

		<p style="text-align: center;"><b>Universitas Negeri Surabaya</b>  <b>Faculty of Sports and Health Sciences</b>  <b>Bachelor of Sports Science Study Program</b></p>					<p style="text-align: right;">Document Code</p>																																										
<b>SEMESTER LEARNING PLAN</b>																																																	
<b>Courses</b>		<b>CODE</b>	<b>Course Family</b>		<b>Credit Weight</b>		<b>SEMESTER</b>	<b>Compilation Date</b>																																									
Development of water-based recreational sports		8920103315			T=2	P=1	ECTS=4.77	6 July 19, 2024																																									
<b>AUTHORIZATION</b>		<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																										
		.....		.....			Dr. Heri Wahyudi, S.Or., M.Pd.																																										
<b>Learning model</b>	Project Based Learning																																																
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
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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 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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<b>Short Course Description</b>																																																	
<b>References</b>	<b>Main :</b>																																																
	<b>Supporters:</b>																																																
<b>Supporting lecturer</b>	Dr. Andun Sudijandoko, M.Kes. Indra Himawan Susanto, S.Or., M.Kes. Hijrin Fithroni, S.Or., M.Pd. Muhammad Dzul Fikri, S.Or., M.Pd.																																																
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time ]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																										
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																												
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																										

1	<p>1.Introduction to courses, learning objectives, and rules.</p> <p>2.Basic concepts in water-based recreational sports.</p> <p>3.Discussion about the importance of safety and environmental conservation in water sports.</p>			lecture, demonstrate, and practice			0%
2	<p>1.Understanding of the principles of aerodynamics and hydraulics in water sports.</p> <p>2.Case study analysis of safety in surfing.</p>			lecture, demonstrate, and practice			0%
3	<p>1.Introduction to surfing: history, equipment, basic surfing techniques.</p> <p>2.Demonstration of basic surfing techniques by the instructor.</p>			lecture, demonstrate, and practice			0%
4	<p>1.Basic principles of safety in sport diving.</p> <p>2.Case study of diving accidents and analysis of their causes.</p>			lecture, demonstrate, and practice			0%
5	<p>1.Preparation process before diving, use of equipment, and diving techniques.</p> <p>2.Practice diving simulation in a swimming pool.</p>			lecture, demonstrate, and practice			0%
6	<p>1.Introduction to water skiing: types of water skiing, equipment, basic water skiing techniques.</p> <p>2.Demonstration of basic water skiing techniques by the instructor.</p>			lecture, demonstrate, and practice			0%
7	<p>1.Identifying risks in water-based sports.</p> <p>2.Discussion of risk mitigation strategies and preventive measures.</p>			lecture, demonstrate, and practice			0%

<b>8</b>	<p>1.Ethics and environmental responsibility in water-based recreational sports.</p> <p>2.Discussion of environmental impacts and conservation efforts in water sports.</p>			lecture and demonstrate			0%
<b>9</b>	<p>1.Formation of project groups.</p> <p>2.Discussion and planning of water-based recreational sports development projects.</p>			lecture and demonstrate			0%
<b>10</b>	Midterm exam			lecture and demonstrate			0%
<b>11</b>	<p>1.Project presentation by each group.</p> <p>2.Discussion and feedback from lecturers and fellow students.</p>			lecture and demonstrate			0%
<b>12</b>	<p>1.Developing capabilities in identifying and evaluating advanced risks.</p> <p>2.Case study of risk management in extreme water sports.</p>			lecture and demonstrate			0%
<b>13</b>	<p>1.Discussion about the importance of physical and mental readiness in water sports.</p> <p>2.Breathing and relaxation exercises for diving readiness.</p>			lecture and demonstrate			0%
<b>14</b>	<p>1.Practical instructions on preparation for field practicum in waters.</p> <p>2.Equipment and safety checks before field practicum.</p>			lecture and demonstrate			0%

15	1.Implementation of field practicum: surfing on the beach, diving at a dive site, or water skiing on a lake (depending on availability of facilities and permits). 2.Evaluation and reflection on practicum experiences.			lecture and demonstrate			0%
16							0%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

#### 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** 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.
- 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.**