



**Universitas Negeri Surabaya  
Vocational Faculty  
D4 Sports Coaching Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																																			
Sports Injury First Aid	99998520203031		T=1	P=2	ECTS=4.77	3	July 16, 2024																																																			
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																																				
		Tutur Jatmiko, S.Pd., M.Kes	.....			Dr. Kunjung Ashadi, S.Pd., M.Fis., ALFO.																																																				
<b>Learning model</b>	Project Based Learning																																																									
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																																									
	Program Objectives (PO)																																																									
	<b>PO - 1</b>	Students are able to identify and analyze sports injuries, prevention of sports injuries, classification of sports injuries, pathophysiology of injuries, injuries by organ, injuries due to extreme temperatures and first care for sports injuries as well as basic knowledge about taping-strapping																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="6"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="6"></td> </tr> </table>						P.O							PO-1																																											
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PO-1																																																										
PO Matrix at the end of each learning stage (Sub-PO)																																																										
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <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> <tr> <td style="text-align: center;">PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>						P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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PO-1																																																										
<b>Short Course Description</b>	This course examines basic knowledge and understanding of sports injuries, prevention of sports injuries, classification of sports injuries, pathophysiology of injuries, injuries according to organs, injuries due to extreme temperatures and first care for sports injuries as well as basic knowledge about taping-strapping. The study was carried out using a collaborative and scientific strategy. This lecture is carried out with presentations and discussions, project assignments, and reflection																																																									
<b>References</b>	<b>Main :</b>																																																									
	<ol style="list-style-type: none"> <li>1. Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier</li> <li>2. American's College of Sport Medicine, 2015</li> <li>3. Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</li> <li>4. Bytomski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,</li> <li>5. Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</li> </ol>																																																									
	<b>Supporters:</b>																																																									
<b>Supporting lecturer</b>	dr. Azizati Rochmania, Sp.KFR. Dr. Rachman Widodohardhono, S.Psi.M.Psi. Psikolog Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. dr. Ariesia Dewi Ciptorini, Sp.N. Resti Nurpratiwi, S.Ft., M.Fis.																																																									
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																																			
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																																					
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																																			

1	Understand the concept of sports injuries Understand the causes of sports injuries	Explain the meaning of sports injuries. State the classification of sports injuries. Explain the causes of sports injuries. Give examples of sports injuries according to their classification.	<b>Criteria:</b> assessment rubric  <b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Tests	Comprehensive scientific, recollective and collaborative scientific 2 X 50		<b>Material:</b> Sports Injuries <b>Reference:</b> <i>Youngson RM 1996, First Aid Pocket Book, Diagram group, Jakarta, Arcan</i>  <b>Material:</b> Sports Injury <b>Bibliography:</b> <i>American's College of Sports Medicine, 2015</i>	5%
2	Understand the concept of sports injuries Understand the causes of sports injuries	Explain the meaning of sports injuries. State the classification of sports injuries. Explain the causes of sports injuries. Give examples of sports injuries according to their classification.	<b>Criteria:</b> assessment rubric  <b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Tests	Comprehensive scientific, recollective and collaborative scientific 2 X 50		<b>Material:</b> Sports Injuries <b>Reference:</b> <i>Youngson RM 1996, First Aid Pocket Book, Diagram group, Jakarta, Arcan</i>  <b>Material:</b> Sports Injury <b>Bibliography:</b> <i>American's College of Sports Medicine, 2015</i>	5%
3	Understand and master the concept of sports injury prevention	Explain the concept of preventing sports injuries. Explain how to prevent sports. Identify sports prevention in each sport	<b>Form of Assessment :</b> Participatory Activities	Collaborative, Scientific Comprehension 2 X 50		<b>Material:</b> Prevent Injury <b>Library:</b> <i>American's College of Sports Medicine, 2015</i>  <b>Material:</b> Prevent Injury <b>References:</b> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation, Philadelphia, Saunders Elsevier</i>  <b>Material:</b> Prevent Injury <b>References:</b> <i>Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</i>	5%
4	Able to master the concept of physical exercise in preventing sports injuries	Explain the principles of physical exercise in preventing sports injuries. Explain the role of physical exercise in preventing sports injuries	<b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	Scientific Comprehension, Humanistic Generalization 2 X 50		<b>Material:</b> Loading For Injury <b>References:</b> <i>Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</i>  <b>Material:</b> Loading For Injury <b>References:</b> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation, Philadelphia, Saunders Elsevier</i>	5%

5	Able to understand and explain the concept of pathophysiology of tissue injury	Explain the pathophysiological process of tissue injury. Explain the physiological process of healing tissue injury	<b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Practice / Performance	Cognitive collaborative, associative scientific 2 X 50		<b>Material:</b> Pathophysiology of tissue injury <b>Reference:</b> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation, Philadelphia, Saunders Elsevier</i>	5%
6	Able to master and carry out management of acute sports injuries	Explain the procedures for managing acute sports injuries Understand the steps for managing acute sports injuries Understand the risks of errors in managing acute sports injuries	<b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	Collaborative, scientific 2 X 50 depth		<b>Material:</b> Injury Management <b>References:</b> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation, Philadelphia, Saunders Elsevier</i>	5%
						<b>Material:</b> Injury Management <b>Bibliography:</b> <i>Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</i>	
						<b>Material:</b> Injury Management <b>References:</b> <i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sports Medicine, New York, Oxford University Press, Inc.,</i>	

7	Able to master and carry out management of acute sports injuries	Explain the procedures for managing acute sports injuries Understand the steps for managing acute sports injuries Understand the risks of errors in managing acute sports injuries	<b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	Collaborative, scientific 2 X 50 depth		<b>Material:</b> Injury Management <b>References:</b> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation, Philadelphia, Saunders Elsevier</i> <hr/> <b>Material:</b> Injury Management <b>Bibliography:</b> <i>Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</i> <hr/> <b>Material:</b> Injury Management <b>References:</b> <i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sports Medicine, New York, Oxford University Press, Inc.,</i>	5%
8	Sub Summative (Mid Semester exam)			2 X 50			0%
9	Able to master the concept of injury due to extreme temperatures	Explain the concept of injuries due to high heat Explain the concept of injuries due to cold temperatures Analyze injuries due to extreme temperatures Understand the management of injuries due to extreme temperatures		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
10	Able to understand and be able to analyze types of sports injuries according to organs	Explain the types of upper limb sports injuries. Understand the management of upper limb sports injuries		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
11	Able to understand types of sports injuries according to organs	Explain the types of lower limb sports injuries. Understand the management of lower limb sports injuries		Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
12	Able to understand types of sports injuries according to organs	Explain the types of sports injuries to the head and spine. Understand the management of sports injuries to the head and spine		Collaborative cognitive, scientific associative and humanistic automatic 2 X 50			0%
13	Able to understand and analyze sports injury incidents	Explain the process of sports injuries. Analyze the causes and prevention that can be done for sports injuries		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
14	Able to understand and analyze sports injury incidents	Explain the process of sports injuries. Analyze the causes and prevention that can be done for sports injuries		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%

15	Able to understand and carry out initial management of sports injuries	Explain the concept of initial management of sports injuries. Explain and understand how to tap and bandage in acute sports injuries. Tap and bandage in acute sports injuries.		Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
16							0%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	13.76%
2.	Portfolio Assessment	8.76%
3.	Practical Assessment	3.75%
4.	Practice / Performance	5.42%
5.	Test	3.34%
		35.03%

#### 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.**