	Universitas Negeri Surabaya **Vocational Faculty** **, D4 Sports Coaching Study Program**	**Document Code**

SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Kinesiology		99998520202031		**T=2**	**P=0**	**ECTS=3.18**	1	July 16, 2024

AUTHORIZATION		SP Developer		Course Cluster Coordinator	Study Program Coordinator
		....		....	Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.

Learning model	**Case Studies**

Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**	
	PLO-7	Demonstrate a responsible attitude towards work in the field of expertise independently
	PLO-9	Able to demonstrate quality and measurable performance
	PLO-14	Able to analyze physical conditions based on science and technology both individually, and athletes or sports teams according to minimum standards of physical needs in accordance with individual needs for health or sports needs
	PLO-19	Able to carry out scientific studies on sports physical training problems in depth based on science and technology-based analytical studies
	Program Objectives (PO)	
	PLO-PO Matrix	

P.O	PLO-7	PLO-9	PLO-14	PLO-19

PO Matrix at the end of each learning stage (Sub-PO)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	Study and analyze human movement in sports from the perspective of anatomy, physiology and biomechanics

References	**Main :**
	1. Nurkholis. 2018. Kinesiologi Olahraga, Buku Ajar Mahasiswa. Surabaya: University press 2. Luttgens, K., Deutsch,H., Hamilton, N. 1992. Kinesiology: Scientific basis of human motion, 8th ed. Canada: Wm. C. Brown comunications. Inc. 3. Lynn S Lippert. 2006. Clinical Kinesiology and Anatomy 4thed. USA: F.A. Philadelpia. Davis Company.
	Supporters:

Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Dr. Donny Ardy Kusuma, S.Pd., M.Kes. Rizky Muhammad Sidik, S.Pd., M.Ed.

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	1. Understand the meaning of kinesiology. 2. Understand the role and function of sports kinesiology	1. Explain the meaning of kinesiology 2. Explain the role of kinesiology in physical activity and sports	**Criteria:** Able to answer questions and explain understanding 80%	Inquiry 3 X 50			0%
2	Understand the basics of anatomy and physiology of human movement	1. Describe the musculoskeletal system 2. Describe the nervous system that underlies human movement 3. Explain the movement system of the upper limbs 4. Explain the movement of the lower limbs 5 Explain the vertebral column and thorax	**Criteria:** Able to complete tasks by 85%	1. Inquiry 2. Problem solving 9 X 50			0%
3	Understand the basics of anatomy and physiology of human movement	1. Describe the musculoskeletal system 2. Describe the nervous system that underlies human movement 3. Explain the movement system of the upper limbs 4. Explain the movement of the lower limbs 5 Explain the vertebral column and thorax	**Criteria:** Able to complete tasks by 85%	1. Inquiry 2. Problem solving 9 X 50			0%
4	Understand the basics of anatomy and physiology of human movement	1. Describe the musculoskeletal system 2. Describe the nervous system that underlies human movement 3. Explain the movement system of the upper limbs 4. Explain the movement of the lower limbs 5 Explain the vertebral column and thorax	**Criteria:** Able to complete tasks by 85%	1. Inquiry 2. Problem solving 9 X 50			0%
5	Understand the basic biomechanics of human movement in sports	1. Understand and be able to explain the terminology of sports biomechanics 2. Able to explain descriptions of human movement 3. Able to identify and classify human movements 4. Able to understand and analyze rectilinear motion 5. Able to describe and analyze circular motion	**Criteria:** Able to answer and complete assignments by 80%	1. Inquiry 2. Problem solving 6 X 50			0%

6	Understand the basic biomechanics of human movement in sports	1. Understand and be able to explain the terminology of sports biomechanics 2. Able to explain descriptions of human movement 3. Able to identify and classify human movements 4. Able to understand and analyze rectilinear motion 5. Able to describe and analyze circular motion	**Criteria:** Able to answer and complete assignments by 80%	1. Inquiry 2. Problem solving 6 X 50			0%
7	Mastering the understanding of the center of gravity and body stability and being able to make analogies with sports activities	1. Be able to explain the nature of the movement center of the human body 2. Explain the factors that influence the body's center of gravity 3. Understand the principles of balance 4. Able to analyze the function of balance.	**Criteria:** Able to complete tasks by 75%	1. Inquiry 2. Problem solving 3 X 50			0%
8	MIDTERM EXAM	1. Have knowledge, skills and attitudes about the basic anatomy and physiology of human movement 2. Have knowledge, skills and attitudes about the basic bimechanics of human movement in sports	**Criteria:** Able to answer and complete 70% of questions	Problem solving 3 X 50			0%
9	Able to analyze various movement skills through a kinesiology approach	1. Describe the main components of kinesiology analysis2. Classifying motor skills 3. Analyzing motor skills through an anatomical approach 4. Explaining human movement through a mechanical approach	**Criteria:** Able to complete answers by 75%	1. Inquiry 2. Problem solving 3 X 50			0%

10	Have knowledge, skills and attitudes about correct and incorrect standing positions, and be able to implement them in sports activities	1. Identify and describe the mechanisms of skeletal muscle and antigravity nerves that influence standing posture2. Differentiate the effect of gravity on different body postures.3. Knowing the factors that influence the stability and external energy of the standing posture 4. Explain the influence of various variables such as age, body shape, strength, and body balance 5. Have good posture.	**Criteria:** Able to answer and practice body postures by 80%	1. Lecture2. Direct practice (direct teaching) 3 X 50			0%
11	Have knowledge, skills and attitudes about the mechanics of pushing and pulling movements	1. Understand pushing and pulling movement patterns2. Understand the principles of pushing and pulling movements 3. Able to apply pushing and pulling movements in a sports context 4. Able to analyze pushing and pulling movements in one sport.	**Criteria:** Able to complete tasks well and correctly at least 80%	1. Inquiry 2. Direct learning 3 X 50			0%
12	Have knowledge, skills and attitudes regarding the implementation of kinesiology towards fitness and exercise development	1. Able to define flexibility, muscle strength, endurance and be able to explain their development2. Able to explain the principles of flexibility training 3. Understand the development of joint exercises4. Able to identify the strengths and weaknesses of strength and muscle endurance training 5. Able to develop strength training and muscle endurance	**Criteria:** able to complete tasks by 85%	1. Inquiry 2. Direct learning 3 X 50			0%
13	Have knowledge, skills and attitudes about throwing, hitting and kicking movements	1. Able to classify the parts of throwing, hitting and kicking movements in sports activities2. Able to analyze body parts in throwing, hitting and kicking movements in sports activities	**Criteria:** Able to demonstrate and answer 80% of questions	1. Inquiry 2. Direct practice 3 X 50			0%

14	Have knowledge, skills and attitudes about moving movements (locomotor) in sports activities	1. Understand and master the analysis of anatomical and biomechanical principles of walking movement2. Understand and master the analysis of anatomical and biomechanical principles of running movement 3. Understand and master the analysis of anatomical and biomechanical principles of jumping movement 4. Understand and master the analysis of anatomical and biomechanical principles of hopping movements 5. Understand and master the analysis of anatomical and biomechanical principles of tiptoe movement (leaping)	**Criteria:** Able to master the material and complete assignments successfully by 75%	1. Inquiries2. Problem solving 9 X 50			0%
15	Have knowledge, skills and attitudes about moving movements (locomotor) in sports activities	1. Understand and master the analysis of anatomical and biomechanical principles of walking movement2. Understand and master the analysis of anatomical and biomechanical principles of running movement 3. Understand and master the analysis of anatomical and biomechanical principles of jumping movement 4. Understand and master the analysis of anatomical and biomechanical principles of hopping movements 5. Understand and master the analysis of anatomical and biomechanical principles of tiptoe movement (leaping)	**Criteria:** Able to master the material and complete assignments successfully by 75%	1. Inquiries2. Problem solving 9 X 50			0%

16	Have knowledge, skills and attitudes about moving movements (locomotor) in sports activities	1. Understand and master the analysis of anatomical and biomechanical principles of walking movement2. Understand and master the analysis of anatomical and biomechanical principles of running movement 3. Understand and master the analysis of anatomical and biomechanical principles of jumping movement 4. Understand and master the analysis of anatomical and biomechanical principles of hopping movements 5. Understand and master the analysis of anatomical and biomechanical principles of tiptoe movement (leaping)	**Criteria:** Able to master the material and complete assignments successfully by 75%	1. Inquiries2. Problem solving 9 X 50			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.