



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences,
Bachelor of Physical Education, Health & Recreation Study
Program

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																	
Basic Swimming Skills	8520102068		T=2 P=0 ECTS=3.18	2	July 18, 2024																																	
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																	
		Dr. Mochamad Ridwan, S.Pd., M.Pd.																																	
Learning model	Case Studies																																					
Program Learning Outcomes (PLO)	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																																						
	PO Matrix at the end of each learning stage (Sub-PO)																																					
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																						
Short Course Description	Understanding and mastery of swimming history, basic swimming skills, theory and practice of freestyle, backstroke, breaststroke and butterfly, special methodical didactics for swimming, rules and organization of swimming competitions.																																					
References	Main :																																					
	<ol style="list-style-type: none"> 1. Ruben Guzman. 2007. The Swimming Drill Book . United States: Human Kinetics 2. Dave. S PhD dan Scott.A. R PhD. 2008. Complete Conditioning for Swimming . United States: Human Kinetics 3. Ernest W. M. 1982. Swimming Faster . California State University Chico: Mayfeld publishing Company 4. David Haller. 2008. Belajar Berenang . Pionir Jaya: 511 Bandung 40231 5. Marta D dan Tina W. 2006. Renang . Ciputat Tangerang 15419:Cerdas Jaya Pondok Hijau 6. Terry L dan John Delves. 2004. Total Immersion (The Revolutionary Way to Swim Better, Faster, dan Easier) Fireside. NY 10020: 1230 Avenue of Americas New York. 																																					
	Supporters:																																					
Supporting lecturer	Dr. Bernard Djawa, S.Pd., M.Pd. Dr. Setiyo Hartoto, M.Kes. Fifukha Dwi Khory, S.Pd., M.Pd. Bayu Budi Prakoso, 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	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 		Demonstrations, lectures, questions and answers and assignments 2 X 50			0%
2	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 		Demonstrations, lectures, questions and answers and assignments 2 X 50			0%
3	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 		Demonstrations, lectures, questions and answers and assignments 2 X 50			0%

4	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 		Demonstrations, lectures, questions and answers and assignments 2 X 50			0%
5	Understand the historical meaning and benefits of swimming for health, safety, recreation and achievement. Understand freestyle and backstroke swimming movements	<ol style="list-style-type: none"> 1. Understand and explain the history of world swimming, when swimming entered the Olympics 2. Understanding the benefits of swimming is useful for health, martial arts, recreation and achievement 3. Explain freestyle and backstroke movements 		Demonstrations, lectures, questions and answers and assignments 2 X 50			0%
6	Understand breaststroke and butterfly strokes	<ol style="list-style-type: none"> 1. Identify breaststroke swimming movements 2. Identify the butterfly swimming movement 		Demonstrations, lectures, discussions, questions and answers and 4 X 50 assignments			0%
7	Understand breaststroke and butterfly strokes	<ol style="list-style-type: none"> 1. Identify breaststroke swimming movements 2. Identify the butterfly swimming movement 		Demonstrations, lectures, discussions, questions and answers and 4 X 50 assignments			0%
8							0%
9							0%
10	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	<ol style="list-style-type: none"> 1. Understand the coordination movements of the breaststroke and butterfly strokes 2. Understand start, reversal and finish movements 		Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50			0%

11	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements		Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50			0%
12	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements		Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50			0%
13	Explaining and practicing breaststroke and butterfly swimming Explaining and practicing starting, turning and finishing movements	1.Understand the coordination movements of the breaststroke and butterfly strokes 2.Understand start, reversal and finish movements		Demonstrations, lectures, discussions, questions and answers, exercises and assignments 6 X 50			0%
14							0%
15							0%
16	UAS	Freestyle, backstroke, breaststroke and butterfly tests		2 X 50 Demonstration			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.

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.