	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
Exercise in Women and the Elderly		8920102111			T=2	P=0	ECTS=3.18	4	July 18, 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	
	PO Matrix at the end of each learning stage (Sub-PO)		

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	Understanding and understanding of elderly people, the elderly and their activities, physical, mental and social conditions of the elderly, the process of getting older (aging), exercise for the elderly, premenopausal and menopausal women, changes that occur during premenopause and menopause.

References	**Main :**

1. 1.Best, Ben. 2007. Mechanisms of Aging . (Online), http://www.benbest.com/lifeext/LE_Survey.php, diakses 14 Januari 2008).
2. Bondan, P. 2006. Ranah Penelitian Keperawatan Gerontik . PPNI - Persatuan Perawat Nasional Indonesia. (Online), (http://inna-ppni.or.id/html, filetype:pdf, diakses 20 Januari 2008).
3. Harjanto, 2001. Senyawa Radikal dan Proses Penuaan . Forum Ilmu Kesehatan Masyarakat Vol. 20 No. 2 Juli – Desember 2001,. Surabaya: Laboratorium Ilmu Faal, Fakultas Kedokteran, Universitas Airlangga.
4. Kadir, Subhan. 2007. Proses Menua pada Perawatan Geriatri , (Online), (http://www. http://subhankadir.wordpress.com/2007/08/20/9, diakses 20 Januari 2008).
5. Nugroho, Wahjudi. 2004. Keperawatan Gerontik Edisi 2 . Jakarta: Penerbit Buku Kedokteran EGC.
6. Panjaitan, Suryadi. 2007. Beberapa Aspek Anemia Penyakit Kronik pada Lanjut Usia . Universitas Sumatera Utara: Bagian Ilmu Penyakit Dalam Fakultas Kedokteran.
7. Pudjiastuti, Sri Surini & Budi Utomo, 2000. Fisioterapi pada Lansia . Jakarta. Penerbit Buku Kedokteran EGC.
8. Sembiring, Sri Alem. 2007. Penataan Lingkungan Sosial bagi Penderita Dimensia (Pikun) dan RTA (Retardasi Mental). Universitas Sumatera Utara: Fakultas Ilmu Sosial dan Ilmu Politik,
9. Suhartini, Ratna. 2003. Distribusi Lanjut Usia di Kelurahan Jambangan tahun 2003 . Penelitian Universitas Airlangga Surabaya, tidak diterbitkan.
10. Tangkudung, James. 2006. Kepelatihan Olahraga "Pembinaan Prestasi Olahraga". Jakarta: Penerbit Cerdas Jaya.
11. WHO, 2002. Promoting Health in The Americas: World Health Day 2002 April 7th, About The Slogan , (Online), (http://www.paho.org/default.htm, diakses 14 Januari 2008).

Supporters:

Supporting lecturer	Drs. Fatkur Rohman Kafrawi, M.Pd. Dr. Noortje Anita Kumaat, M.Kes. Dr. Soni Sulistyarto, M.Kes. DITA AGUSTIA

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	Sports lecture contracts for women and seniors	Able to explain the rules and regulations in sports lectures for women and the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly	Lectures, discussions and questions and answers 2 X 50			0%
2	Understanding the elderly and the lives of the elderly and differentiating the activities of the elderly	Able to explain the activities of the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly	Lectures, discussions and questions and answers 2 X 50			0%
3	Understanding the meaning of elderly and the definition of elderly	Able to explain the meaning of elderly and the definition of elderly	**Criteria:** Full marks if you are able to answer all the questions correctly	Lectures, discussions and 2 X 50 Assignments			0%
4	Understanding in differentiating categories of Elderly Age Limits	Able to explain and distinguish categories of elderly age limits	**Criteria:** Full marks if you are able to answer all the questions correctly	Lectures, discussions and 2 X 50 Assignments			0%
5	Understanding the life expectancy of the elderly in the aging process	Able to explain the aging process and the life expectancy of the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly	Lectures, discussions and assignments 2 X 50			0%
6	Understanding the problems of the elderly physiologically and psychologically	Able to explain the condition of the elderly physiologically and psychologically	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, group discussions 2 X 50			0%
7	Understanding the effects of immobility on the elderly	Able to explain the effects of immobility on the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, group discussions 2 X 50			0%
8	MIDTERM EXAM			2 X 50			0%
9	Understanding physiological nutritional needs	Able to explain the nutritional needs and nutritional values of the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, discussions and group assignments 2 X 50			0%
10	Understanding nutritional balance and its impact on health	Able to explain the impact of nutrition on the health of the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, discussions and group assignments 2 X 50			0%
11	Understanding Sports for the Elderly	Able to explain the appropriate sports categories for the elderly	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, discussions and group assignments 2 X 50			0%
12	Understanding premenopausal, menopausal and postmenopausal women	Able to explain the meaning of premenopause, menopause and menopause	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, discussions and group assignments 2 X 50			0%
13	Understanding and distinguishing types of degenerative diseases	Able to explain the meaning of degenerative disease and its types	**Criteria:** Full marks if you are able to answer all the questions correctly. Full marks if you answer correctly	Lectures, discussions, assignments per group 2 X 50			0%

14	Understanding and knowing the activities of integrated service posts for the elderly	Able to explain the activities of posyandu services for the elderly	**Criteria:** Report Completeness	Lectures, discussions, assignments per group 2 X 50			0%
15	Understanding and knowing the health and fitness maintenance activities of the elderly	Able to explain health and fitness activities for the elderly	**Criteria:** Full marks if able to practice elderly sports	Lectures, discussions, assignments per group 2 X 50			0%
16	FINAL EXAMS			2 X 50			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.