



**Universitas Negeri Surabaya  
Faculty of Sports and Health Sciences  
Sports Science Doctoral 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 Psychology	8900102030		T=2 P=0 ECTS=5.04	2	July 18, 2024		
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>		
	.....		.....		Prof. Dr. Agus Hariyanto, M.Kes.		
<b>Learning model</b>	Case Studies						
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course						
	Program Objectives (PO)						
	PLO-PO Matrix						
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="width: 100px; height: 30px;">P.O</td></tr> </table>					P.O
P.O							
<b>Short Course Description</b>	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 process of learning sports at school.						
	<b>References</b>						
<b>Supporting lecturer</b>	<b>Main :</b>						
	1. Tenenbaum, G , Robert, C, Eklund, R.C. 2007. Handbook of Sport Psychology 3rd Edition. New Jersey: John Wiley & Sons, Inc 2. International Journal of Sport Psychology. 2008-2018						
	<b>Supporters:</b>						
Prof. Dr. drg. Soetanto Hartono, M.Sc. Dr. Anung Priambodo, S.Pd., M.Psi.T.							
<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	Introduction to Sport Psychology: Current and future direction	1.Students are able to understand and apply the learning contract 2.Students are able to understand and describe an introduction to behavior modification		2 X 50			0%
2				Problem Based Learning 2 X 50			0%
3				DiscussionPresentation 2 X 50			0%
4				DiscussionContextual InstructionProblem Based learning 2 X 50			0%
5				discussion presentation 2 X 50			0%
6				2 X 50 discussion presentation			0%
7				discussion presentation 2 X 50			0%
8				discussion presentation 2 X 50			0%
9				contextual instruction Problem Based Learning 2 X 50			0%
10	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			presentation discussion 2 X 50			0%
11	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			PresentationDiscussion 2 X 50			0%
12	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			PresentationDiscussion 2 X 50			0%
13	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			PresentationDiscussion 2 X 50			0%
14	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			PresentationDiscussion 2 X 50			0%

15	Students independently study, explain and discuss articles taken from the International Journal of Sport Psychology which was indexed in 2008-2018			Presentation/discussion 2 X 50			0%
16				2 X 50			0%

**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
		0%

**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** 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.
- 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.