



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

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Sports Psychology	1234702005	Compulsory Study Program Subjects	T=2	P=0	ECTS=4.48	1	July 17, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Dr. Anung Priambodo, S.Pd, M.Psi.T		Prof. Ali Maksum, M.Si			Dr. Achmad Widodo, M.Kes.	

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program that is charged to the course							
	Program Objectives (PO)							
	PO - 1	Act as a citizen who is proud and loves the country and supports world peace in Sports Psychology lectures						
	PO - 2	Respect the diversity of cultures, views, beliefs and religions as well as the original opinions/findings of other people in Sports Psychology lectures						
	PO - 3	Able to evaluate oneself, manage one's own learning or that of one's followers, effectively communicate relevant information, ideas, arguments, analysis and solutions in various forms of media to people appropriate to their field or the general public in Sports Psychology lectures						
	PO - 4	Able to develop management knowledge or professional research practices in the field of management through scientific research in the field of management to produce innovative and tested work to be published in accredited national journals or international journals in Sports Psychology lectures in Sports Psychology lectures						
	PO - 5	Able to solve scientific problems in the field of management and organization systematically through mastery of management theories and concepts and research methodology using an inter and multi-disciplinary approach in Sports Psychology lectures						
	PLO-PO Matrix							
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> <tr><td>PO-4</td></tr> <tr><td>PO-5</td></tr> </table>	P.O	PO-1	PO-2	PO-3	PO-4	PO-5
	P.O							
PO-1								
PO-2								
PO-3								
PO-4								
PO-5								

PO Matrix at the end of each learning stage (Sub-PO)																																																																																																																							
	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr><td>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></tr> <tr><td>PO-2</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> <tr><td>PO-3</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> <tr><td>PO-4</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> <tr><td>PO-5</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> </tbody> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																	PO-3																	PO-4																	PO-5																
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Short Course Description	This course discusses concepts, theories and psychological symptoms in sports performance and implements them in sports activities. This lecture also equips students with the ability to practice and analyze Psychological Skills Methods and Training (MLKP) such as anxiety management, concentration exercises, visualization, in sports activities,
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References	Main :
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1. Jannah, M. dan Juriana. 2017. Psikologi Olahraga : Student Handbook. Gowa: PT Edukasi Pratama Madani..
2. Eklund, RC & Tenenbaum, G. 2014. Ensiklopedia of Spor and Exercise Psychology. California:Sage Publication Inc
3. Jannah, M. 2019. Kecemasan Olahraga. Surabaya: Unesa University Press
4. Jannah, M. & Widohardhono, R. 2020. Mental Skill Training untuk Atlet. Banten: CV AA Rizky
5. Jannah, M. 2017. Seri Pelatihan Mental Olahraga: Konsentrasi. Surabaya: Unesa University Press.
6. Rabb, M. Wylleman, P, Seiler, R, Elbe, A, Hatzigeorgiadis, A. 2016. Sport and Exercise Psychology Research: From Theory to Practice. London: Academic Press

Supporters:

1. Artikel di jurnal-jurnal terkini yang relevan

Supporting lecturer

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	Mastering basic psychology concepts	Students are able to understand and explain basic psychologist concepts	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Participation assessment 2.Performance assessment <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	<ul style="list-style-type: none"> · Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS 	2 X 50 / 3.18 ECTS	<p>Material: Basic concepts of Psychology</p> <p>References: Jannah, M. 2019. <i>Sports Anxiety</i>. Surabaya: Unesa University Press</p>	5%
2	Mastering the basic concepts of sports psychology	Students are able to understand and explain basic psychology concepts	<p>Criteria: Participation assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS 	2 X 50 / 3.18 ECTS	<p>Material: Basic Concepts of Sports Psychology</p> <p>References: Jannah, M. 2019. <i>Sports Anxiety</i>. Surabaya: Unesa University Press</p>	5%
3	Mastering the concept of attitude and motivation in sports coaching	Students are able to understand and explain the concepts of attitude and motivation in sports coaching	<p>Criteria: Participation assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS 	2 X 50 / 3.18 ECTS	<p>Material: Attitudes and motivation in sports coaching</p> <p>Reference: Jannah, M. 2017. <i>Mental Sports Training Series: Concentration</i>. Surabaya: Unesa University Press.</p>	5%
4	Mastering the concept of attitude and motivation in sports coaching	Students are able to understand and explain the concepts of attitude and motivation in sports coaching	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Participation assessment rubric 2.Performance assessment rubric <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Discovery Learning(DL)Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS 	2 X 50 / 3.18 ECTS	<p>Material: Attitudes and motivation in sports coaching</p> <p>Reference: Jannah, M. 2017. <i>Mental Sports Training Series: Concentration</i>. Surabaya: Unesa University Press.</p>	5%
5	Mastering the concept of mind body connection and critical moments in sports	Understanding the mind, physical and psychological connections as well as critical moments in sports	<p>Criteria: Participation assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<p>Learning Form: Face-to-face lecture</p> <p>Learning method: Discussion & questions and answers</p> <p>2 X 50 / 3.18 ECTS</p>	2 X 50 / 3.18 ECTS	<p>Material: The concept of mind body connection and critical moments in sports</p> <p>Reference: Eklund, RC & Tenenbaum, G. 2014. <i>Encyclopedia of Sport and Exercise Psychology</i>. California:Sage Publications Inc</p>	5%

6	Mastering the concept of mind body connection and critical moments in sports	Understanding the mind, physical and psychological connections as well as critical moments in sports	Criteria: 1.Participation assessment rubric 2.Performance assessment rubric Form of Assessment : Participatory Activities, Practice/Performance	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: The concept of mind body connection and critical moments in sports References: <i>Jannah, M. and Juriana. 2017. Sports Psychology: Student Handbook. Gowa: PT Edukasi Pratama Madani..</i> Material: the concept of mind body connection and critical moments in sports References: <i>Articles in relevant recent journals</i>	5%
7	Mastering the concept of developing self-concept and cognition in sports	Understanding the concept of sports participation influences the development of self-concept and cognition	Criteria: 1.Participation assessment rubric 2.Performance assessment rubric Form of Assessment : Participatory Activities	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concepts of self-concept and cognitive development in sports References: <i>Rabb, M. Wylleman, P, Seiler, R, Elbe, A, Hatzigeorgiadis, A. 2016. Sport and Exercise Psychology Research: From Theory to Practice. London: Academic Press</i>	5%
8	Mastering the concept of developing self-concept and cognition in sports	Understanding the concept of sports participation influences the development of self-concept and cognition	Criteria: 1.Participation assessment rubric 2.Product assessment rubric Form of Assessment : Participatory Activities	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concept of developing self-concept and cognitive in sports References: <i>Jannah, M. and Juriana. 2017. Sports Psychology: Student Handbook. Gowa: PT Edukasi Pratama Madani..</i> Material: Concepts of self-concept and cognitive development in sports References: <i>Articles in relevant current journals</i>	5%
9	UTS	UTS	Criteria: UTS assessment rubric Form of Assessment : Participatory Activities	2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: UTS Library: <i>Articles in relevant current journals</i>	15%

10	Mastering the concept of developing social, emotional and moral aspects through sport	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport	Criteria: Participation assessment rubric Form of Assessment : Participatory Activities	Learning Form: Face-to-face lecture Learning method: Discussion & questions and answers 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concept of developing social, emotional and moral aspects through sports Reference: <i>Jannah, M. & Widohardhono, R. 2020. Mental Skill Training for Athletes. Banten: CV AA Rizky</i>	5%
11	Mastering the concept of developing social, emotional and moral aspects through sport	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport	Criteria: Participation assessment rubric Form of Assessment : Participatory Activities	Learning Form: Face-to-face lecture Learning method: Discussion & questions and answers 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concept of developing social, emotional and moral aspects through sports Reference: <i>Jannah, M. & Widohardhono, R. 2020. Mental Skill Training for Athletes. Banten: CV AA Rizky</i>	5%
12	Mastering the concept of developing social, emotional and moral aspects through sport	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport	Criteria: Participation assessment rubric Form of Assessment : Participatory Activities	Learning Form: Face-to-face lecture Learning method: Discussion & questions and answers 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concept of developing social, emotional and moral aspects through sport References: <i>Eklund, RC & Tenenbaum, G. 2014. Encyclopedia of Sport and Exercise Psychology. California:Sage Publications Inc</i>	5%
13	Mastering the concept of developing social, emotional and moral aspects through sport	Students are able to understand and explain the concept of developing social, emotional and moral aspects through sport	Criteria: 1.Participation assessment rubric 2.Performance assessment rubric 3.Product assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Concept of developing social, emotional and moral aspects through sports Reference: <i>Jannah, M. 2019. Sports Anxiety. Surabaya: Unesa University Press</i>	5%
14	Mastering Psychological Skills Methods and Training (anxiety management, concentration, imagery)	Able to apply Psychological Skills Training (anxiety management, concentration, imagery)	Criteria: Participation assessment rubric Form of Assessment : Participatory Activities	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Psychological Skills Methods and Training (anxiety management, concentration, imagery) References: <i>Eklund, RC & Tenenbaum, G. 2014. Encyclopedia of Sport and Exercise Psychology. California:Sage Publications Inc</i>	5%

15	Mastering Psychological Skills Methods and Training (anxiety management, concentration, imagery)	Able to apply Psychological Skills Training (anxiety management, concentration, imagery)	Criteria: 1.Participation assessment rubric 2.Performance assessment rubric 3.Product assessment rubric Form of Assessment : Participatory Activities, Practice/Performance	· Discovery Learning(DL) · Small Group Discussion (SGD) 2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: Psychological Skills Methods and Training (anxiety management, concentration, imagery) References: Rabb, M. Wylleman, P, Seiler, R, Elbe, A, Hatzigeorgiadis, A. 2016. <i>Sport and Exercise Psychology Research: From Theory to Practice.</i> London: Academic Press Material: Psychological Skills Methods and Training References: Articles in relevant current journals	5%
16	UAS	Students master material 1-15	Criteria: 1.Participation assessment rubric 2.UAS assessment rubric Form of Assessment : Participatory Activities, Tests	2 X 50 / 3.18 ECTS	2 X 50 / 3.18 ECTS	Material: UAS material Library: Articles in the latest relevant journals	15%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	81.67%
2.	Project Results Assessment / Product Assessment	1.67%
3.	Practice / Performance	9.17%
4.	Test	7.5%
		100%

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.

