



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																																			
Sports Massage	99998520203031		T=1 P=2 ECTS=4.77	5	July 16, 2024																																																			
AUTHORIZATION		SP Developer	Course Cluster Coordinator	Study Program Coordinator																																																				
		Tutur Jatmiko, S.Pd., M.Kes	Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																																				
Learning model	Project Based Learning																																																							
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																							
	Program Objectives (PO)																																																							
	PO - 1	Understanding, mastery and management of massage are related to the periods before, during and after training or sports competitions in theory and practice																																																						
	PLO-PO Matrix																																																							
		<table border="1" style="margin: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</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: auto;"> <tr> <td rowspan="2" style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <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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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																								
PO-1																																																								
Short Course Description	This course is an introduction, learning/teaching, development, implementation, and evaluation of the basic concepts of sports massage and physical rehabilitation, mastery and management of factors in implementing sports and rehabilitation massage in theory and practice to increase fitness and prevent injury.																																																							
References	Main :																																																							
	<ol style="list-style-type: none"> 1. Referensi : 2. Aslani, Marylin. (2003). Teknik Pijat Untuk Pemula. Erlangga Jakarta 3. Basoeki, Hadi (2009). Sport Massage. Malang. 4. Jelveus and Oddsson, 2011. Integrated Sports Massage Therapy. Los Angeles : USA. 5. Roepajadi, Joesoef. Drs.,M.Pd. 2016. Masase Olahraga. University Press : Surabaya. 6. Jelveus and Oddsson, 2011. Integrated Sports Massage Therapy. Los Angeles : USA. 7. Weerapong, Hume and.Kolt. 2005. The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention. Auckland University of Technology Auckland : New Zealand. 																																																							
	Supporters:																																																							
	<ol style="list-style-type: none"> 1. Giriwijoyo S dan Muchtamadji M A. (2006). Ilmu Faal Olahraga: Fungsi Tubuh Manusia pada Olahraga untuk Kesehatan dan Prestasi. Bandung. 2. Roepajadi, J. (2015). Terapi Masase Olahraga. Makalah Pada Guru-Guru Pendidikan Jasmani di Dawar-Mojokerto. 																																																							
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. Dr. Aghus Sifaq, S.Or., M.Pd. Muhammad Kharis Fajar, S.Pd., M.Pd.																																																							
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	<p>1.1. Definition of Massage 2.2. Development of Massage</p>	<p>1. • Definition of sports massage 2. • History of the development of massage 3. • History of the development of massage in Indonesia</p>	<p>Criteria: 1.1. Able to understand the meaning of massage 2.2. Able to differentiate between types of massage 3.3. Able to explain the development of massage</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>Theory and Discussion 2x50'</p>		<p>Material: Definition of Massage, Development of Massage, Types of Massage Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <hr/> <p>Material: Understanding Massage, Development of Massage, Types of Massage Reader: <i>Aslani, Marilyn. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <hr/> <p>Material: Definition of Massage, Types of Massage, Development of Massage Literature: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p>	5%
2	<p>Factors in carrying out massage</p>	<p>1.1.1, able to explain the scientific requirements of a master 2.2. Able to differentiate the needs of the customer 3.3. Direction of hand movement</p>	<p>Criteria: 1. • Conditions required for a masseur 2. • The hands of a masseur 3. • Direction of hand movement</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>Theory and Discussion 2x50'</p>		<p>Material: Requirements to become a masseur Reader: <i>Aslani, Marilyn. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <hr/> <p>Material: Requirements to become a masseur Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <hr/> <p>Material: • Requirements needed for a masseur • Hands of a masseur • Direction of hand movements References: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p>	5%

3	Factors in carrying out massage	<p>1. Patient position 2. Use of lubricants. 3. Contraindications for the use of massage</p>	<p>Criteria: 1. Patient position 2. Use of lubricants. 3. Contraindications for the use of massage</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical / Performance, Tests</p>	Theory and Discussion 2x50'		<p>Material: Requirements to become a masseur Reader: <i>Aslani, Marylin. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <hr/> <p>Material: Requirements to become a masseur Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <hr/> <p>Materials: • Patient position • Use of lubricants. • Contraindications for using massage. Reference: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p>	5%
4	<p>1. Sports Massage Techniques 2. Efflurage (rubbing) 3. Petrissage (massaging) 4. Friction (grinding) 5. Shaking (shaking) 6. Tapotement (hitting) 7. Walken (transverse muscle rubbing)</p>	<p>1.1. Students are able to explain massage techniques 2.2. Students are able to differentiate massage techniques 3.3. Students are able to practice massage techniques 4.4. Massage Procedure</p>	<p>Criteria: 1. Massage procedures 2. Efflurage (rubbing) 3. Petrissage (massaging)</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests</p>	Practice and Discussion 2x50'		<p>Material: Massage Techniques Literature: <i>Aslani, Marylin. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <hr/> <p>Material: Massage Techniques Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <hr/> <p>Material: Massage Techniques Literature: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p> <hr/> <p>Material: Massage Techniques Literature: <i>Weerapong, Hume and Kolt. 2005. The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention. Auckland University of Technology Auckland : New Zealand.</i></p>	5%

5	<p>1.Sports Massage Techniques 2.Shaking (shaking) 3.Tapotement (hitting) 4.Walken (transverse muscle rubbing)</p>	<p>1.1. Students are able to explain massage techniques 2.2. Students are able to differentiate massage techniques 3.3. Students are able to practice massage techniques</p>	<p>Criteria: 1. Massage procedures 2. Shaking (shaking) 3. Tapotement (hitting) 4. Walken (transverse muscle rubbing)</p> <p>Forms of Assessment : Participatory Activities, Practical Assessment, Practice/Performance, Test</p>	<p>Practice and Discussion 2x50"</p>		<p>Material: Massage Techniques Literature: Aslani, Marylin. (2003). <i>Massage Techniques for Beginners</i>. Erlangga Jakarta</p> <p>Material: Massage Techniques Reference: Basoeki, Hadi (2009). <i>Sports Massage</i>. Poor.</p> <p>Material: Massage Techniques Literature: Roepajadi, Joesoef. Drs., M.Pd. 2016. <i>Sports Massage</i>. University Press : Surabaya.</p> <p>Material: Massage Techniques Literature: Weerapong, Hume and Kolt. 2005. <i>The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention</i>. Auckland University of Technology Auckland : New Zealand.</p>	<p>5%</p>
6	<p>1.Sports Massage Techniques 2.Vibration (grinding) 3.Skin Rolling (shifting skin folds) 4.Stroking (massaging) 5.Shaking and twisting</p>	<p>1. Massage procedures 2. Vibration (grinding) 3. Skin Rolling (shifting skin folds) 4. Stroking (massaging)</p>	<p>Criteria: 1.1. Students are able to explain massage techniques 2.2. Students are able to differentiate between massage techniques 3.3. Students are able to practice massage techniques</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	<p>Practice and Discussion 2x50"</p>		<p>Material: Massage Techniques Literature: Aslani, Marylin. (2003). <i>Massage Techniques for Beginners</i>. Erlangga Jakarta</p> <p>Material: Massage Techniques Reference: Basoeki, Hadi (2009). <i>Sports Massage</i>. Poor.</p> <p>Material: Massage Techniques Literature: Roepajadi, Joesoef. Drs., M.Pd. 2016. <i>Sports Massage</i>. University Press : Surabaya.</p> <p>Material: Massage Techniques Literature: Weerapong, Hume and Kolt. 2005. <i>The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention</i>. Auckland University of Technology Auckland : New Zealand.</p>	<p>5%</p>

7	<p>1.Sports Massage Techniques 2.Vibration (grinding) 3.Skin Rolling (shifting skin folds) 4.Stroking (massaging) 5.Shaking and twisting</p>	<p>1. Massage procedures 2. Vibration (grinding) 3. Skin Rolling (shifting skin folds) 4. Stroking (massaging) 5. Shaking and twisting 6. Pulling (pinch) and stretching</p>	<p>Criteria: 1.1. Students are able to explain massage techniques 2.2. Students are able to differentiate between massage techniques 3.3. Students are able to practice massage techniques</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	<p>Practice and Discussion 2x50"</p>	<p>Material: Massage Techniques Literature: <i>Aslani, Marylin. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <p>Material: Massage Techniques Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <p>Material: Massage Techniques Literature: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p> <p>Material: Massage Techniques Literature: <i>Weerapong, Hume and Kolt. 2005. The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention. Auckland University of Technology Auckland : New Zealand.</i></p>	<p>5%</p>
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8	<p>1.Understanding Massage 2.History of Massage 3.The Development of Massage in Indonesia 4.Masseur Terms 5.Differentiating Massage Needs 6.Direction of Massage Movement 7.Patient Position 8.Use of Lubricant Materials 9. Contraindications 10.Sports Massage Techniques</p>	<p>1.Understanding Massage 2.History and Development of Massage in Indonesia 3.Masseur Terms 4.Differentiating Massage Needs 5.Direction of Massage Movement 6.Patient Position 7.Use of Materials 8. Contraindications 9.Massage Technique</p>	<p>Criteria: 1.Students are able to explain the meaning of massage 2.Students are able to explain the history and development of massage in Indonesia 3.Students are able to explain the terms of masseur 4.Student Patient Position Use of Contraindicated Substances 5.Students are able to explain the direction of the massage movement 6.Students are able to differentiate massage needs 7.Students are able to explain the patient's position 8.Students are able to differentiate the use of materials 9.Students are able to understand the Contraindications of Massage 10.Students are able to differentiate and use massage techniques</p> <p>Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance, Tests</p>	Offline 2 x 50"		<p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Masseur Requirements for Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Contraindications for Massage Techniques Library: <i>Aslani, Marilyn. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Requirements for Masseurs Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Counter Indications for Massage Techniques Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Massage Requirements for Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Contraindications for Massage Techniques Library: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p>	40%
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9	<p>1.UTS Understanding Massage</p> <p>2.History of Massage</p> <p>3.The Development of Massage in Indonesia</p> <p>4.Masseur Terms</p> <p>5.Differentiating Massage Needs</p> <p>6.Direction of Massage Movement</p> <p>7.Patient Position</p> <p>8.Use of Lubricant Materials</p> <p>9. Contraindications</p> <p>10.Sports Massage Techniques</p>	<p>1.Understanding Massage</p> <p>2.History and Development of Massage in Indonesia</p> <p>3.Masseur Terms</p> <p>4.Differentiating Massage Needs</p> <p>5.Direction of Massage Movement</p> <p>6.Patient Position</p> <p>7.Use of Materials</p> <p>8. Contraindications</p> <p>9.Massage Technique</p>	<p>Criteria:</p> <p>1.Students are able to explain the meaning of massage</p> <p>2.Students are able to explain the history and development of massage in Indonesia</p> <p>3.Students are able to explain the terms of masseur</p> <p>4.Student Patient Position Use of Contraindicated Substances</p> <p>5.Students are able to explain the direction of the massage movement</p> <p>6.Students are able to differentiate massage needs</p> <p>7.Students are able to explain the patient's position</p> <p>8.Students are able to differentiate the use of materials</p> <p>9.Students are able to understand the Contraindications of Massage</p> <p>10.Students are able to differentiate and use massage techniques</p> <p>Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance, Tests</p>	Offline 2 x 50"		<p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Masseur Requirements for Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Contraindications for Massage Techniques Library: <i>Aslani, Marilyn. (2003). Massage Techniques for Beginners. Erlangga Jakarta</i></p> <p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Requirements for Masseurs Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Counter Indications for Massage Techniques Reference: <i>Basoeki, Hadi (2009). Sports Massage. Poor.</i></p> <p>Material: Understanding Massage History of Massage Development of Massage in Indonesia Massage Requirements for Differentiating Massage Needs Direction of Massage Movement Patient Position Use of Materials Contraindications for Massage Techniques Library: <i>Roepajadi, Joesoef. Drs., M.Pd. 2016. Sports Massage. University Press : Surabaya.</i></p>	40%
10							0%
11							0%
12							0%
13							0%
14							0%
15							0%
16							0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	9.34%
2.	Project Results Assessment / Product Assessment	16%
3.	Portfolio Assessment	24.09%
4.	Practical Assessment	20.75%
5.	Practice / Performance	22%
6.	Test	22.84%
		100%

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.