



**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 Physiotherapy	8920102062		T=2 P=0 ECTS=3.18	6	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, implementation, and evaluation of the concepts and principles of handling first action due to sports injuries using the RICE method, types of sports rehabilitation, applying passive and active loading programs, as well as providing types of exercise programs individual based on recommendations from the medical team.																																				
	<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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Supporting lecturer	Drs. Fatkur Rohman Kafrawi, M.Pd. Testa Adi Nugraha, S.Pd., M.Pd. dr. Ananda Perwira Bakti, M.Kes. Anindya Mar'atus Sholikhah, S.KM., M.Kes. dr. Nur Syahadati Retno Panenggak																																				
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	Understand the lecture rules	<ol style="list-style-type: none"> 1.Able to understand and implement lecture rules 2.Able to understand and discuss matters related to learning 		Lecture regulations Lecture times. Lecture system. Assessment system Assignments, UTS and UAS 2 X 50			0%
2	Understanding of the history of physical rehabilitation and principles of treating sports injuries	<ol style="list-style-type: none"> 1.Know the progress of physical rehabilitation 2.Analyze the symptoms of sports injuries. 3.Understand the workflow for treating sports injuries 4.Understand the principles of treating sports injuries 		Lectures, Discussions and Questions and Answers 2 X 50			0%
3	Understanding the initial treatment of sports injuries	<ol style="list-style-type: none"> 1.Understand sports injury management 2.Get to know the various types of sports injuries 3.Understand basic injury management 		Lectures, Discussions and Questions and Answers 2 X 50			0%
4	Understanding and recognizing forms of therapy for sports injuries	<ol style="list-style-type: none"> 1.Know and understand forms of sports injury therapy. 2.Able to apply various types of therapy for every sports injury 3.Know the risks for each sports injury therapy 		Lectures, Discussions and Questions and Answers 2 X 50			0%
5	Understanding and recognizing forms of therapy for sports injuries	<ol style="list-style-type: none"> 1.Know and understand forms of sports injury therapy. 2.Able to apply various types of therapy for every sports injury 3.Know the risks for each sports injury therapy 		Lectures, Discussions and Questions and Answers 2 X 50			0%

6	Understanding and recognizing forms of therapy for sports injuries	<p>1. Know and understand forms of sports injury therapy.</p> <p>2. Able to apply various types of therapy for every sports injury</p> <p>3. Know the risks for each sports injury therapy</p>		Lectures, Discussions and Questions and Answers 2 X 50			0%
7	Understanding and recognizing forms of therapy for sports injuries	<p>1. Know and understand forms of sports injury therapy.</p> <p>2. Able to apply various types of therapy for every sports injury</p> <p>3. Know the risks for each sports injury therapy</p>		Lectures, Discussions and Questions and Answers 2 X 50			0%
8	UTS	UTS		UTS 2 X 50			0%
9	Students are able to practice and recognize forms of repositioning exercises in upper limb injury rehabilitation	Practice repositioning and rehabilitation techniques for neck and shoulder injuries		Lectures, Demonstrations, Questions and Answers, and Experiments 2 X 50			0%
10	Students are able to practice and recognize forms of repositioning exercises in upper limb injury rehabilitation	Practicing repositioning and rehabilitation techniques for elbow, wrist and finger injuries		Lectures, Demonstrations, Questions and Answers, and Experiments 2 X 50			0%
11	Students are able to practice and recognize forms of repositioning exercises in lower limb injury rehabilitation	Practicing repositioning and rehabilitation techniques for low back injuries		Lectures, Demonstrations, Questions and Answers, and Experiments 2 X 50			0%
12	Students are able to practice and recognize forms of repositioning exercises in lower limb injury rehabilitation	Practicing repositioning and rehabilitation techniques for hip and knee injuries		Lectures, Demonstrations, Questions and Answers, and Experiments 2 X 50			0%
13	Students are able to practice and recognize forms of repositioning exercises in lower limb injury rehabilitation	Practice repositioning and rehabilitation techniques for ankle and toe injuries		Lectures, Demonstrations, Questions and Answers, and Experiments 2 X 50			0%
14	Able to practice physical rehabilitation skills techniques in sports venues/clubs	Students are able to analyze and determine the type of exercise according to the injury to speed up the healing process		Assignment/ Experiment 2 X 50			0%
15	Able to practice physical rehabilitation skills techniques in sports venues/clubs	Students are able to analyze and determine the type of exercise according to the injury to speed up the healing process		Assignment/ Experiment 2 X 50			0%

16	Seminar on the results of field work practice	Students are able to express opinions clearly and defend the contents of their papers		UAS 2 X 50			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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.**