



**Universitas Negeri Surabaya
Faculty of Medicine
Study Program**

**Document
Code**

SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																																			
Sports Medicine		1120100023	Compulsory Study Program Subjects	T=5	P=1	ECTS=9.54	6	May 24, 2023																																																																																			
AUTHORIZATION		SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																				
		Dr.dr. Endang Sri Wahjuni, Mkes, , dr.Febrita Ardianingsih MSi, dr Ananda perwira Bakti, Mkes. Dr. Nur Shanti Retno Pembayun, dr. Nur Shahadati Retno Panenggak, Cleonara Yanuar Dini, SGz, MSi		Dr.dr.Endang Sri Wahjuni, M.Kes			dr. Hanifiya Samha Wardhani, M.Kes.																																																																																				
Learning model	Project Based Learning																																																																																										
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																										
	PLO-7	III.1 Have basic skills in collaborating and working together with colleagues in the same profession, interprofessional health and other professions in managing health problems by applying values, ethics, roles and responsibilities, managing problems effectively and the ability to develop health management based on international research studies multidisciplinary, innovative and tested. (CPL-9)																																																																																									
	Program Objectives (PO)																																																																																										
	PO - 1	Have basic scientific knowledge in order to make changes to medical and health phenomena through medical actions and health interventions for individuals, families, communities and society for human welfare and safety, as well as advances in science in the field of medicine and health that pay attention to inter/multidisciplinary, innovative and proven in the field of sports medicine																																																																																									
	PO - 2	Have basic skills in sports medicine in the field of sports medicine to manage health problems ranging from promotive, preventive, curative, rehabilitative which supports achievement, recreation and sports education in the community																																																																																									
	PO - 3	Have basic skills in carrying out clinical procedures related to health problems in the field of sports medicine by applying the principles of patient safety, self-safety and the safety of others																																																																																									
	PLO-PO Matrix																																																																																										
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																											
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Short Course Description	Sports Medicine (Sport Medicine) discusses all medical and sports aspects starting from the anatomical, physiological, psychological aspects of sports health, nutrition, physical fitness, injury prevention in competitive sports, treatment of injuries, recovery of physical condition after recovering from a first degree injury or more & first aid for sports injuries, sports for children, sports for women, sports for the elderly, rehabilitation, massage.																																																																																										
References	Main :																																																																																										

		1. Arthur C. Guyton . diterjemahkan oleh Dharma , A dan Lukmanto, P. 2000. Edisi ke enam. Fisiologi Bandung : EGC 2. Bloomfield 1990, 2 nd ed, Textbook of Sport Medicine, Australia 3. Fox EL, Bowers RW, Foss ML, 1988. The Physiological Basis of Physical Education and Athletics, 4th edition, Philadelphia: Saunders College Publishing, pp. 300-310 4. Matjan, Bastinus., Olahraga dan Cedera, 2005, FPOK – UPI Bandung 5. Nieman, D.C. 1990. 3 rd , Fitness and Sport medicine. London : Martin Unidz Ltd 6. Santosa dkk, 2006, Ilmu Kesehatan Olahraga untuk mahasiswa FPOK UPI 7. Southmayd, William and Hoffman, Marshall., 1981., Sprots Health, The Complete Book of Athletic Injuries.,USA 8. Singgih Gunarsa. 2002. Psikologi olahraga					
		Supporters:					
Supporting lecturer							
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	Able to develop plans to manage energy system problems, training methods and evaluate sports training programs	Students' ability to describe energy system problems, training methods and evaluation of sports training programs and their management	Criteria: Criteria: accuracy and mastery of the material Method: Observation in the tutorial using an assessment rubric Form of Assessment : Participatory Activities, Practice/Performance	Tutorial: 2 x 150 minutes Lecture: 3 x 100 minutes Practical 2 x 170 minutes			207010%
2	Students are able to understand and manage the basic principles of the cardiorespiratory system in sports	Students' ability to explain the basic principles of the cardiorespiratory system in sports and its management	Criteria: Criteria: accuracy and mastery of the material Method: Observation in the tutorial using an assessment rubric	Tutorial: 2 x 150 minutes Lecture: 3 x 100 minutes Practical 2 x 170 minutes			0%
3	Students are able to evaluate sports injuries on various organs/body parts	Students' ability to describe the evaluation of sports injuries to various organs/parts of the body and their management	Criteria: Criteria: accuracy and mastery of the material Method: Observation in the tutorial using an assessment rubric	Tutorial: 2 x 150 minutes Lecture: 3 x 100 minutes Practical 2 x 170 minutes			0%
4	Students are able to understand basic musculoskeletal principles, biomechanics and basic principles of medical rehabilitation in sports medicine	Students' ability to describe musculoskeletal, biomechanical and medical rehabilitation problems in sports medicine and their management	Criteria: Criteria: accuracy and mastery of the material Method: Observation in the tutorial using an assessment rubric	Tutorial: 2 x 150 minutes Lecture: 3 x 100 minutes Practical 2 x 170 minutes			0%
5	Students are able to understand the basic principles of psychology in sports medicine	Students' ability to describe psychological problems in sports medicine and their management	Criteria: Criteria: accuracy and mastery of the material Method: Observation in the tutorial using an assessment rubric	Tutorial: 2 x 150 minutes Lecture: 3 x 100 minutes Practical 2 x 170 minutes			0%
6	Able to develop a plan to manage health problems in the field of sports medicine in a comprehensive manner	Students' ability to answer questions and cases in the field of sports medicine	Criteria: Criteria: accuracy in answering questions and cases Method: Team-based Learning: iRATs, tRATs, and tApp	1x170 minute practicum using the Team-based Learning (TBL) method			0%

7							0%
8							0%
9							0%
10							0%
11							0%
12							0%
13							0%
14							0%
15							0%
16							0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	103505%
2.	Practice / Performance	103505%
		100%

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** 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.
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.