



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
S1 Sports Coaching Education Study Program

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date													
Sports Physiotherapy**	8520202432		T=1	P=1	ECTS=3.18	6	July 17, 2024													
AUTHORIZATION		SP Developer	Course Cluster Coordinator			Study Program Coordinator														
		Resti Nurpratiwi, S.Ft., M.Fis			Dr. Or. Muhammad, 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 and apply physiotherapy knowledge in the field of sports																		
	PLO-PO Matrix																			
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="6"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="6"></td> </tr> </table>						P.O							PO-1					
P.O																				
PO-1																				
PO Matrix at the end of each learning stage (Sub-PO)																				
	P.O	Week																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			
	PO-1																			
Short Course Description	This course discusses the basics of physiotherapy, principles of treatment for sports injuries, tools used in sports injury recovery, exercise therapy for sports injuries, basic physiotherapy programs for returning to sports activities, through lectures and discussions																			
References	Main :																			
	1. Leonard, WM. (1980). A Sociological Perspective of Sport. Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e dan Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.																			
	Supporters:																			
Supporting lecturer	dr. Azizati Rochmania, Sp.KFR. Dr. Or. Muhammad, S.Pd., M.Pd. dr. Ariesia Dewi Ciptorini, Sp.N. Resti Nurpratiwi, S.Ft., M.Fis.																			
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	Know the history of physiotherapy. Know and understand the basics of physiotherapy	1.Knowledge of the history of physiotherapy 2.Basic understanding of physiotherapy	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%
2	Know the history of physiotherapy. Know and understand the basics of physiotherapy	1.Knowledge of the history of physiotherapy 2.Basic understanding of physiotherapy	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%
3	Know the history of physiotherapy. Know and understand the basics of physiotherapy	1.Knowledge of the history of physiotherapy 2.Basic understanding of physiotherapy	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%

4	Able to explain the meaning and scope of hydrotherapy. Able to explain the physiological effects of hydrotherapy. Able to state the indications and contra indications for hydrotherapy	<ol style="list-style-type: none"> 1.Explain the meaning and scope of hydrotherapy 2.Explain the physiological effects of hydrotherapy 3.Mention the indications and contraindications for hydrotherapy 	Criteria: active participation Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport</i> . Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport</i> . Englewood Cliff, New Jersey: Prentice Hall, Inc.	5%
5	Able to explain the meaning and scope of cold therapy Able to explain the physiological effects of cold therapy Able to state indications and contraindications for cold therapy Able to state types of cold therapy applications	<ol style="list-style-type: none"> 1.Explain the meaning and scope of cold therapy 2.Explain the physiological effects of cold therapy 3.List the indications and contraindications for cold therapy 4.Mention the types of cold therapy applications 	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport</i> . Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport</i> . Englewood Cliff, New Jersey: Prentice Hall, Inc.	5%
6	Able to explain the scope and meaning of thermotherapy Able to explain the physiological effects of thermotherapy Able to state indications and contraindications for thermotherapy Able to state types of thermotherapy applications	<ol style="list-style-type: none"> 1.Explain the scope and meaning of thermotherapy 2.Explain the physiological effects of thermotherapy 3.Mention indications and contraindications for thermotherapy 4.Mention the types of thermotherapy applications 	Criteria: active participation Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport</i> . Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport</i> . Englewood Cliff, New Jersey: Prentice Hall, Inc.	8%

7	Able to explain the scope and meaning of thermotherapy Able to explain the physiological effects of thermotherapy Able to state indications and contraindications for thermotherapy Able to state types of thermotherapy applications	1.Explain the scope and meaning of thermotherapy 2.Explain the physiological effects of thermotherapy 3.Mention indications and contraindications for thermotherapy 4.Mention the types of thermotherapy applications	Criteria: active participation Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%
8	Midterm exam	1.learning outcomes during the half semester 2.Able to understand and apply physiotherapy knowledge in the field of sports	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Forms of Assessment : Participatory Activities, Practice/Performance, Tests	2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	15%
9	Able to explain the scope and meaning of manual therapy. Able to explain the physiological effects of manual therapy. Able to mention various types of manual therapy	1.Explain the scope and meaning of manual therapy 2.Explain the physiological effects of manual therapy 3.Mention various types of therapy manuals	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lecture and practice 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%

10	Able to explain the scope and meaning of exercise therapy Able to explain the physiological effects of exercise therapy Able to state the various types of exercise therapy Able to state the indications for exercise therapy	1.Explain the scope and meaning of exercise therapy 2.Explain the physiological effects of exercise therapy 3.Mention various types of exercise therapy 4.Mention indications for exercise therapy	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%
11	Able to explain the scope and meaning of flexibility and mobility exercises Able to explain the physiological effects of flexibility and mobility exercises Able to state indications and contraindications for flexibility and mobility exercises	1.Explain the scope and meaning of flexibility and mobility training 2.Explain the physiological effects of flexibility and mobility exercises 3.Mentions indications and contraindications for flexibility and mobility exercises	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lecture and practice 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%
12	Able to explain the scope and meaning of weight training and aerobics Able to explain the physiological effects of weight training and aerobics Able to state indications and contraindications for weight training and aerobics Able to prepare weight training and aerobic programs	1.Explain the scope and meaning of weight training and aerobics 2.Explain the physiological effects of weight training and aerobics 3.Mention indications and contraindications for weight training and aerobics 4.Develop a weight training and aerobic program	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lecture and practice 2 X 50		Material: Basics of Sports Physiotherapy Reference: <i>Leonard, WM. (1980). A Sociological Perspective of Sport. Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). Social Aspects of Sport. Englewood Cliff, New Jersey: Prentice Hall, Inc.</i>	5%

13	Able to explain the scope and meaning of weight training and aerobics Able to explain the physiological effects of weight training and aerobics Able to state indications and contraindications for weight training and aerobics Able to prepare weight training and aerobic programs	<ol style="list-style-type: none"> 1.Explain the scope and meaning of weight training and aerobics 2.Explain the physiological effects of weight training and aerobics 3.Mention indications and contraindications for weight training and aerobics 4.Develop a weight training and aerobic program 	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	lecture and practice 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport.</i> Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport.</i> Englewood Cliff, New Jersey: Prentice Hall, Inc.	5%
14	Able to explain the meaning of training for returning to sports activities after injury. Able to explain types of training for returning to sports activities after injury. Able to state when to start training for returning to sports activities after injury. Able to develop a basic training program after a sports injury.	<ol style="list-style-type: none"> 1.Explain the meaning of training to return to sports activities after injury 2.Explain the types of training for returning to sports activities after injury 3.State the time when training begins to return to sports activities after injury 4.Develop a basic training program after a sports injury 	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport.</i> Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport.</i> Englewood Cliff, New Jersey: Prentice Hall, Inc.	5%
15	Able to explain the meaning of training for returning to sports activities after injury. Able to explain types of training for returning to sports activities after injury. Able to state when to start training for returning to sports activities after injury. Able to develop a basic training program after a sports injury.	<ol style="list-style-type: none"> 1.Explain the meaning of training to return to sports activities after injury 2.Explain the types of training for returning to sports activities after injury 3.State the time when training begins to return to sports activities after injury 4.Develop a basic training program after a sports injury 	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Form of Assessment : Participatory Activities	lectures and discussions 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport.</i> Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport.</i> Englewood Cliff, New Jersey: Prentice Hall, Inc.	5%

16	Final exams	Able to understand and apply physiotherapy knowledge in the field of sports	Criteria: Able to understand and apply physiotherapy knowledge in the field of sports Forms of Assessment : Participatory Activities, Practice/Performance, Tests	UAS 2 X 50		Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport</i> . Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport</i> . Englewood Cliff, New Jersey: Prentice Hall, Inc. Material: Basics of Sports Physiotherapy Reference: Leonard, WM. (1980). <i>A Sociological Perspective of Sport</i> . Minnesota, Minneapolis: Burgess Publishing Company. Snyder, Eldon e and Spreitzer, Elmer A. (1983). <i>Social Aspects of Sport</i> . Englewood Cliff, New Jersey: Prentice Hall, Inc.	12%
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Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	75.5%
2.	Project Results Assessment / Product Assessment	6.5%
3.	Practice / Performance	9%
4.	Test	9%
		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 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.