

 UNESA	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 Injury Rehabilitation	99998520204031		T=2	P=2	ECTS=6.36	5	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							
	Program Objectives (PO)							
	PO - 1	Able to master the theoretical concepts of sports injuries and prevention and treatment of sports injuries 2. Able to understand the theoretical concepts of sports injuries and prevention and treatment of sports injuries 3. Able to analyze the causes and prevention of sports injuries and treatment of sports injuries 4. Able to apply the theory of prevention and treatment of sports injuries 5 . Able to be responsible individually and in groups in applying the theory of sports injury prevention and sports injury treatment						
	PLO-PO Matrix							
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</td></tr> </table>						P.O
P.O								
PO-1								
Short Course Description	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							
References	Main :							
	<ol style="list-style-type: none"> 1. Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier 2. American's College of Sport Medicine, 2015 3. Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan 4. Bytomski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc., 5. Bundy M, & Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6. 							
	Supporters:							
Supporting lecturer	dr. Azizati Rochmania, Sp.KFR. Dr. Rachman Widohardhono, S.Psi.M.Psi. Psikolog Tutur Jatmiko, S.Pd., M.Kes. dr. Ariesia Dewi Ciptorini, Sp.N. Resti Nurpratiwi, S.Ft., M.Fis.							

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. Able to master the theoretical concepts of sports injuries and prevention and treatment of sports injuries		Criteria: theoretical concepts of sports injuries and prevention and treatment of sports injuries Form of Assessment : Participatory Activities, Tests	offline 100			5%
2	1. Able to master the theoretical concepts of sports injuries and prevention and treatment of sports injuries		Criteria: theoretical concepts of sports injuries and prevention and treatment of sports injuries Form of Assessment : Participatory Activities, Tests	offline 100			5%
3		sports injuries and prevention and treatment of sports injuries	Criteria: sports injuries and prevention and treatment of sports injuries Forms of Assessment : Participatory Activities, Practical Assessment, Tests	Offline 100			5%
4		sports injuries and prevention and treatment of sports injuries	Criteria: sports injuries and prevention and treatment of sports injuries Forms of Assessment : Participatory Activities, Practical Assessment, Tests	Offline 100			5%
5							0%
6							0%
7							0%
8							0%
9							0%
10							0%
11							0%
12							0%
13							0%
14							0%
15							0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	8.34%
2.	Practical Assessment	3.34%
3.	Test	8.34%
		20.02%

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.