8</td> <td style="width: 5%; text-align: center;">9</td> <td style="width: 5%; text-align: center;">10</td> <td style="width: 5%; text-align: center;">11</td> <td style="width: 5%; text-align: center;">12</td> <td style="width: 5%; text-align: center;">13</td> <td style="width: 5%; text-align: center;">14</td> <td style="width: 5%; text-align: center;">15</td> <td style="width: 5%; text-align: center;">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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Supporting lecturer	Dr. Joesoef Roepajadi, M.Pd. Ika Nurmaya, S.K.M., M.Kes. Indra Himawan Susanto, S.Or., M.Kes. Muhammad Dzul Fikri, S.Or., M.Pd. Nur Luthfiatus Solikah, S.Pd., M.Or.																																						
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	Students are able to understand the theory and practice of sports massage independently	Students are able to practice massage independently within the specified time duration	Criteria: 1.The assessment is carried out on the following aspects: 2.1. Participation in lectures and peer teaching, carried out through observation (weight 2) 3.2. Subsummative test (UTS) is carried out once with indicators 1-7 via written exam and given a weight (2) 4.3. Written test assessments in peer teaching and practicum are considered as assignments, grades are averaged, then weighted (3) 5.4. UAS scores are carried out in writing with indicators 9-16 given a weight of (3) 6.The final NA is (participation value") (assignment value%2 3) (UTS value%2 2) UAS value (3) divided by 10	Learning strategies using repeated practice methods produce knowledge that continues to stick. 2 X 50			0%
2	Students are able to identify and interpret factors in implementing massage	1. Conditions required for a masseur 2. Hands of a masseur 3. Direction of hand movement	Criteria: 1. Participation during lectures and peer teaching, carried out through observation (weight 2)	Lectures, Discussions, Questions and Answers 2 X 50			0%
3	Students are able to identify and interpret factors in implementing massage	1. Patient position 2. Use of lubricants. 3. Contraindications for using massage	Criteria: 1.The assessment is carried out on the following aspects: 2.1. Participation during lectures and peer teaching, carried out through observation (weight 2)	Lectures, discussions, practices, questions and answers 2 X 50			0%
4	Students are able to identify and interpret sports massage	· Massage procedure: a. Efflurage (rubbing) b. Petrissage (massaging) c. Friction (grinding)	Criteria: Practice	Lectures, discussions, practices, questions and answers 2 X 50			0%
5	Students are able to identify and interpret sports massage	· Massage procedure: a. Shaking (shaking) b. Tapotement (hitting) c. Walken (transverse muscle rubbing)	Criteria: Accuracy of Practice	Lectures, discussions, practices, questions and answers 2 X 50			0%
6	Students are able to identify and interpret sports massage	· Massage procedure: a. Vibration (grinding) b. Skin Rolling (shifting skin folds) c. Stroking (massaging)	Criteria: Practice Manipulation	Lectures, discussions, practices, questions and answers 2 X 50			0%

7	Students are able to identify and interpret sports massage	· Massage procedure: a. Shaking and twisting b. Pulling (pinch) and stretching	Criteria: Accuracy of Sports Massage Manipulation	Lectures, discussions, practices, questions and answers 2 X 50		0%
8	UTS	UTS	Criteria: UTS	UTS 2 X 50		0%
9	Students are able to identify and interpret sports massage	Other massage procedures.	Criteria: Accuracy of practice tests	Lectures, discussions, practices, questions and answers 6 X 50		0%
10	Students are able to identify and interpret sports massage	Other massage procedures.	Criteria: Accuracy of practice tests	Lectures, discussions, practices, questions and answers 6 X 50		0%
11	Students are able to identify and interpret sports massage	Other massage procedures.	Criteria: Accuracy of practice tests	Lectures, discussions, practices, questions and answers 6 X 50		0%
12	Students are able to identify and interpret massage on athletes' bodies	Massage the athlete's body	Criteria: Ability to Apply Sports Massage Manipulation to Athletes	Lectures, discussions, questions and answers 8 X 50		0%
13	Students are able to identify and interpret massage on athletes' bodies	Massage the athlete's body	Criteria: Ability to Apply Sports Massage Manipulation to Athletes	Lectures, discussions, questions and answers 8 X 50		0%
14	Students are able to identify and interpret massage on athletes' bodies	Massage the athlete's body	Criteria: Ability to Apply Sports Massage Manipulation to Athletes	Lectures, discussions, questions and answers 8 X 50		0%
15	Students are able to identify and interpret massage on athletes' bodies	Massage the athlete's body	Criteria: Ability to Apply Sports Massage Manipulation to Athletes	Lectures, discussions, questions and answers 2 X 50		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.

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.