



Universitas Negeri Surabaya
Faculty of Education,
Bachelor of Primary School Teacher Education Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																										
Sports development for children 1* (aerobics)	8620604128	Choice	T=4	P=0	ECTS=6.36	7	July 18, 2024																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																											
	Drs.Budiyono S.Pd, M.Pd		Drs. Budiyono S.Pd, M.Pd			Putri Rachmadyanti, S.Pd., M.Pd.																																											
Learning model	Project Based Learning																																																
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		P.O																																															
PO Matrix at the end of each learning stage (Sub-PO)																																																	
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 3%;">1</td> <td style="width: 3%;">2</td> <td style="width: 3%;">3</td> <td style="width: 3%;">4</td> <td style="width: 3%;">5</td> <td style="width: 3%;">6</td> <td style="width: 3%;">7</td> <td style="width: 3%;">8</td> <td style="width: 3%;">9</td> <td style="width: 3%;">10</td> <td style="width: 3%;">11</td> <td style="width: 3%;">12</td> <td style="width: 3%;">13</td> <td style="width: 3%;">14</td> <td style="width: 3%;">15</td> <td style="width: 3%;">16</td> </tr> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Short Course Description	Study of the nature, function and objectives of Physical Education through mastering the theory and practice of aerobic sports as a form of effort to measure physical fitness level abilities, introduction to various forms of hand, foot movements and their combinations, sports management and competition systems and sportsmanship in sports through practical training activities in class and on the field/gym. Lectures are carried out using a system of presentations, discussions, group assignments and field practice both individually, in pairs and in groups.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Hartono,S., dkk. 2013. Pendidikan Jasmani (Sebuah Pengantar) . Surabaya: Unesa Unversiy Press. 2. Nurhasan, dkk. 2005. Petunjuk Praktis Pendidikan Jasmani (Bersatu Membangun Manusia Yang Sehat Jasmani dan Rohani) . Surabaya. Unesa University Press. 3. Clark Haeds.1988. Aerobic and Sport. Amerika: Toronto Company 																																																
	Supporters:																																																
Supporting lecturer	Drs. H. Budiyono, 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	Understanding the Concept of Aerobics, Types and Strata of Aerobic Movements, Aerobic Functions, Supporting Music that suits the Types and Strata of Aerobic Movements	1.Lecture rules 2.Mastering management concepts	Criteria: Full marks will be given if you can explain correctly Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions and questions and answers 4 X 50	Exposure and discussion based on the final ability achievements of each lecture stage.		0%
2	Understanding the Concept of Aerobics, Types and Strata of Aerobic Movements, Aerobic Functions, Supporting Music that suits the Types and Strata of Aerobic Movements	1.Lecture rules 2.Mastering management concepts	Criteria: Full marks will be given if you can explain correctly Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions and questions and answers 4 X 50	Exposure and discussion based on the final ability achievements of each lecture stage.		0%
3	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50	Exposure and discussion based on the final ability achievements of each lecture stage.		0%
4	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50	Exposure and discussion based on the final ability achievements of each lecture stage.		0%
5	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
6	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Form of Assessment : Participatory Activities	Lectures, discussions, videos, websites or online media 2 X 50			0%
7	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 8 X 50			0%

8	sports management function	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
9	UTS		Criteria: UTS Form of Assessment : Participatory Activities, Practice/Performance	UTS 2 X 50			0%
10	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
11	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
12	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
13	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
14	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%
15	according to unesa format	Able to plan sports activities or events Able to organize sports event activities Able to actualize or move sports event activities Able to monitor, evaluate and develop sports event activities	Criteria: according to unesa format Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Lectures, discussions, videos, websites or online media 2 X 50			0%

16	UAS		Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	2 X 50			0%
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Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

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.**