



**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>
Spa Therapy	8920103197		T=3	P=0	ECTS=4.77	6	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						
		P.O					
<b>Short Course Description</b>	This course is an introduction to Spa health services in Indonesia and around the world, especially Spa treatments aimed at relaxation. The discussion begins with an introduction to the history of the development of spas in Indonesia and the world, then about the facilities and tools in spa services, the ethics of spa services and sharing various methods and treatments in spa therapy, and deepens with various types of aroma therapy that can be used to support the relaxation process, especially in the field of sports						
	<p><b>References</b> <b>Main :</b></p> <ol style="list-style-type: none"> <li>1. Cappellini, Steve. 2010. The Complete Spa Book For Massage Therapy. USA: Cengage Learning,</li> <li>2. Dr. Rachmi Primadiati. 2002. Aromaterapi Perawatan Alami untuk sehat dan cantik. Jakarta: Gramedia Pustaka Utama,</li> <li>3. Jumarani Louise. 2009. The Essence of Indonesian Spa. Jakarta: Gramedia Pustaka Utama,</li> <li>4. Menteri Kesehatan Republik Indonesia. 2004. Peraturan Menteri Kesehatan Republik Indonesia Nomor 8 Tahun 2014 Tentang Pelayanan Kesehatan SPA. Jakarta:</li> <li>5. Nurhasan dkk. 2015. SPA Therapy, Edisi Pertama. Surabaya: Unesa University Press</li> </ol> <p><b>Supporters:</b></p>						
<b>Supporting lecturer</b>	Dr. Himawan Wismanadi, M.Pd. Dr. Noortje Anita Kumaat, M.Kes. Indra Himawan Susanto, S.Or., 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	Get to know the history and development of spa therapy in Indonesia and the world	1. Able to understand the history of spas in Indonesia 2. Able to understand the history of spas in the world 3. Able to explain the development of spas in Indonesia Able to explain the development of spas in the world	<b>Criteria:</b> Full marks if you are able to answer all the questions correctly	Lectures, discussions and questions Java 3 X 50			0%
2	Understanding the Indonesian SPA Concept	1. Able to understand the definition of spa therapy 2. Able to understand the culture and culture of spa companies 3. Able to apply ethics in spas 4. Able to differentiate spa categories Able to understand the concept of spa services	<b>Criteria:</b> 1.Full marks if you are able to answer all the questions correctly 2.Report completeness	Lectures, discussions and 3 X 50 Assignments			0%
3	Understanding the Indonesian SPA Concept	1. Able to understand the definition of spa therapy 2. Able to understand the culture and culture of spa companies 3. Able to apply ethics in spas 4. Able to differentiate spa categories Able to understand the concept of spa services	<b>Criteria:</b> 1.Full marks if you are able to answer all the questions correctly 2.Report completeness	Lectures, discussions and 3 X 50 Assignments			0%
4	Understand Spa Treatment Equipment, Facilities and Procedures	1. Able to identify spa equipment, especially for the Dry room Facility. Able to identify spa equipment, especially for the Wet room Facility	<b>Criteria:</b> 1.1. Full marks if you are able to answer all the questions correctly 2.Report Completeness	Lectures, discussions and survey assignments in groups of 3 X 50			0%
5	Understand Spa Treatment Equipment, Facilities and Procedures	1. Able to identify spa equipment, especially for the Dry room Facility. Able to identify spa equipment, especially for the Wet room Facility	<b>Criteria:</b> 1.1. Full marks if you are able to answer all the questions correctly 2.Report Completeness	Lectures, discussions and survey assignments in groups of 3 X 50			0%
6	Understanding Spa Therapist Competency	1. Able to understand things about Spa therapist competency 2. Able to carry out spa treatments Able to understand the concept of the Spa therapist profession	<b>Criteria:</b> 1.1. Full marks if you are able to answer all the questions correctly 2.Report Completeness	Practice and assignments 3 X 50			0%
7	Understanding Spa Therapist Competency	1. Able to understand things about Spa therapist competency 2. Able to carry out spa treatments Able to understand the concept of the Spa therapist profession	<b>Criteria:</b> 1.1. Full marks if you are able to answer all the questions correctly 2.Report Completeness	Practice and assignments 3 X 50			0%
8	UTS	UTS	<b>Criteria:</b> UTS	UTS 3 X 50			0%
9	Understanding Spa Classification	1. Able to explain health spas. Able to understand the concept of medical spas	<b>Criteria:</b> Report Completeness	Lectures, discussions and survey assignments 3 X 50			0%

10	Understanding Spa Classification	1. Able to explain health spas. Able to understand the concept of medical spas	<b>Criteria:</b> Report Completeness	Lectures, discussions and survey assignments 3 X 50			0%
11	Understanding Aromatherapy And Essential Oils	1. Able to understand the history of aromatherapy 2. Able to explain the basic principles of aromatherapy 3. Able to apply how aromatherapy works 4. Able to understand the benefits of aromatherapy 5. Able to differentiate between primary and secondary essential oils 6. Able to understand the concept of essential oils 7. Able to use essential oils 8. Able to understand contraindications, toxicity and dosage of essential oils	<b>Criteria:</b> Full marks if you are able to practice using essential oils	Lectures, group discussions, practice 3 X 50			0%
12	Understanding Aromatherapy And Essential Oils	1. Able to understand the history of aromatherapy 2. Able to explain the basic principles of aromatherapy 3. Able to apply how aromatherapy works 4. Able to understand the benefits of aromatherapy 5. Able to differentiate between primary and secondary essential oils 6. Able to understand the concept of essential oils 7. Able to use essential oils 8. Able to understand contraindications, toxicity and dosage of essential oils	<b>Criteria:</b> Full marks if you are able to practice using essential oils	Lectures, group discussions, practice 3 X 50			0%
13	Able to practice Spa Therapy applications outside campus/field practice	1. Able to apply the use of essential oils, aromatherapy oils. Able to apply spa therapy theory in actual spa settings	<b>Criteria:</b> Report Completeness	Group practice 3 X 50			0%
14	Able to practice Spa Therapy applications outside campus/field practice	1. Able to apply the use of essential oils, aromatherapy oils. Able to apply spa therapy theory in actual spa settings	<b>Criteria:</b> Report Completeness	Group practice 3 X 50			0%
15	Able to practice Spa Therapy applications outside campus/field practice	1. Able to apply the use of essential oils, aromatherapy oils. Able to apply spa therapy theory in actual spa settings	<b>Criteria:</b> Report Completeness	Group practice 3 X 50			0%
16							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.