



**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>																																
Sports Injury Prevention and Treatment	8920103124		T=3	P=0	ECTS=4.77	4	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>	Case Studies																																						
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		P.O																																					
<b>Short Course Description</b>	This course is an introduction, learning/teaching, development, implementation and evaluation of the basic concepts of sports injuries, prevention of sports injuries, types of sports injuries and their treatment and post-sport rehabilitation.																																						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">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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<b>References</b>	<b>Main :</b>																																						
	<ol style="list-style-type: none"> <li>1. 1. Peterson L., Renstorm P., 2005, Sports Injuries Their Prevention and Treatment Third Edition, Martin Dunitz,</li> <li>2. 2. Rolf C, 2007, The Sports Injuries Handbook, A &amp; C Black Publishers Ltd, London</li> <li>3. 3. Frontera. W.R., 2003, REHABILITATION OF SPORTS INJURIES : SCIENTIFIC BASIS, Blackwell Science Ltd, United Kingdom</li> <li>4. 4. Fu F.H., Stone D.A., 1994, Sports Injuries: Mechanisms, Prevention, Treatment 2nd edition (December 1994), Williams &amp; Wilkins</li> </ol>																																						
	<b>Supporters:</b>																																						
<b>Supporting lecturer</b>	Drs. Fatkur Rohman Kafrawi, M.Pd.																																						
	Anna Noordia, S.TP., M.Kes. Dr. Roy Januardi Irawan, S.Or., M.Kes. dr. Ananda Perwira Bakti, M.Kes. A Burhanuddin Kusuma Nugraha, S.Pd., M.Kes.																																						
<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	Understanding the human body tissue system, including bones, muscles, joints, skin, nerves as a basis for understanding sports injuries	Students are able to understand, master and explain the human body tissue system, including bones, muscles, joints, skin, nerves as a basis for understanding sports injuries	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
2	Understand sports injury prevention measures both through physical and psychological prevention, as well as prevention through sports facilities and infrastructure	Students are able to understand, master and explain sports injury prevention measures both through physical and psychological prevention, as well as prevention through sports facilities and infrastructure.	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
3	Understand the scope of sports injuries, overuse injuries, traumatic injuries, acute and chronic injuries, inflammation, pain	Students are able to understand, manage and explain the scope of sports injuries, overuse injuries, traumatic injuries, acute and chronic injuries, inflammation, pain	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
4	Understand the principles of health testing	Students are able to understand, master and explain the principles of health testing	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
5	Understand the types of sports injuries that can occur	Students are able to understand, master and explain the types of sports injuries that can occur	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
6	Understand musculoskeletal tissue injuries	Students are able to understand, master and explain musculoskeletal tissue injuries	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
7	Understanding the mechanisms and etiology of sports injuries	Students are able to understand, master and explain the mechanisms and etiology of sports injuries	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
8	Understand the principles of sports injury treatment	Students are able to understand, master and explain the principles of sports injury treatment	<b>Criteria:</b> Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
9	UTS	UTS		3 X 50			0%

10	Understand the principles of sports injury care (continued)	Students are able to understand, master and explain the principles of sports injury care (continued)	Criteria: Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
11	Understand the basic principles of training and competition preparation to avoid sports injuries	Students are able to understand, master and explain the basic principles of training and competition preparation to avoid sports injuries	Criteria: Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
12	Understand the basic principles of training and competition preparation to avoid sports injuries	Students are able to understand, master and explain the basic principles of training and competition preparation to avoid sports injuries	Criteria: Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
13	Understanding the Principles of Rehabilitation after Sports Injuries	Students are able to understand, master and explain the principles of rehabilitation after sports injuries	Criteria: Written Assessment	Lectures, Discussions, Questions and Answers 3 X 50			0%
14	Understanding the Principles of Rehabilitation after Sports Injuries (continued)	students are able to understand, master and explain the Principles of Rehabilitation after Sports Injuries (continued)	Criteria: Written Assessment	Lecture, Discussion, Question and answer, practicum 3 X 50			0%
15	Understand the basic concepts of the tissue healing process after sports injuries	Students are able to understand, master and explain the basic concepts of the tissue healing process after sports injury	Criteria: Written Assessment	Lecture, Discussion, Question and answer, practicum 3 X 50			0%
16							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.