

		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																																
APPLIED SPORT PSYCHOLOGY AND DOPING		8920102256		T=1	P=1	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																																							
	<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;"></td> <td colspan="16" style="text-align: center;">P.O</td> </tr> </table>									P.O																														
	P.O																																							
Short Course Description	PO Matrix at the end of each learning stage (Sub-PO)																																							
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>								P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P.O	Week																																							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																								
References	Main : 1. 1. Burton, D., & Raedeke, T. D. (2008). Sport Psychology for Coaches. Human Kinetics. 2. 2. Tod, D. (2014). Sport Psychology : the Basics. Routledge. 3. 3. Vassilis Barkoukis, Lambros Lazuras, Haralambos Tsorbatzoudis. (2016) The Psychology of Doping in Sport. Routledge.																																							
	Supporters:																																							
Supporting lecturer	Dr. Pudjijuniarto, M.Pd. Anna Noordia, S.TP., M.Kes. Ratna Candra Dewi, S.KM., M.Kes. Gita Benefita Suprianto, S.Psi., M.Sc.																																							
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 meaning of sports psychology and its role in achieving achievement	1.1 Able to explain the meaning of sports psychology and its influence on achievement. 1.2 Able to explain the scope of sports psychology		2 X 50			0%
2	Able to explain the role of personality in sports achievements	2.1 Explain personality theory correctly 2.2 Be able to explain types of personality assessment and their relationship to performance psychology		2 X 50			0%
3	Able to explain motivation theory and identify major motivation theories in sports psychology	Explain the different types of motivation and their influence on achieving sporting achievements		2 X 50			0%
4	Able to explain the concepts of self-confidence and self-efficacy	4.1. Explain the meaning of self-confidence and self-efficacy 4.2. Explain the relationship between self-confidence and athlete behavior		2 X 50			0%
5	Able to understand and explain the meaning of stress, anxiety and performance	5.1 Explain the meaning of stress and anxiety 5.2 Explain at least 3 strategies for managing stress and anxiety		2 X 50			0%
6							0%
7							0%
8							0%
9							0%
10							0%
11							0%
12							0%
13							0%
14							0%
15							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** 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.