



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
Sports Science Doctoral Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																																																														
Sports Psychology Analysis	8900102073		T=2	P=0	ECTS=5.04	2	April 30, 2023																																																																																																														
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																																															
	Prof. Dr. Ali Maksum, S.Pd., M.Si. Dr. Anung Priambodo, S.Pd., M.Psi.T.		Prof. Dr. Ali Maksum, S.Pd., M.Si.			Prof. Dr. Agus Hariyanto, M.Kes.																																																																																																															
Learning model	Case Studies																																																																																																																				
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																																																																																				
	PLO-6	Demonstrate an attitude of responsibility for work in the field of sports science independently (S2) (PLO-2)																																																																																																																			
	PLO-7	Able to discover or develop new scientific theories/conceptions/ideas, contribute to the development and practice of science and/or technology in the field of sports science which pays attention to and applies humanities values by producing scientific research based on scientific methodology, logical, critical, systematic and systematic thinking. creative.																																																																																																																			
	PLO-11	Skilled in solving problems in the field of sports science using scientific and data-based principles (evidence based).																																																																																																																			
	PLO-14	Master scientific principles theoretically and practically well in solving problems that arise in the field of sports.																																																																																																																			
	Program Objectives (PO)																																																																																																																				
	PO - 1	Able to make appropriate decisions in the context of solving problems in their field of expertise, based on the results of information and data analysis;																																																																																																																			
	PO - 2	Able to carry out a self-evaluation process for work groups under their responsibility, and able to manage learning independently;																																																																																																																			
	PO - 3	Able to study the implications of developing or implementing science and technology by paying attention to and applying humanities values according to their expertise based on scientific principles, procedures and ethics in order to produce solutions, design ideas or art criticism;																																																																																																																			
	PO - 4	Able to apply logical, critical, systematic and innovative thinking in the context of developing or implementing science and technology that pays attention to and applies humanities values appropriate to their field of expertise;																																																																																																																			
	PLO-PO Matrix																																																																																																																				
		<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>P.O</th> <th>PLO-6</th> <th>PLO-7</th> <th>PLO-11</th> <th>PLO-14</th> </tr> </thead> <tbody> <tr> <td>PO-1</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-3</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-4</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>						P.O	PLO-6	PLO-7	PLO-11	PLO-14	PO-1					PO-2					PO-3					PO-4																																																																																									
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Short Course Description	This course discusses concepts, theories and psychological symptoms in sports performance and implementing them in sports activities. This course also equips students with the ability to practice and analyze Psychological Skills Methods and Training (MLKP) such as anxiety management, concentration training, visualization, in sports activities, especially in the sports learning process at school.																																																																																																																				
References	Main :																																																																																																																				
	1. Tenenbaum, G , Robert, C, Eklund, R.C. 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc																																																																																																																				

		Supporters:					
		1. International Journal of Sport Psychology. 2008.					
Supporting lecturer		Prof. Dr. Ali Maksum, S.Pd., M.Si. Dr. Anung Priambodo, S.Pd., M.Psi.T.					
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	Introduction to Sport Psychology: Current and future direction	Students are able to understand and describe an introduction to behavior modification	Criteria: Clarity regarding Current and future direction in sports psychology Form of Assessment : Participatory Activities	discussion 2x50		Material: Introduction to Sport Psychology: Current and future direction Bibliography: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%
2	Field of study in Sports Psychology	Field of study in Sports Psychology	Criteria: Formulating Sports Psychology studies Form of Assessment : Participatory Activities	Discussion 2x50		Material: General introduction to the study of Sports Psychology. References: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%
3	1.Motivation 2.Emotion 3. Psychophysiology	Motivation, Emotion and Psychophysiology	Criteria: Formulate the formation of Motivation, Emotion and Psychophysiology Form of Assessment : Participatory Activities	Discussion 2x50		Material: Motivation, Emotion and Psychophysiology References: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%
4	Social Perspective	Social Perspective	Criteria: Formulating a Social Perspective Form of Assessment : Participatory Activities	Discussion 2x50		Material: Social Perspective Bibliography: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%
5	sports expertise	sports expertise	Criteria: Formulate sports expertise Form of Assessment : Participatory Activities	Discussion 2x50		Material: sports expertise References: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%
6	Intervention and performance enhancement	Intervention and performance enhancement	Criteria: Formulate intervention and performance enhancement Form of Assessment : Participatory Activities	Discussion 2x50		Material: Intervention and performance enhancement References: <i>Tenenbaum, G, Robert, C, Eklund, RC 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc</i>	5%

7	exercise and health psychology	exercise and health psychology	Criteria: 1. Formulating exercise and health psychology 2. keeping a sports psychology journal Form of Assessment : Participatory Activities	case based learning and 2x50 assignments		Material: exercise and health psychology Bibliography: Tenenbaum, G, Robert, C, Eklund, RC 2007. <i>Handbook of Sport Psychology 3rd Edition.</i> New Jersey: John Wiley & Sons, Inc	5%
8		Midterm Exam					15%
9	Evaluation and reflection on psychological guidance	Formulate evaluation and reflection steps for psychological guidance	Criteria: Stages of the evaluation and reflection process Form of Assessment : Participatory Activities	Discussion 2x50		Material: Evaluation and reflection in sports psychology Library: <i>International Journal of Sport Psychology.</i> 2008.	5%
10	Students independently study, explain and discuss articles taken from the indexed International Journal of Sport Psychology	Exposure to psychological material	Criteria: Clarity of material and usefulness in the world of sports Form of Assessment : Participatory Activities	Discussion 2x50		Material: Application of psychology in sports References: Tenenbaum, G, Robert, C, Eklund, RC 2007. <i>Handbook of Sport Psychology 3rd Edition.</i> New Jersey: John Wiley & Sons, Inc	5%
11	Students independently study, explain and discuss articles taken from the indexed International Journal of Sport Psychology	Exposure to psychological material	Criteria: Clarity of material and usefulness in the world of sports Form of Assessment : Participatory Activities	Discussion 2x50		Material: Application of psychology in sports References: Tenenbaum, G, Robert, C, Eklund, RC 2007. <i>Handbook of Sport Psychology 3rd Edition.</i> New Jersey: John Wiley & Sons, Inc	5%
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15	Students independently study, explain and discuss articles taken from the indexed International Journal of Sport Psychology	Exposure to psychological material	Criteria: Clarity of material and usefulness in the world of sports Form of Assessment : Participatory Activities	case based learning 2x50		Material: Application of psychology in sports References: Tenenbaum, G, Robert, C, Eklund, RC 2007. <i>Handbook of Sport Psychology 3rd Edition</i> . New Jersey: John Wiley & Sons, Inc	5%
16		Final exams	Criteria: 1. accepted journal 2. LoA 3. OJS and email attachments Form of Assessment : Project Results Assessment / Product Assessment				15%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	70%
2.	Project Results Assessment / Product Assessment	15%
		85%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.