



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 Psychology	8920103141		T=3 P=0 ECTS=4.77	5	July 18, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																	
	Dr. Heri Wahyudi, S.Or., M.Pd.																																	
Learning model	Case Studies																																				
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																				
	Program Objectives (PO)																																				
	PLO-PO Matrix																																				
		P.O																																			
Short Course Description	Mastering the study of basic concepts, various aspects of psychology related to human behavior in sports activities including: Definition, scope of sports psychology, role of sports psychology; behavior; motivation and self-confidence; personality; tension; anxiety and excitement; attention and concentration; aggressiveness and emotionality																																				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 10%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%; text-align: center;">1</td> <td style="width: 5%; text-align: center;">2</td> <td style="width: 5%; text-align: center;">3</td> <td style="width: 5%; text-align: center;">4</td> <td style="width: 5%; text-align: center;">5</td> <td style="width: 5%; text-align: center;">6</td> <td style="width: 5%; text-align: center;">7</td> <td style="width: 5%; text-align: center;">8</td> <td style="width: 5%; text-align: center;">9</td> <td style="width: 5%; text-align: center;">10</td> <td style="width: 5%; text-align: center;">11</td> <td style="width: 5%; text-align: center;">12</td> <td style="width: 5%; text-align: center;">13</td> <td style="width: 5%; text-align: center;">14</td> <td style="width: 5%; text-align: center;">15</td> <td style="width: 5%; text-align: center;">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	Dr. Pudjijuniarto, M.Pd. Anna Noordia, S.TP., M.Kes. Ratna Candra Dewi, S.KM., M.Kes. Mokhammad Nur Bawono, S.Or., M.Kes. Yetty Septiani Mustar, S.KM., M.P.H. 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	Understanding the History of Sports Psychology	<ol style="list-style-type: none"> 1.Mentions the history of sports psychology 2.Explain the importance of sports psychology in the field of sports 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
2	Understand the basic concepts of psychology and sports psychology, the role and benefits of sports psychology, as well as approaches in sports psychology	<ol style="list-style-type: none"> 1.Explains the basic concepts of psychology and sports psychology 2.Explain the role and benefits of sports psychology 3.Explain approaches in sports psychology 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
3	Understand the basic concepts of personality in sports and factors in personality formation	<ol style="list-style-type: none"> 1.Explain the basic concepts of personality 2.Explain the meaning of personality 3.Explaining Personality in sports 4.Explaining the factors of personality formation 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
4	Understanding the personality traits of Sports Coaches and Athletes, Steps for Handling Problematic Athletes	<ol style="list-style-type: none"> 1.Mention the characteristics of sports coaches and athletes 2.Explain the problems experienced by athletes 3.Explain the steps for dealing with problematic athletes 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
5	Understanding Mental Health	<ol style="list-style-type: none"> 1.Explain the basic concepts of mental health 2.Mentions the principles of mental health 3.Explain the relationship between mental health and exercise 4.Explain the role of mental health in sport 5.Explain the relationship between mental health, physical health and athlete personality 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%

6	Understanding Motivation in sports	<ol style="list-style-type: none"> 1.Mention the basic concepts and meaning of motivation 2.Explain the 13 characteristics of motivation in sports 3.Explain the types of motivation that encourage humans to exercise 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
7	Understanding the types of motives in sports and techniques to increase motivation in sports	<ol style="list-style-type: none"> 1.Mention the types of motifs in sports 2.Explains techniques to increase motivation in sports 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
8	Understand the concept of Attribution in Sports	<ol style="list-style-type: none"> 1.Explain the basic concept of attribution 2.Explaining attribution in sports 3.Explain the principles and applications of attribution theory in sports 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
9	Midterm exam			3 X 50			0%
10	Understand the basic concepts and meaning of Emotion, Activation, and Anxiety	<ol style="list-style-type: none"> 1.Explain the basic concepts of emotion and the meaning of emotion 2.Mention the characteristics of emotions 3.Explain the basic concepts and meaning of activation 4.Mention the characteristics of activation 5.Explaining the Inverted U Theory 6.Explain the basic concepts and meaning of anxiety 7.Mention the characteristics of anxiety 8.Explaining Anxiety Charts 	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%

11	Understanding anxiety in sports, characteristics of emotional responses, measurement and techniques for controlling anxiety in sports	1.Explain the basic concept and meaning of indecisiveness in sports 2.Explain the characteristics of emotional responses in sports 3.Explain techniques for measuring anxiety in sports 4.Explain techniques for controlling anxiety in sports	Criteria: Written te assessment	Lectures, discussions, questions and answers, and 3 X 50 assignments			0%
12	Understanding Stress and Frustration	1.Explain the basic concepts and meaning of stress and frustration 2.Explain the symptoms of stress and frustration in sports	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
13	Understand techniques for controlling stress and frustration in sports	1.Explain stress management techniques in sports 2.Explain techniques for controlling frustration in sports	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
14	Understand the basic concepts and meaning of Aggressiveness and the theory of Balance in sports	1.Explain the basic concepts and meaning of aggressiveness in sports 2.Explain the basic concepts and meaning of balance in sports	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
15	Understanding the symptoms of aggressiveness and techniques for controlling it in sports	1.Explain the symptoms of aggressiveness in sports 2.Explain techniques for controlling aggressiveness in sports	Criteria: Written test assessment	Lectures, discussions, questions and answers 3 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

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.