

		Universitas Negeri Surabaya Faculty of Medicine Study Program										Document Code																																																																																																		
SEMESTER LEARNING PLAN																																																																																																														
Courses		CODE		Course Family		Credit Weight			SEMESTER		Compilation Date																																																																																																			
Sports Medicine in Athletes		1120100029		Study Program Elective Courses		T=1 P=0 ECTS=1.59			7		May 25, 2023																																																																																																			
AUTHORIZATION		SP Developer			Course Cluster Coordinator			Study Program Coordinator																																																																																																						
		dr. Rizky Patria Nevangga, M. Or.			Dr. dr. Endang Sri Wahyuni, 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-14 IV.6 Have basic skills in managing promotive and preventive health problems in the field of sports medicine to support performance sports and recreational sports in the community (CPL-16) PLO-20 II.6 Have basic knowledge in the field of sports medicine to manage promotive and preventive health problems that support performance sports and recreational sports in the community (CPL-8) Program Objectives (PO) PO - 1 CPMK-S2 PO - 2 CPMK-P6 PO - 3 CPMK-KK6 PLO-PO Matrix <table border="1"> <tr> <td>P.O</td> <td>PLO-14</td> <td>PLO-20</td> </tr> <tr> <td>PO-1</td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td></td> <td></td> </tr> <tr> <td>PO-3</td> <td></td> <td></td> </tr> </table> PO Matrix at the end of each learning stage (Sub-PO) <table border="1"> <tr> <td>P.O</td> <td colspan="16">Week</td> </tr> <tr> <td></td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <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> </table>												P.O	PLO-14	PLO-20	PO-1			PO-2			PO-3			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																
P.O	PLO-14	PLO-20																																																																																																												
PO-1																																																																																																														
PO-2																																																																																																														
PO-3																																																																																																														
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																																																																																																														
Short Course Description		Sports Medicine (Sport Medicine) for athletes discusses all medical and sports aspects starting from anatomical, physiological, psychological, nutrition and nutritional aspects, physical fitness, injury prevention and injury treatment, recovery of physical condition after recovery from first degree or higher injuries & First aid for performance sports injuries.																																																																																																												
References		Main :																																																																																																												

		1. Arthur C. Guyton . diterjemahkan oleh Dharma , A dan Lukmanto, P. 2000. Edisi ke enam. Fisiologi Bandung : EGC 2. Bloomfield 1990, 2nd 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	Students are able to understand and manage the principles of sports health	Students' ability to explain the principles of sports health and the basics of physical fitness systems and their management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Physiology of the respiratory and cardiovascular systems Reference: Arthur C. Guyton. translated by Dharma, A and Lukmanto, P. 2000. Sixth edition. Bandung Physiology: EGC	5%
2	Students are able to understand and manage the principles of sports health	Students' ability to explain the principles of sports health and the basics of physical fitness systems and their management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Sports Physiology Bibliography: Fox EL, Bowers RW, Foss ML, 1988. The Physiological Basis of Physical Education and Athletics, 4th edition, Philadelphia: Saunders College Publishing, pp. 300-310	5%
3	Students are able to understand and manage the principles of sports health	Students' ability to explain the principles of sports health and the basics of physical fitness systems and their management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Sports Medicine Bibliography: Bloomfield 1990, 2nd ed, Textbook of Sports Medicine, Australia.	5%

4	Students are able to understand and evaluate doping problems in sports	Students' ability to explain the basic principles of doping in sports and the problems of sports psychology and its management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Basic Principles of Doping Reference: <i>Nieman, DC 1990. 3 rd, Fitness and Sport medicine. London : Martin Unidz Ltd.</i>	5%
5	Students are able to understand and evaluate doping problems in sports	Students' ability to explain the basic principles of doping in sports and the problems of sports psychology and its management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Sports Psychology Reader: <i>Singgih Gunarsa. 2002. Sports Psychology</i>	5%
6	Students are able to understand and evaluate doping problems in sports	Students' ability to explain the basic principles of doping in sports and the problems of sports psychology and its management	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Medical Science Related to Doping and Athlete Psychology Reference: <i>Bloomfield 1990, 2nd ed, Textbook of Sports Medicine, Australia.</i>	5%
7	Students are able to evaluate sports injuries on various organs/body parts	Students' ability to describe sports injury evaluations in various sports	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Injuries to Muscles, Tendons and Ligaments Reference: <i>Matjan, Bastinus., Sports and Injuries, 2005, FPOK – UPI Bandung</i>	5%
8	Students are able to evaluate sports injuries on various organs/body parts	Students' ability to describe sports injury evaluations in various sports	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Injuries to Bones and Joints Bibliography: <i>Southmayd, William and Hoffman, Marshall., 1981., Sprots Health, The Complete Book of Athletic Injuries., USA</i>	5%

9	Students are able to evaluate sports injuries on various organs/body parts	Students' ability to describe sports injury evaluations in various sports	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Psychological Treatment of Athletes During and After Injury Reference: <i>Singgih Gunarsa. 2002. Sports Psychology</i>	5%
10	Students are able to understand the basic principles of sports nutrition	Students' ability to describe nutritional problems related to sports achievements	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Nutrition in Athletes Reference: <i>Bloomfield 1990, 2nd ed, Textbook of Sports Medicine, Australia.</i>	5%
11	Students are able to understand the basic principles of sports nutrition	Students' ability to describe nutritional problems related to sports achievements	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Periodization of Nutrition Bibliography: <i>Fox EL, Bowers RW, Foss ML, 1988. The Physiological Basis of Physical Education and Athletics, 4th edition, Philadelphia: Saunders College Publishing, pp. 300-310</i>	5%
12	Students are able to understand the basic principles of sports nutrition	Students' ability to describe nutritional problems related to sports achievements	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Calorie Counting and Nutritional Composition of Athletes References: <i>Nieman, DC 1990. 3rd , Fitness and Sport medicine. London : Martin Unidz Ltd.</i>	5%
13	Students are able to understand the basic principles of sports in certain groups of society	Students' ability to describe sports problems in certain groups	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Physical Fitness for Students Reference: <i>Santosa et al, 2006, Sports Health Science for FPOK UPI students</i>	5%

14	Students are able to understand the basic principles of sports in certain groups of society	Students' ability to describe sports problems in certain groups	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Principles of Safe Exercise in Non-Athlete/Certain Populations References: Fox EL, Bowers RW, Foss ML, 1988. <i>The Physiological Basis of Physical Education and Athletics, 4th edition</i> , Philadelphia: Saunders College Publishing, pp. 300-310	5%
15	Students are able to understand the basic principles of sports in certain groups of society	Students' ability to describe sports problems in certain groups	Criteria: Accuracy and mastery of material Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance	600 minute Lecture Tutorial		Material: Formation of Motivation for Healthy Living in Certain Groups Reference: Singgih Gunarsa. 2002. <i>Sports Psychology</i>	5%
16			Form of Assessment : Test	100 minute Block Exam			25%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	18.75%
2.	Portfolio Assessment	18.75%
3.	Practical Assessment	18.75%
4.	Practice / Performance	18.75%
5.	Test	25%
		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.

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.