



**Universitas Negeri Surabaya
Vocational Faculty
D4 Sports Coaching Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date												
Health, Lifestyle, Disease and Exercise Patterns	99998520204031		T=2 P=2 ECTS=6.36	1	July 16, 2024												
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator												
		Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.												
Learning model	Project Based Learning																
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																
	PLO-9	Able to demonstrate quality and measurable performance															
	Program Objectives (PO)																
	PLO-PO Matrix																
		P.O	PLO-9														
Short Course Description	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
References	Main :																
	1. Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier 2. American's College of Sport Medicine, 2015 3. Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan 4. Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc., 5. Bundy M, & Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.																
	Supporters:																
Supporting lecturer	Anna Noordia, S.TP., M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO. Muhammad Kharis Fajar, S.Pd., M.Pd. Yetty Septiani Mustar, S.KM., M.P.H. Anindya Mar'atus Sholikhah, S.KM., M.Kes. Rizky Muhammad Sidik, S.Pd., M.Ed.																
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 concept of a healthy lifestyle. Understand the causes of declining body health	Explain the meaning of a healthy lifestyle. State the classification of a healthy lifestyle. Explain the causes of decreased body health. Give examples of diseases that occur when we adopt an unhealthy lifestyle.	Criteria: It is considered correct if it can explain 80% correctly Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment	Comprehensive scientific, recollective and collaborative scientific 2 X 50			0%
2	Understand the concept of a healthy lifestyle. Understand the causes of declining body health	Explain the meaning of a healthy lifestyle. State the classification of a healthy lifestyle. Explain the causes of decreased body health. Give examples of diseases that arise due to lack of activity.	Criteria: It is considered correct if it can explain 80% correctly	Comprehensive scientific, recollective and collaborative scientific 2 X 50			0%
3	Understand and master the concept of training patterns	Explaining the concept of training patterns. Explaining the correct training pattern. Identifying training patterns	Criteria: It is considered correct if it can explain 80% correctly Form of Assessment : Participatory Activities	Collaborative, Scientific Comprehension 2 X 50			0%
4	Able to master the concept of physical exercise in training patterns	Explain the principles of physical exercise in a training pattern. Explain the role of physical exercise in a correct training pattern	Criteria: It is considered correct if it can explain 80% correctly Form of Assessment : Participatory Activities	Scientific Comprehension, Humanistic Generalization 2 X 50			0%
5	Able to understand and explain lifestyle concepts	define the process of lifestyle change	Criteria: It is considered correct if it can explain 80% correctly	Cognitive collaborative, associative scientific 2 X 50			0%
6	Able to master and carry out management of training patterns	Explain the procedures for managing training patterns. Understand the steps for managing training patterns. Understand the risks of errors in managing training patterns	Criteria: It is considered correct if it can explain 80% correctly	Collaborative, scientific 2 X 50 depth			0%
7	Able to master and carry out management of training patterns	Explain the procedures for managing training patterns. Understand the steps for managing training patterns. Understand the risks of errors in managing training patterns	Criteria: It is considered correct if it can explain 80% correctly	Collaborative, scientific 2 X 50 depth			0%

8	Sub Summative (Mid Semester exam)			2 X 50			0%
9	Able to master the concept of maintaining health	Explain the concept of maintaining health. Analyze how to maintain health. Understand procedures for maintaining health	Criteria: It is considered correct if it can explain 80% correctly	Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
10	Able to understand and be able to analyze health	Explain the types of healthy lifestyles. Understand the management of healthy lifestyles	Criteria: It is considered correct if it can explain 80% correctly	Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
11	Able to understand various training patterns	Explain the types of training patterns. Understand the management of training patterns	Criteria: It is considered correct if it can explain 80% correctly	Collaborative, Scientific Comprehension, Humanistic Generalization 2 X 50			0%
12	Able to understand various training patterns	Explain the types of training patterns. Understand the management of training patterns	Criteria: It is considered correct if it can explain 80% correctly	Collaborative cognitive, scientific associative and humanistic automatic 2 X 50			0%
13	Able to understand and analyze lifestyle	Explain the process of a healthy lifestyle. Analyze the causes and prevention that can be done with a healthy lifestyle	Criteria: It is considered correct if it can explain 80% correctly	Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
14	Able to understand and analyze training patterns	Explain the exercise pattern process. Analyze the causes and prevention that can be done in the exercise pattern	Criteria: It is considered correct if it can explain 80% correctly	Collaborative Motivation and Scientific Comprehension, 2 X 50			0%
15	Able to understand and implement initial management of a healthy lifestyle	Explaining the concept of initial management of a healthy lifestyle. Explaining and understanding how to live a healthy lifestyle. Carrying out a healthy lifestyle	Criteria: It is considered correct if it can explain 80% correctly	Collaborative Motivation and Scientific Comprehension, 2 X 50			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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.