



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																																																														
Prevention and treatment of OR Injuries	8520102106	Compulsory Study Program Subjects	T=2 P=0 ECTS=3.18	4	July 18, 2024																																																														
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																																															
		Dr. dr. Endang Sri Wahjuni, M.Kes.	Dr. Mochamad Ridwan, 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)																																																																		
	PO - 1	Able to understand the principles and factors of preventing injuries in sports as well as treatment procedures or first aid for sports injuries, as well as working smartly, working together in groups and being responsible for their duties																																																																	
	PLO-PO Matrix																																																																		
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="15"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="15"></td> </tr> </table>				P.O																PO-1																																													
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PO Matrix at the end of each learning stage (Sub-PO)																																																																			
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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><td></td> </tr> </table>														P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																			
PO-1																																																																			
Short Course Description	This course provides understanding and mastery of the principles and factors for preventing injuries in sports as well as treatment procedures or first aid for sports injuries. Lectures are carried out with presentations and discussions, project assignments and reflections.																																																																		
References	Main :																																																																		
	<ol style="list-style-type: none"> 1. Wibowo, H. 1994. Penceahan dan penatalaksanaan cedera olahraga, Jakarta. EGC 2. Hamid T dkk. 1994. Cedera Olahraga. PERDOSRI. Surabaya 																																																																		
Supporters:																																																																			
	<ol style="list-style-type: none"> 1. Arif Setiawan (2011) Faktor Timbulnya Cedera Olahraga. Jurnal Media Ilmu Keolahragaan Indonesia: Volume 1; Edisi 1; pp. 94-98 2. Brukner, Peter and Karim Khan (2007) Clinical Sports Medicine 3rd ed., Sydney: McGraw-Hill Australia Pty Ltd. 3. Wibowo, Hardianto (1995) Pencegahan dan Penatalaksanaan Cedera Olahraga, Jakarta: Penerbit Buku kedokteran EGC 																																																																		
Supporting lecturer	Dr. dr. Endang Sri Wahjuni, M.Kes. Dr. Taufiq Hidayat, S.Pd., M.Kes. Dony Andrijanto, S.Pd., M.Kes. Irma Febriyanti, S.Or., M.Kes. dr. Nur Shanti Retno Pembayun, M.Or. Arifah Kaharina, S.Pd., M.Kes.																																																																		
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 anatomy of the body's organs and the meaning of sports injuries	- know the types of body tissues and their functions - be able to relate and analyze possible injuries to body tissues - know the meaning of injury - be able to analyze an injury event	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Project Results Assessment / Product Assessment	Lectures and questions and answers 2 X 50		Material: Anatomy of body organs and understanding sports injuries. Reference: <i>Wibowo, H. 1994. Prevention and management of sports injuries, Jakarta. EGC</i>	4%
2	Understand types of injuries, causes and prevention of injuries	- know the types of sports injuries - know the types of organs/tissues that are injured - be able to classify sports injuries - know the causes of injuries and ways to prevent them - be able to analyze possible injuries in a sports activity and prevent them	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Lectures, discussions and questions and answers 2 X 50		Material: Types of injuries, causes and prevention of injuries Reference: <i>Hamid T et al. 1994. Sports Injuries. PERDOSRI. Surabaya</i>	8%
3	Understand how to prevent sports injuries	Understand how to prevent sports injuries	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers and assignments 2 X 50		Material: How to prevent sports injuries Reference: <i>Wibowo, Hardianto (1995) Prevention and Management of Sports Injuries, Jakarta: EGC Medical Book Publishers</i>	5%
4	Understand the meaning and principles of assistance for minor sports injuries	- know how to help minor sports injuries - be able to provide help for minor sports injuries	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers and assignments 2 X 50		Material: understanding and principles of assistance for sports injuries Reference: <i>Wibowo, Hardianto (1995) Prevention and Management of Sports Injuries, Jakarta: EGC Medical Book Publishers</i>	8%
5	Understand the meaning of health testing and its implementation. Explain the meaning and implementation of PPPK	- about the purpose and implementation of medical tests - able to decide on the appropriate method of first aid for people who need it and able to provide first aid for accidents or sports injuries	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities	Lectures, discussions, questions and answers and assignments 2 X 50		Material: Understanding health tests and their implementation. Explaining the meaning and implementation of PPPK. Reference: <i>Brukner, Peter and Karim Khan (2007) Clinical Sports Medicine 3rd ed., Sydney: McGraw-Hill Australia Pty Ltd.</i>	5%

6	Understanding sports injuries and how to deal with them	- Know and understand the types of injuries that can occur in sports - Know how to help and overcome sports injuries	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Injuries in sports and how to deal with them Reference: Wibowo, H. 1994. <i>Prevention and management of sports injuries</i> , Jakarta. EGC	8%
7	Explains the types, prevention and ways to overcome fatigue and overtraining	- Knowing the mechanism of fatigue - Knowing the types of fatigue - Knowing how to overcome fatigue in sports - Knowing the limits and types of overtraining. - able to prevent and overcome when overtraining occurs	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities	Lectures, discussions, assignments and questions and answers 2 X 50		Material: Types, prevention and ways to overcome fatigue and overtraining Reference: Arif Setiawan (2011) <i>Factors that cause sports injuries</i> . Indonesian Sports Science Media Journal: Volume 1; Edition 1; pp. 94-98	8%
8	UTS	Mastering meeting material 1-15	Criteria: Criteria: Test Form: Written test Form of Assessment : Participatory Activities	2 X 50		Material: UTS Reader: Wibowo, H. 1994. <i>Prevention and management of sports injuries</i> , Jakarta. EGC	9%
9	Understand the meaning, types and benefits of physiotherapy for sports injuries	- Know the meaning of physiotherapy - Know the types of physiotherapy - Know the benefits of physiotherapy for sports injuries	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Project Results Assessment / Product Assessment	Lectures, discussions and questions and answers 2 X 50		Material: Definition, types and benefits of physiotherapy for sports injuries Reference: Hamid T et al. 1994. <i>Sports Injuries</i> . PERDOSRI. Surabaya	5%
10	Understand the meaning, types and procedures of doping checks	- know the meaning of doping - know the types of chemicals/drugs that are classified as doping - know the procedures for doping checks on athletes	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done adequately 4.score 1 if not done Form of Assessment : Participatory Activities	Lectures, discussions and questions and answers 2 X 50		Material: Definition, types and procedures for doping checks. Reference: Hamid T et al. 1994. <i>Sports Injuries</i> . PERDOSRI. Surabaya	5%
11	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done enough 4.score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Student presentations and discussions 2 X 50		Material: Types of injuries, principles of prevention, and assistance for injuries that occur according to the type of sport Reference: Wibowo, Hardianto (1995) <i>Prevention and Management of Sports Injuries</i> , Jakarta: EGC Medical Book Publishers	8%

12	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if sufficient 4.score 1 if not done Form of Assessment : Project Results Assessment / Product Assessment	Student presentations and discussions 2 X 50		Material: Types of injuries according to the type of sport, prevention and relief efforts for injuries. Reference: Wibowo, H. 1994. <i>Prevention and management of sports injuries, Jakarta. EGC</i>	7%
13	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if sufficient 4.score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Student presentations and discussions 2 X 50		Material: Types of injuries, principles of prevention, and assistance for injuries that occur according to the type of sport. Reference: Wibowo, H. 1994. <i>Prevention and management of sports injuries, Jakarta. EGC</i>	5%
14	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport	Criteria: 1.score 4 if done very well 2.score 3 if done well 3.score 2 if done enough 4.score 1 if not done Form of Assessment : Project Results Assessment / Product Assessment	Injuries in specific sports 2 X 50		Material: Types of injuries according to the type of sport, prevention and relief efforts for injuries. Reference: Arif Setiawan (2011) <i>Factors that cause sports injuries. Indonesian Sports Science Media Journal: Volume 1; Edition 1; pp. 94-98</i>	5%
15	Explain the types of injuries according to the type of sport, prevention and efforts to help with injuries.	- know the types of injuries, principles of prevention, and help with injuries that occur according to the type of sport. - able to prevent and assist injuries according to the type of sport	Criteria: score 4 if done very well score 3 if done well score 2 if done fairly score 1 if not done Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Student presentations and discussions 2 X 50		Material: Types of injuries, principles of prevention, and assistance for injuries that occur according to the type of sport. Reference: Wibowo, H. 1994. <i>Prevention and management of sports injuries, Jakarta. EGC</i>	5%

16	UAS	UAS	Criteria: Criteria: Exam Form: Written test Form of Assessment : Participatory Activities, Tests			Material: UAS Reader: <i>Wibowo, H. 1994. Prevention and management of sports injuries, Jakarta. EGC</i>	5%
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Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	57%
2.	Project Results Assessment / Product Assessment	40.5%
3.	Test	2.5%
		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.