


| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|----------------------------|--|--------------------------|--|------------------------------|-------------------------|---|-----|------|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
|  | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swimming | | 8920102142 | | | T=2 | P=0 | ECTS=3.18 | 3 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 style="width: 10%; text-align: center;">P.O</td> <td colspan="16"></td> </tr> </table> | | | | | | | | | P.O | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P.O | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Short Course Description | This course discusses the theory and practice of swimming, including understanding, national and international history, code of conduct, basic knowledge of swimming crawl style, backstroke, butterfly and breaststroke. The activities of this course include theory and practice. Students who practice are also required to do their own practice outside of lectures | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1" style="margin: auto;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="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 |
| | P.O | Week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| References | Main : | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <ol style="list-style-type: none"> 1. PRSI. 2001. Peraturan Penyelenggaraan Kejuaraan Renang. Jakarta: PB.PRSI 2. Ong Sioe Tjiang. (1962). Renang. Jakarta: Keng Po 3. Muhamad Murni. (2000). Renang. Jakarta: Departemen Pendidikan dan Kebudayaan 4. FX. Sugiyanto dan Agus Suprianto. (2005). Dasar Gerak Renang. Yogyakarta:FIK UNY. 5. Roepajadi, Joesoef, 2005. Renang (Teknik, Prasarana dan Sistem Perlombaan), Surabaya : Universitas Negeri Surabaya 6. Counsilman, James E. 1977. Competitive Swimming Manual For Coaches and Swimmer. Bloomington, Indiana 7. Maglischo Ernest W 2003. Swimming Faster, California State University, Chico, Mayfield Publishing Company. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Supporters: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Supporting lecturer | Dr. Joesoef Roepajadi, M.Pd. Mokhamad Nur Bawono, S.Or., M.Kes. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 contract | Students are able to understand the lecture contract and collect the necessary lecture support materials | Criteria: Full marks are obtained if you do all the questions correctly | Mind Mapping, discussion and question and answer 2 X 50 | | | 0% |
| 2 | Understand and master the basic concepts of swimming | Students can explain the basic concepts of swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 3 | Understand and master the 13 basic concepts of freestyle swimming (crawl) | Students can learn the basic techniques of freestyle swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 4 | Understand and master the 13 basic concepts of freestyle swimming (crawl) | Students can learn the basic techniques of freestyle swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 5 | Understand and master the 13 basic concepts of freestyle swimming (crawl) | Students can learn the basic techniques of freestyle swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 6 | Understand and master the 13 basic concepts of backstroke swimming | Students can learn the basic techniques of backstroke swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 7 | Understand and master the 13 basic concepts of backstroke swimming | Students can learn the basic techniques of backstroke swimming | Criteria: Full marks are obtained if you do all the questions correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 8 | UTS | | | 2 X 50 | | | 0% |
| 9 | Understand and master the basic concepts of backstroke swimming | Students can learn the basic techniques of backstroke swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 10 | Understand and master the basic concepts of butterfly swimming | Students can learn the basic techniques of butterfly swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 11 | Understand and master the basic concepts of butterfly swimming | Students can learn the basic techniques of butterfly swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 12 | Understand and master the basic concepts of butterfly swimming | Students can learn the basic techniques of butterfly swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 13 | Understand and master the basic concepts of breaststroke swimming | Students can learn the basic techniques of breaststroke swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |

| | | | | | | | |
|----|---|--|--|--|--|--|----|
| 14 | Understand and master the basic concepts of breaststroke swimming | Students can learn the basic techniques of breaststroke swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 15 | Understand and master the basic concepts of breaststroke swimming | Students can learn the basic techniques of breaststroke swimming | Criteria: Full marks are obtained if you master the swimming technique correctly | Drill, discussion, demonstration 2 X 50 | | | 0% |
| 16 | UAS | | | 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** 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.**