

Module Description

PHYSICAL EDUCATION AND SPORT STUDY PROGRAM FACULTY OF SPORT SCIENCE UNIVERSITAS NEGERI SURABAYA

Dasar-dasar Penjasor/ The Fundamental of Physical Education

	Module/Course Title											
Modu	ule/Course	Student	Credits		Semest	ter	Frequer	ncy	Duration			
Title	•	Workload	(ECTS)		1		Every or	bb	1			
(if use	ed)	14 x (2 CU	2 CU x 1,5	9			semeste	er,	semester(s)			
		(50 + 60 +						-				
		60										
		munites)										
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	ndent		Class size			
	Lectures		hour	s Assig	nments	stu	dy					
			14 x 2	2 14 x	2 CU X	14 x 2 C	U X 60		40 students			
			CU X 5	50 60 m	ninutes	minu	ites					
			minut	es								
2	Prerequisi	tes for partici	pation (if a	oplicable)								
	-	-										
3	Descriptio	n										
	Understan	d the latest de	evelopment	s in regulat	tion, scier	ntific argum	ents, and	l min	imal demands			
	in the field	l that must be	considered	in carrying	gout phys	sical educat	ion.					
4	Learning o	outcomes										
	PLO-3 (KN	O-1) Able to d	emonstrate	theoretica	l and pra	ctical know	ledge in t	he fi	eld of physical			
	education	through the c	oncept of p	hysical edu	cation							
	PLO-7 (KNO-5) Able to master theoretical and practical concepts in the field of physical											
	education, especially the development of creativity (entrepreneur) in the field of physical											
	education and sports											
5	Subject ai	ms/Content										
	1. Able t	o conclude var	ious basic r	egulations	from the	governme	nt that ap	ply ir	n the			
	impler	mentation of P	E (four grad	duation sta	ndards, c	ontent, pro	cess, and	asse	ssment).			
	2. Able t	ວ analyze the ເ	urgency and	l function c	of PJOK re	lated to th	e growth	and o	development			
	and ne	eeds of 21st ce	entury comp	oetencies ir	n accorda	nce with re	levant sci	entif	ic and			
	techni	cal research re	esults.									
	3. Able t	o collect and a	nalyze facts	in the fiel	d related	to minimu	m demano	ds in	the field to PE			
6	Teaching I	nethods										
	project wo	ork, group wor	k, lectures,	discussion	s, Project	-Based Lea	rning					
7	Assessme	nt methods										
	Students a	re considered	competent	and pass i	f they get	t at least a r	ninimum	test	score of 55			
	which con	sists of UTS, U	S, structure	d activities	(assignm	ients / T) ar	nd particip	bator	y activities			
	(P).											
	The final g	rade (NA) is ca	alculated ac	cording to	the follov	wing formu	la::					
	NA = <u>(2xP)</u>	+(3xT)+(2xUT	5)+(3xUS)									
		10				• • •			c			
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and the	ne letters a	re arrange	ed as	follows.			
	Letter	Nun	nber	I	nterval							
	A	4,	00	85 ≤ A	< 10	0						
	A-	3,	75	80 ≤ A	- < 85)						
	B+	3,	50	75 ≤ B	+ < 80)						
	В	3,	00	70 ≤ B	< 75							

		B-	2,75	65	≤	B-	<	70				
		C+	2,50	60	≤	C+	<	65				
		С	2,00	55	≤	С	<	60				
		D	1,00	40	≤	D	<	55				
		E	0,00	0	≤	Е	<	40				
	If s	tudent car	n't reach passing grade	, the	y ar	e tal	ke a	course on n	ext semester.			
8	Thi	s module/	course is used in the f	ollo	win	g stu	dy p	programme/	/s as well			
	All undergradute study program in Unesa											
9	Res	sponsibilit	y for module/course									
	Cor	Compulsory										
10	Otł	ner inform	ation									
	1.	Handout	mata kuliah Dasar-das	ar Pe	endi	dika	n Ja	smani, Olah	raga, dan Kesehatan			
	2.	Permend	ikbud no. 20 tahun 20	16. to	enta	ing S	tan	dar Kompete	ensi Lulusan Pendidikan Dasar			
		dan Men	engah.									
	3.	Permend	ikbud no. 21 tahun 20	16. to	enta	ing S	tan	dar Isi Satua	n Pendidikan Dasar dan			
		Menenga	ih.									
	4.	Permend	ikbud no. 22 tahun 20:	16. to	enta	ing S	tan	dar Proses P	endidikan Dasar dan			
	_	Menenga	ih.			_						
	5.	Permend	ikbud no. 23 tahun 20	16. to	enta	ing S	tan	dar Penilaiar	n Pendidikan.			
	6.	Permend	ikbud no. 24 tahun 20	16 te	nta	ng K	omp	etensi Inti d	lan Kompetensi Dasar Pelajaran			
		pada Kur	ikulum 2013. pada Per	didi	kan	Dasa	ir da	in Menenga	h.			
	7.	Permend	iknas no. 22 tahun 200)6. te	enta	ng S	tanc	lar Isi.				
	8.	Undang-ı	undang no. 20 tahun 2	003.	ten	tang	Sist	em Pendidik	kan Nasional.			
	9.	Undang-ı	undang no. 14 tahun 2	005.	ten	tang	Gur	u dan Doser	ז.			
	10.	kadar keg	guruan guru PJOK 11. F	angl	kala	n Da	ta P	endidikan Ja	asmani Olahraga Indonesia			
		(PDPJOI)										

Keterampilan Dasar Atletik/ Athletics Basic Skill

	Module/Course Title										
Modu	le/Course	Student	Credits		Seme	ster	Frequer	ncy	Duration		
Title		Workload	(ECTS)		1		Every of	dd	1		
(if use	ed)	14 x (3 CU	3 CU x 1,59	9			semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	ndent		Class size		
	Lectures		hours	s Assig	nments	stu	dy				
			14 x 3	3 14 x	3 CU X	14 x 3 C	CU X 60		40 students		
			CU X 5	60 m	inutes	min	utes				
			minute	es							
2	Prerequisi	tes for partici	pation (if ap	plicable)							
	-										
3	Descriptio	n									
	Understan	ding, theoreti	cal assessm	ent, and m	astery o	f basic athle	etic skills i	nclud	e: the steps of		
	learning th	ne numbers fo	r walking, ru	unning, thr	owing, a	nd jumping	at the pri	mary	and		
	secondary education unit levels.										
4	Learning o	outcomes									
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical education in a professional manner										
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of physical										
	education through the concept of physical education										
	PLO-8 (SS-	1) Able to solv	e problems	in project-	based p	hysical edu	cation and	l guid	led discovery		
	independe	ently or in grou	ips								
5	Subject ai	ms/Content									
	Summariz	e and theoreti	cally examir	ne basic ath	iletic kn	owledge, m	astery of l	earn	ing stage skills		
	and basic	athletic techni	ques which	include, ro	ad num	bers, runnir	ig, jumpin	g, an	d throwing >		
	learning st	reet numbers	, running, th	irowing, ju	mping a	t the primar	y and sec	onda	ry education		
	unit level.										
6	Teaching	nethods			D						
_	project wo	огк, group wor	k, lectures,	discussions	s, Projec	t-Based Lea	rning.				
/	Assessme	nt metnoas				* * !		test	and af F F		
	Students a		competent	and pass r	they ge	et at least a	minimum nd nortici	test	score or 55		
			S, Structure	u activities	(assign	nents / 1) a	nu particij	Jator	y activities		
	(P). The final g	rado (NA) is s	loulated ac	cording to	the follo	wing form	lavi				
	NA = (2vD)	1 aue (INA) 15 Ca	$S_{\pm}(3\times110)$			wing ronne	lid				
	NA = (ZAT)	10	5/1(5×05)								
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and	the letters a	re arrang	ed as	follows		
	Letter	Nun	nber	<u>I I I I I I I I I I I I I I I I I I I </u>	nterval						
	Δ	4	00	85 < Δ	< 1	00					
	Δ-		75	80 < A	- < P	5					
	B+	3,	50	$\frac{35}{75} < R$	+ < 8	0					
	B B	3,	00	70 < B	< 7	5					

	В	-	2,75	65	≤	B-	<	70			
	C·	+	2,50	60	≤	C+	<	65			
	C	2	2,00	55	≤	С	<	60			
	D)	1,00	40	≤	D	<	55			
	E		0,00	0	≤	Е	<	40			
	If stude	ent car	n't reach passing grade	e, the	ey ai	re tal	ke a	course on n	ext semester.		
8	This m	odule	/course is used in the	follo	win	g stu	idy j	programme/	/s as well		
	All und	ergrad	dute study program in	Une	sa						
9	Respor	nsibilit	y for module/course								
	Compu	lsory									
10	Other i	inform	nation								
	1. Lar	i, Lom	pat, & Lempar Petunju	ık M	eng	ajar /	Atle	tik IAAF Leve	el 1. IAAF Pendidikan Pelatihan		
	daı	n Siste	m Sertifikasi Tahun 20	00.							
	2. Bu	ku Pec	loman Lomba Atletik S	eri 1	No	mor	Lari	dan Gawang	3		
	3. Bu	ku Pec	loman Lomba Atletik S	eri 2	No	mor	Lorr	ipat			
	4. Bu	ku Pec	loman Lomba Atletik S	eri 3	No	mor	Lem	par			
	5. IAAF Competition Rules 20162017.										

Keterampilan Dasar Senam/ Gymnastics Basic Skill

	Module/Course Title											
Modu	le/Course	Student	Credits			Sen	nest	er	Frequer	ncy	Duration	
Title		Workload	(ECTS)			1			Every or	bb	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59	9					semeste	er,	semester(s)	
		(50 + 60 +										
		60										
		munites)										
1	Types of c	ourses	Conta	ct S	Struc	ture	d	Indepe	ndent		Class size	
	Lectures		hours	s A	ssigr	nmen	ts	stu	dy			
			14 x 2	2 2	14 x 2	2 CU	Х	14 x 2 C	U X 60	4	10 students	
			CU X 5	0 6	60 m	inute	S	minu	ites			
			minute	es								
2	Prerequisi	tes for partici	pation (if ap	plicab	ole)							
	-											
3	Descriptio	n			.							
	This cours	e discusses the	e understan	ding of	t hist	ory, t	the ι	understand	ing of gyr	nnasi	tics in general	
	and the elements of physical conditions that support the basic techniques of floor gymnastics,											
_	as well as	as well as making simple circuits and how to help with safety principals.										
4	Learning	ng outcomes										
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching											
	physical education in a professional manner											
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of physical											
	education	through the c	oncept of pi	iysical	eau	catio	n 					
	PLO-8 (SS- independe	1) Able to solvently or in grou	e problems	in pro	ject-	based	a pn	ysical educ	ation and	guia	ed discovery	
5	Subject ai	ms/Content	*P5									
5	Examining	history, meth	ods/stages (of basi	c gvr	nnasi	tic m	novement t	echnique	s. un	derstanding	
	gymnastic	s in general ar	d elements	of phy	/sical	cond	litio	ns that sup	port basi	c floo	r gymnastics	
	technique	s, as well as m	aking simple	e circui	its ar	nd ho	w to	help with	safety pri	ncipa	als	
6	Teaching	methods	- 0 - 1-							- 1		
	project wo	ork, group wor	k, lectures,	discuss	sions	, Proj	ject-	Based Lear	ning.			
7	Assessme	nt methods										
	Students a	ire considered	competent	and pa	ass if	they	get	at least a r	minimum	test s	score of 55	
	which con	sists of UTS, U	S, structure	d activ	ities	(assi	gnm	ents / T) ar	nd particip	pator	y activities	
	(P).											
	The final g	rade (NA) is ca	alculated acc	cording	g to t	he fo	ollov	ving formu	la::			
	NA = (2xP)+(3xT)+(2xUTS)+(3xUS)											
		10										
	Conversio	n of the 0-100	scale value	to a 0-	4 sca	ale ar	nd th	ne letters a	re arrange	ed as	follows.	
	Letter	Nur	nber		lı	nterv	al					
	A	4,	00	85 ≤	Α	<	10	0				
	A-	3,	75	80 ≤	A-	<	85					
	B+	3,	50	75 ≤	B-	- <	80					
	В	3,	00	70 ≤	В	<	75					
	В-	2,	75	65 ≤	B-	<	70					

	C+	F	2,50	60	≤	C+	<	65					
	C		2,00	55	≤	С	<	60					
	D		1,00	40	≤	D	<	55					
	E		0,00	0	≤	Е	<	40					
	If stude	ent car	n't reach passing grade	, the	ey ar	e tal	ke a	course on n	ext semester.				
8	This mo	is module/course is used in the following study programme/s as well											
	All und	ergrac	gradute study program in Unesa										
9	Respon	sibilit	y for module/course										
	Compu	lsory											
10	Other i	nform	ation										
	1.	FIG,	2013. Code Of Points o	le Gy	ymn	astic	s Ar	tistic . Availa	able from : http://www.fig-				
		gym	nastics.com/site/index	.php)								
	2.	Inte	rnet website : Safety F	irst f	or G	Symr	nast	in Gymnasiu	ım .				
	3.	Mah	endra, 2000. Senam . I	Direk	ctora	at jer	nder	al pendidika	an dasar dan menengah bagian				
		proy	ek penataran guru SLT	P se	tara	DIII.	DE	PDIKBUD					
	4.	Sholeh, 1992. Olahraga Pilihan Senam . Direktorat jenderal pendidikan tinggi proyek											
		pem	binaan tenaga kepend	idika	n. C	PEPD	ΙΚΒι	JD					
	5.	Soev	vandi, 1998. Perkemba	nga	n Se	nam	Das	ar . Unipres	s Unesa				
	6.	5. Febriyanti, dkk, 2017. Keterampilan Dasar Senam . Unipress Unesa											

Pencak Silat/ Pencak Silat

			Мо	odule/Cou	rse Title							
Modu	le/Course	Student	(Credits	Semest	ter	Frequer	ncy	Duration			
Title		Workload	(ECTS)	1		Every or	bb	1			
(if use	ed)	14 x (2 CU (50	0 + 60 + 2	2 CU x			semeste	er,	semester(s)			
		60 munites)	1	1,59								
1	Types of c	ourses	Contact	Struc	tured	Indepe	ndent		Class size			
	Lectures		hours	Assigr	nments	stu	dy					
			14 x 2 CU	X 14 x 2	2 CU X	14 x 2 C	CU X 60	4	40 students			
			50 minute	es 60 m	inutes	minu	utes					
2	Prerequisi	tes for partici	pation (if ap	plicable)								
3	Descriptio	n										
	This cours	e discusses the	e understand	ding and m	astery of	f the theory	and prac	titior	ners of the			
	martial art	s sport of pen	cak silat.	-								
4	Learning o	outcomes										
	PLO-2 (AS-	2) Able to den	nonstrate re	ligious and	l cultural	values pro	perly in a	ccord	lance with			
	academic	ethics in carryi	ng out profe	essionally								
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of physical											
	education through the concept of physical education											
	PLO-4 (KN	O-2) Able to ap	oply the con	cept of ph	ysical edu	ucation to	deal with	probl	ems that			
	occur in the field with a modified approach											
	PLO-8 (SS-1) Able to solve problems in project-based physical education and guided discovery											
	independently or in groups											
5	Subject ai	ms/Content										
	1. Able t	o design and p	ractice the	historical o	ulture of	f pencak si	lat, the pe	ercep	tion of pencak			
	silat a	s a spiritual fou	undation, cu	ulture, arts	and spor	rts, martial	arts ethic	s pro	cedures, pairs			
	of sta	nces, stances,	step patter	ns, hand a	ind foot	attacks, de	efense an	d avo	oidance, locks,			
	drop,	sweep, cut										
	2. String	ng together th	ie basic mov	vements of	pencak	silat, basic	technique	es for	playing in the			
	sparri	ng category, m	atch rules,	refereeing	systems	, simulatio	n of the m	natch	system in the			
	sparri	ng category, er	npty-hande	d singles, e	empty-ha	inded doub	les, and te	eams				
6	Teaching	nethods										
_	project wo	ork, group wor	k, lectures, d	discussions	, Cooper	atif Learnir	ıg.					
/	Assessme	nt methods										
	Students a	re considered	competent	and pass if	they get	t at least a	minimum	test	score of 55			
	Which con	SISTS OF UIS, US	S, structured	d activities	(assignm	ients / I) a	nd particij	pator	y activities			
	(P). The fir	iai grade (NA)		according	, to the fo	bilowing to	rmula::					
	NA = (ZXP)	+(3XT)+(2XUTS	<u>0]+(3XU3)</u>									
	Conversio	n of the 0-100	scale value	to a 0-4 sca	ale and th	he letters a	re arrange	ed as	follows.			
	Letter	Num	nber	l	nterval							
	A	4,0	00	85 ≤ A	< 10	0						
	A-	3,7	75	80 ≤ A	< 85	5						
	B+	3,5	50	75 ≤ B-	⊦< 80)						
	В	3,0	00	70 ≤ B	< 75							

	В-	2,75	65 ≤	B-	<	70							
	C+	2,50	60 ≤	C+	<	65							
	С	2,00	55 ≤	С	<	60							
	D	1,00	40 ≤	D	<	55							
	E	0,00	0 ≤	Е	<	40							
	If student ca	n't reach passing grade	e, they a	ire ta	ke a	course on n	ext semester.						
8	This module	his module/course is used in the following study programme/s as well											
	All undergra	dute study program in	Unesa										
9	Responsibili	ty for module/course											
	Compulsory												
10	Other inform	nation											
	1. Atok dkk	. Pencak Silat. Jakarta:	Depdik	bud [Dirje	n Dikti Proye	ek Pembinaan Tenaga						
	Pendidik	an											
	2. H. Subag	gyo. Pencak Silat Untuk	Mahas	iswa I	Jmu	m. 2012. Su	rabaya: UNESA University						
	Press.												
	3. Johansya	ah dkk. 2014. Pencak Si	lat edis	i kedı	ıa. J	akarta: PT Ra	aja Grafindo Persada						
	4. Munas IPSI. Penjelasan Peraturan Pertandingan Pencak Silat Antar Bangsa. 2013. Jakarta:												
	PB IPSI.												
	5. R. Kotot	. Slamet Rivadi. Teknik	Dasar P	enak	Silat	Tanding. 20	03. Jakarta: PT. Dian Rakyat						

Pengetahuan Umum Olahraga/ The General Knowledge of Sport

	Module/Course Title									
Modu	le/Course	Student	Credits		Semes	ter	Frequer	ncy	Duration	
Title		Workload	(ECTS)		1		Every of	bb	1	
(if use	ed)	14 x (2 CU	2 CU x 1,5	9			semeste	er,	semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	endent		Class size	
	Lectures		hour	s Assig	nments	stu	dy			
			14 x 3	2 14 x	2 CU X	14 x 2 C	CU X 60		40 students	
			CU X S	50 60 m	ninutes	minu	utes			
			minut	es						
2	Prerequisi	tes for partici	pation (if a	oplicable)						
	-									
3	Descriptio	n								
	This cours	e will discuss t	he basics o	f sports kno	owledge i	in the world	d commur	nity, e	especially in	
	Indonesia.	Lectures are o	carried out	with prese	ntations	and discuss	ions, proje	ect as	ssignments	
	and reflections.									
4	Learning of	outcomes								
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching									
	physical e	ducation in a p	professional	manner						
	PLO-3 (KN	O-1) Able to d	emonstrate	theoretica	l and pra	ictical know	/ledge in t	he fi	eld of physical	
_	education	through the c	oncept of p	hysical edu	cation					
5	Subject ai	ms/Content								
	1. Ui	iderstand the	general me	aning of sp	ort, the l	history of a	ncient and	1 moo	dern sports,	
	th	e history of sp	orts in Indo	nesia, the l	nistory of	f the Olymp	hics, the hi	story	of PON, the	
	2 F.	story of the As	lan games,	and the ph	ysical fiti	ness system	l. Ltha valat	: .		
	2. EX	amine the cor	itents of the	e indonesia	n sports	system and	the relat	ionsr	np between	
	> SP	udving math n	ale robloms an	d colving c	oorts pro	blome in In	donocia			
	3. 3ι Λ Ιη	tornroting the	health of e	u solving sj vercising in	terms of	f food and o	uunesia taily activi	itioc		
	4. III 5. W	ork hard and o	nealth of e.	o completir	o tasks		any activi	iiies		
6	Teaching	methods		reompicen						
Ū	project wo	ork, group wor	k lectures.	discussion	s. Saintifi	k.				
7	Assessme	nt methods	n, reetares,		<i>)</i> ourrent					
	Students a	re considered	competent	and pass i	f they ge	t at least a	minimum	test	score of 55	
	which con	sists of UTS. U	S. structure	d activities	(assignn	nents / T) a	nd partici	bator	v activities	
	(P).		-,		(,.,.,.			,	
	The final g	rade (NA) is ca	alculated ac	cording to	the follo	wing formu	la::			
	NA = (2xP)	+(3xT)+(2xUT	S)+(3xUS)	0		0				
		10	<u>-</u>							
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and t	he letters a	re arrange	ed as	follows.	
	Letter	Nun	nber	I	nterval		C C			
	A	4,	00	85 ≤ A	< 10	00				
	A-	3,	75	80 ≤ A	- < 8	5				

	B+	3,50	75	≤	B+	<	80					
	В	3,00	70	≤	В	<	75					
	В-	2,75	65	≤	B-	<	70					
	C+	2,50	60	≤	C+	<	65					
	С	2,00	55	≤	С	<	60					
	D	1,00	40	≤	D	<	55					
	E	0,00	0	≤	Ε	<	40					
	If student car	n't reach passing grade	e, they	y ar	e tal	ke a	course on n	ext semester.				
8	This module,	/course is used in the t	follow	vin	g stu	dy p	programme/	's as well				
	All undergrad	All undergradute study program in Unesa										
9	Responsibilit	ty for module/course										
	Compulsory											
10	Other inform	nation										
	1. Lutar	n, Rusli. (2001). Olahra	ga da	n E	tika	Fair	Play . Ditjora	a & Mendiknas: Jakarta. –				
	2. Pram	iono, Made. (2003). Da	asar-d	lasa	ar Fil	osof	is Ilmu Keola	ahragaan (Suatu Pengantar) .				
	Jurna	al Filsafat, Jilid 34, No.										
	3. McN	amee, Mike. 2005. Phi	losop	hy	and	the S	Sciences of E	xercise, Health and Sport:				
	Critic	al perspectives on rese	earch	me	etho	ds. L	ONDON: RO	utledge 2 Park Square, Militon				
	Park,	Abingdon, Oxon OX14	I4KN Adama				avecant 20					
	4. Heat	ner Bateman, Katy Mc	Adam	1, H	owa		argeant . 200	D6. Dictionary of Sport				
		valm Dominic 2008 T			Dicti	Jaru	d nu of Sports	Studios London: SACE				
	5. IVIAIC	ications 1td	IE SA	GE	DICU	ona	ry or sports	Studies. London. SAGE				
	6 Mall	on Bill & Heiimans Ier	oen '	201	1 н	ista	rical Diction:	ary of the Olympic Movement				
	United Kingdom: Scarecrow Press Inc -											
	7. http:	//www.basicknowledg	re101		m/si	ibie	cts/physicall	nealth.html -				
	8. www	, ultathlete.com	,		, эс		ers, priysicul					
	9. UU n	o 3 tahun 2005										
	5. 001	2 2 12/10/1 2000										

Anatomi/ Anatomy

			Мо	dule/C	our	se Ti	itle				
Modu	le/Course	Student	Credits			Sen	nester	r	Frequer	ncy	Duration
Title		Workload	(ECTS)			1			Every or	bb	1
(if use	ed)	14 x (2 CU	2 CU x 1,59						semeste	er,	semester(s)
		(50 + 60 +									
		60									
		munites)								-	
1	Types of c	ourses	Contact	t St	ruc	ture	d	Indepe	ndent		Class size
	Lectures		hours	Ass	ign	men	ts	stud	dy		
			14 x 2	14	x 2	CU	Х	14 x 2 C	U X 60	4	10 students
			CU X 50	60 60	mi	nute	S	minu	ites		
			minutes	5							
2	Prerequis	ites for partici	pation (if app	olicable)						
3	Descriptio	on									
	This cours	e will discuss t	he anatomica	al princ	iple	es of	locom	notor orga	ans, name	ely bo	nes, joints,
	muscles a	nd nerves as a	system of me	ovemer	nt o	f the	e huma	an body i	n relation	to va	arious sports
	activities.	Lectures are ca	arried out wit	th prese	enta	atior	is and	discussio	ons, proje	ct ass	signments and
	reflections.										
4	Learning o	outcomes									
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical education in a professional manner										
	PLO-3 (KN	O-1) Able to d	emonstrate t	heoreti	cal	and	practi	ical know	ledge in t	he fie	eld of physical
	education	through the c	oncept of phy	ysical e	duc	atio	n				
	PLO-9 (SS-	2) Able to desi	gn research i	indeper	١de	ntly	or in g	groups to	provide a	altern	ative
	solutions	o problems in	the field of p	physical	ed	ucat	ion				
5	Subject ai	ms/Content									
	Examine t	he anatomical	principles of	locomo	otio	n, na	amely	bones, jo	oints, mus	cles a	and nerves as
6	a system o	of movement c	of the human	body ir	n re	latio	n to v	arious sp	orts activ	ities.	
6	nroject wo	metnoas ork. group wor	k lectures d	iscussic	ns	Sair	ntifik				
7	Assessme	nt methods	it, icetuics, u	13643516	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Jun					
ŕ	Students a	are considered	competent a	and pas	s if	thev	get at	t least a r	ninimum	test	score of 55
	which con	sists of UTS. U	S. structured	activiti	es (assi	gnmer	nts / T) ar	nd partici	bator	v activities
	(P).	,-	-,				5				,
	The final g	rade (NA) is ca	lculated acco	ording t	o tl	he fo	ollowir	ng formul	la::		
	NA = (2xP)	, +(3xT)+(2xUT	5)+(3xUS)	U				0			
		10									
	Conversio	n of the 0-100	scale value t	o a 0-4	sca	le ar	nd the	letters a	re arrange	ed as	follows.
	Letter	Nun	nber		In	terv	al				
	А	4,	00	85 ≤	А	<	100				
	A-	3,	75	80 ≤	A-	<	85				
	B+	3,	50	75 ≤	B+	<	80				
	В	3,	00	70 ≤	В	<	75				
	B-	2,	75	65 ≤	B-	<	70				

		C+	2,50	60	≤	C+	<	65				
		С	2,00	55	≤	С	<	60				
		D	1,00	40	≤	D	<	55				
		E	0,00	0	≤	Е	<	40				
	If stu	ident car	n't reach passing grade	, the	ey ai	re tal	ke a	course on n	ext semester.			
8	This module/course is used in the following study programme/s as well											
	All undergradute study program in Unesa											
9	Resp	onsibilit	y for module/course									
	Com	pulsory										
10	Othe	er inform	ation									
	1. V	Nerner F	latzer. 1983. Atlas dar	Buk	u T	eks A	nat	omi Manusia	a. EGC Penerbit Buku			
	Kedokteran											
	2. Evelyn C Pearce. 1985. Anatomi dan Fisiologi untuk Paramedis. EGC Jakarta											
	3. Ethel Sloane. 1995. Anatomi Fisiologi. EGC Jakarta											

Fisiologi Olahraga/ Sport Physiology

Module/Course Title											
Module/	Course	Stuc	lent		Credits		Semester	Frequency	Duration		
Title		Wor	rkload		(ECTS)		2	Every odd	1		
(if used)		14 x	(2 CU (50 + 60 +	+ 60	2 CU x 1,5	9		semester,	semester(s)		
		mun	nites)								
1	Types of		Contact	Stru	ictured		Indepe	ndent	Class size		
	courses		hours	Assig	gnments		y				
	Lectures	Lectures 14 x 2 CU X 14 x 2 CU X 60 14 x				14 x 2 CU X 60 minutes 40 students					
			50 minutes	mi	nutes						
2	Prerequi -	sites	for participatior	n (if applic	able)						
3	Descripti	on									
	Understa	inding	g and mastery of	f human pl	hysiology w	hich	n includes ske	eletal muscle	structure and		
	function, energy and hormone systems, nervous control over muscles, energy supply and										
	fatigue, cardiovascular system, respiratory system, cardiovascular response, principles of										
	exercise, adaptation to aerobic and anaerobic exercise, exercise in hot and cold environments,										
	exercise at high altitudes, sports training, body composition and nutrition for sports,										
	ergogeni	cs and	d exercise, exerc	cise in chilo	dren and ad	oles	scents, the a	ging process	and exercise.		
	Learning	is dor	ne through litera	ature revie	w, discussio	on a	ind case stud	ies.			
4	Learning	outco	omes								
	PLO-3 (K	NO-1)	Able to demon	strate theo	pretical and	pra	ictical knowle	edge in the fi	eld of physical		
	educatio	n thro	ough the concep	t of physic	al educatio	n					
	PLO-9 (SS	5-2) A	ble to design res	search ind	ependently	or i	n groups to p	provide alter	native		
	solutions	to pr	oblems in the fi	eld of phy	sical educat	ion					
	PLO-10 (GS-1)	Able to use app	ropriate IC	T to obtain	alte	ernative solu	tions to prob	lems in the		
_	scope of	physi	cal education w	ith various	models of a	арр	roaches				
5	Subject a	ims/	Content								
	Able to	cond	clude muscle p	ohysiology	, energy s	upp	oly, original	recovery,	environmental		
	Influence	es, ph	ysiology, warmi	ng-up and	cooling do	wn,	, cardiorespi	ratory system	n, VO2max, as		
6	well as w	Orkin	g smart, working	g in groups	s and being	res	ponsible for	their duties.			
6	reaching	meti	noas mous work last	uroc dico	ussians Sair	+: f :	L				
7		/01K, {	group work, lect	ures, disci	issions, san	1111	к.				
/	Students		echous	otont and	pace if they		tatloacta m	inimum tost	score of FF		
	which co	are c	of LITS LIS stru	etured act	tivitios (assi	ann	calleast a m	d participator	score or 55		
	(D)	1151515	5 01 013, 03, stit			BIIII	lents / 1 / and		yactivities		
	(r). The final	orade	e (ΝΔ) is calculat	ed accord	ing to the fo	مالم	wing formula				
	NA = (2x)	2)+(3)	(T)+(2x)TS)+(3x)			101	wing formula				
	<u>(2</u> <u>/</u>	1.(3/	10	<u> </u>							
	Conversi	on of	the 0-100 scale	value to a	0-4 scale ar	nd tl	he letters are	e arranged as	follows.		
	Lette	r	Number		Interv	al					
	A		4.00	85	<u> </u>	10	00				
	A-		3.75	80	<u> </u>	8	5				
	B+		3.50	75	<u> </u>	80)				
	B		3,00	70	≤ B <	75	- - -				

	B-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student car	n't reach passing grade	e, they a	re ta	ke a	course on n	ext semester.				
8	This module/course is used in the following study programme/s as well										
	All undergradute study program in Unesa										
9	Responsibility for module/course										
	Compulsory										
10	Other inform	ation									
	1. Dasar-da	sar Fisiologi Olahraga,	oleh Ni	ning	Kusr	anik dkk, 20	011.				
	2. 2.Fox' Physiological Basis for Exercise and Sport, Foss, Keteyian, 1998.										
	3. 3. Dasar Olahraga untuk Pembina Pelatih dan Atlet, Soekarman, R										
	4. Physiolog	gy of Sport Exercise, W	ilmore,	Costi	ll, Ke	enney, 2008					

Psikologi Olahraga/ Sport Psychology

			Ma	dulo/Cou	rco Titlo						
Madu		Chudont	Credite	dule/Cou		hav	F wa wwa w		Duration		
IVIOUU	lie/Course	Student	Credits		Semes	ter	Frequer	icy	Duration		
litle		Workload	(ECIS)		2		Every of	aa	1		
(If use	ed)	14 x (2 CU	2 CU x 1,59				semester,		semester(s)		
		(50 + 60 +									
		60									
		munites)				1		1			
1	Types of c	ourses	Contac	t Strue	ctured	Indepe	ndent		Class size		
	Lectures		hours	Assig	nments	stu	dy				
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60		40 students		
			CU X 50) 60 m	inutes	minu	ites				
			minute	s							
2	Prerequisi	tes for particip	pation (if ap	plicable)							
	-										
3	Descriptio	n									
	This cours	e will discuss tl	ne principles	of psycho	ology in s	ports so as	to be able	e to t	ake a better		
	approach when dealing with psychological events that often arise in coaching practice.										
4	Learning o	outcomes									
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of physical										
	education through the concept of physical education										
	PLO-9 (SS-	Able to desi	gn research	independ	ently or i	n groups to	provide a	alterr	native		
	solutions t	o problems in	the field of p	physical ec	ducation						
	PLO-10 (GS-1) Able to use appropriate ICT to obtain alternative solutions to problems in the										
	scope of p	hysical educati	on with vari	ous mode	ls of app	roaches					
5	Subject ai	ms/Content									
	1. At	ole to conclude	the underst	anding of	sport ps	ychology, le	earning th	eory	of behavior		
	fo	rmation, devel	opmental ch	aracterist	ics, perso	onality and	sports, le	aders	ship, group		
	dy	mamics, violen	t behavior ir	n sports, st	tress and	its manage	ement, ge	nder	and sports,		
	sp	orts and chara	cter building	5							
	2. At	ole to do menta	al skills train	ing to achi	eve spor	ts achieven	nents.				
6	Teaching	methods									
	project wo	ork, group worl	k, lectures, d	iscussions	s, Saintifi	k.					
7	Assessme	nt methods							<u> </u>		
	Students a	ire considered	competent a	and pass if	they get	t at least a i	minimum	test	score of 55		
	which con	sists of UTS, US	S, structured	activities	(assignm	nents / T) ar	nd partici	oator	y activities		
	(P).										
	The final g	rade (NA) is ca	Iculated acc	ording to	the follow	wing formu	la::				
	NA = (2xP)	+(3x1)+(2xU1S	<u>)+(3xUS)</u>								
	_	10							C - 11		
	Conversio	n of the U-100	scale value t	0 a U-4 sc	ale and ti	ne letters a	re arrange	ed as	TOIIOWS.		
	Letter	Num	iper		nterval						
	A	4,0		85 ≤ A	< 10	-					
	A-	3,7	/5	$80 \le A$	- < 85						
	B+	3,5	0	/5 ≤ B·	+ < 80)					
	B	3,0	00	70 ≤ B	< 75	j					

	В-	2,75	65	≤	B-	<	70					
	C+	2,50	60	≤	C+	<	65					
	С	2,00	55	≤	С	<	60					
	D	1,00	40	≤	D	<	55					
	E	0,00	0	≤	Е	<	40					
	If student car	n't reach passing grade	, the	ey ar	e tal	ke a	course on n	ext semester.				
8	This module	course is used in the f	ollo	win	g stu	dy p	orogramme/	/s as well				
	All undergradute study program in Unesa											
9	Responsibility for module/course											
	Compulsory											
10	Other inform	ation										
	1. Maksu	m, 2007. Psikologi Ola	hrag	<i>a.</i> T	eori	dan	Aplikasi. Su	rabaya: FIK UNESA.				
	2. Weinb	erg, R.S. & Gould, D. 19	995.	Fou	ndat	ions	of Sport an	d Exercise Psychology.				
	Champaign, IL : Human Kinetics.											
	3. Williams, J.M. 2001. Applied Sport Psychology. California: Mayfield Publishig Company.											
	4. Albinson, J.G. & Bull, S.J. (1988). The mental game plan. A training program for all sports.											
	London, Ontario : Spodym Publishers											

Keterampilan Dasar Renang/ Basic Swimming

			N	lodule/Cou	rse Title		T		1		
Modu	le/Course	Student	Credits		Semest	ter	Frequer	ıcy	Duration		
Title		Workload	(ECTS)		2		Every odd		1		
(if use	ed)	14 x (2 CU	2 CU x 1,5	9			semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Conta	ct Stru	ctured	Indene	ndent		Class size		
1	Locturos	ourses	bour		nmonto	ctu	dy				
	Lectures		14.4			1420			10 atu danta		
			CU X S	50 60 m	linutes	min	utes				
			minut	es							
2	Prerequisites for participation (if applicable)										
	-										
3	Descriptio	n									
	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.										
4	Learning outcomes										
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical e	ducation in a r	professional	manner							
		(0-1) Able to d	emonstrate	theoretica	and nra	ctical know	ledge in t	ho fi	eld of physical		
	education through the concent of physical education										
	education through the concept of physical education										
	PLU-0 (55-	I) ADIE LO SON	e problems	s in project-	baseu pi	iysical euu		guid	ieu uiscovery		
-		entiy or in grou	lps								
5	Subject ai	ms/Content					a .				
	1. Can d	o freestyle sw	imming, ba	ickstroke, t	oreaststro	oke and bu	tterny wi	tn tn	e correct style		
	techni	que.									
	2. Can co	ordinate swir	nming mov	ements a n	ninimum	distance o	f 50 mete	rs fro	om each of the		
	above	styles.									
	3. Have	knowledge of	swimming	history, sty	le swimm	ning, organ	ization an	d ad	ministration of		
	swimr	ning competit	ions.								
	4. Increa	se self-confide	ence.								
6	Teaching	methods									
	project wo	ork, group wor	k, lectures,	discussions	s, Project	Based Lea	rning.				
7	Assessme	nt methods									
	Students a	re considered	competent	t and pass i	f they get	t at least a	minimum	test	score of 55		
	which consists of UTS, US, structured activities (assignments / T) and participatory activities										
	(P).								-		
	The final g	rade (NA) is c	alculated ac	cording to	the follo	wing formu	ıla::				
	NA = (2xP)	+(3xT)+(2xUT)	S)+(3xUS)	0.11		0	-				
	<u>,</u>	10	<u>, (encer</u>								
	Conversio	n of the 0-100	scale value	$t_0 = 0.4$ sc	ale and ti	ne letters a	re arrang	od oc	follows		
	Lattor	NI	nhor		ntorval		ine arrang	cu as	10110 493.		
		inur									
1	II A	4,	00	o⊃	< 10	U U					

	A-	3,75	80 ≤	A-	<	85					
	B+	3,50	75 ≤	B+	<	80					
	В	3,00	70 ≤	В	<	75					
	В-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student can't reach passing grade, they are take a course on next semester.										
8	This module/course is used in the following study programme/s as well										
	All undergradute study program in Unesa										
9	Responsibility for module/course										
	Compulsory										
10	Other inform	nation									
	1. Ruben Gu	zman, 2007, The Swim	ming Di	ill Bo	ok,	United State	es, Human Kinetics				
	2. Dave. S Ph	D dan Scott.A. R PhD,	2008, C	omp	lete	Conditioning	g for Swimming, United States,				
	Human Ki	netics									
	3. Ernest W.	M, 1982 Swimming Fa	<i>ister,</i> Ca	liforr	nia S	tate Univers	sity Chico, Mayfeld publising				
	Company										
	4. David Haller, 2008, Belajar Berenang, Pionir Jaya, 511 Bandung 40231										
	5. Marta D dan Tina W, 2006, Renang, Cerdas Jaya Pondok Hijau Ciputat Tangerang 15419										
	6. Terry L dan John Delves, 2004, Total Immersion (The Revolutionary Way to Swim Better,										
	<i>Faster, dan Easier</i>) Fireside, 1230 Avenue of Americas New York, NY 10020										

Pembelajaran Atletik/ Teaching Learning of Athletics

	Module/Course Title										
Modu	ule/Course	Student	Cr	edits		Semest	er	Frequer	ıcy	Duration	
Title		Workload	(E	CTS)		2		Every or	dd	1	
(if use	ed)	14 x (3 CU	3 (CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +									
		60									
	-	munites)									
1	Types of c	ourses		Contact	Strue	ctured	Indepe	ndent		Class size	
	Lectures			hours	Assig	nments	stu	dy			
				14 x 3	14 x	3 CU X	14 x 3 C	U X 60	4	40 students	
				CU X 50	60 m	inutes	minu	ites			
	minutes										
2	Prerequisi Athletics E	ites for partici Basic Skill	pati	ion (if appli	cable)						
3	Description										
	Understar	nding, theoreti	cal	assessment	, and m	astery of	basic athle	tic skills ir	nclud	e: the steps of	
	learning th	ne numbers fo	r wa	alking, runn	ing, thro	owing, an	nd jumping	at the pri	mary	and	
	secondary	education un	it le	vels.							
4	Learning outcomes										
	PLO-4 (KNO-2) Able to apply the concept of physical education to deal with problems that										
	occur in th	ne field with a	mo	dified appro	bach						
	PLO-5 (KN	O-3) Able to a	pply	v problem n	nanager	nent met	hods in the	e field of p	ohysio	cal education	
	through classroom action research (PTK).										
	PLO-8 (SS-	1) Able to solv	/e p	roblems in	project-	based ph	ysical educ	ation and	lguid	ed discovery	
	independe	ently or in grou	Jps								
	PLO-10 (G	S-1) Able to us	se a	opropriate	ICT to o	btain alte	ernative sol	utions to	prob	ems in the	
	scope of p	hysical educat	tion	with variou	ıs mode	Is of app	roaches				
5	Subject ai	ms/Content									
	1. Under	stand the pro	cedu	ure for plan	ning tria	als of ath	letic learnir	ng models	,		
	2. Stude	nts are able to	ma	ke indicato	rs & inst	truments	to measur	e student	s' init	ial abilities	
	3. Under	stand intervie	w p	rocedures t	to obtai	n materia	als for mod	el testing	, sele	ct 3 reference	
	books	for model tes	sting	; materials,	create	lesson pl	ans and mo	odel testir	ng to	ols, can define	
	needs	and can appl	ym	odel testin	g proce	sses, can	analyze m	odel trial	resu	Its, can report	
	result	s model testir	ng ir	accordance	ce with	procedu	res, unders	standing a	and a	pplying street	
	numb	ers, running,	jum	ping, throw	ving, be	ing able	to apply th	ne proces	S OT	judging street	
	numb	ers, running, j	Jum	ping, throw	/ing, un	derstand	ing athletic	: number	serie	es and making	
	event 4 Organ	DOOKS,		natitians fa	r orimo		condon (od	ucation in		lava making	
	4. Organizing atmetic competitions for primary and secondary education in East Java, making										
6	Teaching	methods	uivi	uuai juui fid	115.						
0	project we	ork group wor		octuros dis	cussions	Project	Based Lear	ning			
7		nt methods	N, 10	lines, uisi		, rioject	Daseu Ledi	g.			
/	Studente	are considered		nnetent an	d nass if	they get	at least a r	ninimum	toct (score of 55	
	which con	sists of LITS 1	الا دا	tructured a	u pass II ctivitioc	(assignm	ents / T) ar	nd nartici	nator	v activities	
	(P)	31313 01 013, 0	J, 3		CUMUES	(สววเหมา	iciits / 1 / dl		Jacor	y activities	
L	1 T J ·										

	The final grade (NA) is calculated according to the following formula::										
	$N\Delta = (2xP)+(3)$	(1,7,7) = $(2,7,7)$ = $(2,7,7)$									
	$\frac{1000}{2000} = \frac{1000}{2000}$	10									
	Conversion o	f the 0-100 scale value	e to a O-	4 sca	e ar	d the letter	s are arranged as follows.				
	Letter	Number		In	terv	al					
	А	4,00	85 ≤	Α	<	100					
	A-	3,75	80 ≤	A-	<	85					
	B+	3,50	75 ≤	B+	<	80					
	В	3,00	70 ≤	В	<	75					
	B-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	C	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student can't reach passing grade, they are take a course on next semester.										
8	This module/	course is used in the	followir	ıg stı	ıdy	programme	/s as well				
	All undergrad	lute study program in	Unesa								
9	Responsibilit	y for module/course									
	Compulsory										
10	Other inform	ation									
	1. Lari, Lomp	oat, & Lempar Petunju	ik Meng	ajar	Atle	tik IAAF Lev	el 1. IAAF Pendidikan Pelatihan				
	dan Sisten	n Sertifikasi									
	2. Buku Pedo	oman Lomba Atletik Se	eri 1 Noi	nor L	ari (dan Gawang					
	3. Buku Pedoman Lomba Atletik Seri 2 Nomor Lompat										
	4. Buku Pedoman Lomba Atletik Seri 3 Nomor Lempar										
	5. IAAF Competition Rules 2016-2017										
	6. The Referee 2012 7. Handout Atlatik Laniutan										
	7. Hanuout A	AUELIK LANJULAN	2 24 7-	hun ⁻	0014						
	8. Permendi	kbud No. 20, 21, 22, 23	3, 24 fa	nun 2	2016)					

Pembelajaran Senam dan Aktivitas Ritmik/ Teaching Learning of Gymnastics

Module/Course Title										
e/Course	Student	Credits			Sem	neste	er	Frequer	ncy	Duration
	Workload	(ECTS)			2			Every of	dd	1
d)	14 x (3 CU	3 CU x 1,5	9					semester,		semester(s)
	(50 + 60 +									
	60									
	munites)									
Types of c	ourses	Conta	ct S [.]	truc	tured	r K	Indep	endent		Class size
Lectures		hour	s As	sign	men	ts	stı	ıdy		
		14 x 3	3 14	4 x 3	3 CU >	X	14 x 3 (CU X 60		40 students
		CU X 5	50 6	0 mi	inute	S	min	utes		
		minut	es							
Prerequisi	tes for partici	pation (if a	pplicabl	e)						
Gymnastics Basic Skill										
Descriptio	n									
This course	e discusses the	e concepts o	of advan	nced	tech	niqu	ues of arti	stic gymna	stics	and basic
movements of rhythmic gymnastics, as well as rhythmic activities, mastery of artistic and										
rhythmic gymnastics skills, officiating, as well as organization with its application and mastery										
of material in the learning process.										
Learning outcomes										
PLO-4 (KN	O-2) Able to a	pply the co	ncept of	phy	/sical	edu	ication to	deal with	probl	ems that
occur in th	e field with a	modified ap	proach							
PLO-5 (KNO-3) Able to apply problem management methods in the field of physical education										
through cla	assroom actio	n research	(PTK).							
PLO-8 (SS-	1) Able to solv	e problems	in proje	ect-l	based	l phy	ysical edu	cation and	lguid	ed discovery
independe	ntly or in grou	ips								
PLO-10 (G	5-1) Able to us	e appropria	ite ICI t	o ot	otain	alte	rnative so	lutions to	prob	lems in the
scope of p	hysical educat	ion with va	rious mo	odel	s of a	appr	oaches			
Subject all	ms/Content									
1. Studer	its can unders	itand, analy	ze and c	are	to tr	γ το	carry out	advanced	mov	ements of
Instrur	nent gymnast	ics and rnyt	nmic ac		les	orin	avariaus			
Z. Practic	ng in the ion			ιby	prep	diii	gvarious	salety too	15.	
reaching r	nethous	k locturos	diccussi	onc	Droi	oct I	Pacod Loa	rning		
	nt methods	K, IECLUIES,	uiscussi	UIIS	, PTOJ	etti	baseu Lea	ming.		
Students a	re considered	competent	and na	cc if	thou	σot	at least a	minimum	toct	score of 55
which con-	sists of LITS 11	S structure	d activit	ties	lassio	5CC 7nmi	ents / T) a	nd nartici	nator	v activities
(P).		e, structure			100018					Jacovico
The final grade (NA) is calculated according to the following formula::										
NA = (2xP)	+(3xT)+(2xUT)	S)+(3xUS)								
<u>,_,, /</u>	10	.,								
Conversion	n of the 0-100	scale value	to a 0-4	l sca	le an	d th	e letters a	are arrang	ed as	follows.
Letter	Nun	nber		Ir	nterva	al				
Α	4.	00	85 ≤	Α	<	100	0			
Δ_	3	75	80 ≤	A-	<	85				
	e/Course j) Types of co Lectures Prerequisi Gymnastic Descriptio This course movement rhythmic g of materia Learning o PLO-4 (KNG occur in th PLO-5 (KNG through cla PLO-4 (KNG occur in th PLO-5 (KNG through cla PLO-8 (SS independe PLO-10 (GS scope of pl Subject ain 1. Studer instrur 2. Practice Teaching r project wo Assessmen Students a which cons (P). The final g NA = (2xP) Conversior Letter A	e/Course Student Workload i) 14 x (3 CU (50 + 60 + 60 munites) Types of courses Lectures Prerequisites for particited Gymnastics Basic Skill Description This course discusses the movements of rhythmic rhythmic gymnastics skill of material in the learning Learning outcomes PLO-4 (KNO-2) Able to a occur in the field with a PLO-5 (KNO-3) Able to a occur in the field with a PLO-5 (KNO-3) Able to solv independently or in grouter of the solv independently or in grouter of the secope of physical educate of the formation of the orthogonal secope of the secope of the secope of undependently or in grouter of the formation of the formation of the formation of the orthogonal secope of the second secope of the second sec	e/Course Student Workload 14 x (3 CU (50 + 60 + 60 munites) Credits (ECTS) 3 CU x 1,5 Types of courses Conta hour 14 x 3 CU X 5 minut Lectures Conta hour 14 x 3 CU X 5 minut Prerequisites for participation (if al Gymnastics Basic Skill Description This course discusses the concepts of movements of rhythmic gymnastics rhythmic gymnastics skills, officiatin of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the cor occur in the field with a modified ap PLO-5 (KNO-3) Able to apply problet through classroom action research (PLO-8 (SS-1) Able to solve problems independently or in groups PLO-10 (GS-1) Able to use appropria scope of physical education with va Subject aims/Content 1. Students can understand, analy instrument gymnastics and rhyt 2. Practicing in the form of a simple Teaching methods project work, group work, lectures, Assessment methods Students are considered competent which consists of UTS, US, structure (P). The final grade (NA) is calculated ac NA = (2xP)+(3xT)+(2xUTS)+(3xUS) 10 Conversion of the 0-100 scale value Letter Number A 4,00	Module/(e/Course Student Workload 14 × (3 CU (50 + 60 + 60 munites) Credits (ECTS) Types of courses 3 CU × 1,59 Lectures hours As 14 × 3 Lectures hours As Prerequisites for participation (if applicabl Gymnastics Basic Skill Description This course discusses the concepts of advar movements of rhythmic gymnastics, as wel rhythmic gymnastics skills, officiating, as we of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of occur in the field with a modified approach PLO-5 (KNO-3) Able to solve problem mana through classroom action research (PTK). PLO-8 (SS-1) Able to use appropriate ICT t scope of physical education with various m Subject aims/Content 1. Students can understand, analyze and c instrument gymnastics and rhythmic ac 2. Practicing in the form of a simple circuir Teaching methods project work, group work, lectures, discussi Assessment methods Students are considered competent and pa which consists of UTS, US, structured activiti (P). The final grade (NA) is calculated according NA = (2xP)+(3xT)+(2xUTS)+(3xUS) 10 Conversion of the 0-100 scale value to a 0-4 Letter Number A A 4,00 85 <	Module/CourseModule/Coursee/CourseStudentCreditsWorkload(ECTS)14 x (3 CU3 CU x 1,59(50 + 60 +60munites)Types of coursesLecturesContactStructLectureshoursAssign14 x 314 x 3CU X 5060 mgymastics Basic SkillGymnastics Basic SkillDescriptionThis course discusses the concepts of advancedmovements of rhythmic gymnastics, as well asrhythmic gymnastics skills, officiating, as well asof material in the learning process.Learning outcomesPLO-4 (KNO-2) Able to apply the concept of phy occur in the field with a modified approachPLO-5 (KNO-3) Able to solve problems in project-l independently or in groupsPLO-10 (GS-1) Able to solve problems in project-l independently or in groupsPLO-10 (GS-1) Able to use appropriate ICT to ot scope of physical education with various modelSubject aims/Content1.Students can understand, analyze and dare instrument gymnastics and rhythmic activiti2.Practicing in the form of a simple circuit byTeaching methodsproject work, group work, lectures, discussionsAssessment methodsStudents are considered competent and pass if which consists of UTS, US, structured activities (P).The final grade (NA) is calculated according to tNA = $(2xP)+(3xT)+(2xUTS)+(3xUS)$ 10Conversion of the 0-100 scale value to a 0-4 scaleLetterNumberA </td <td>Module/Course Ti e/Course Student Credits Sen i) 14 x (3 CU (50 + 60 + 60 munites) 3 CU x 1,59 2 Types of courses Contact hours Structured Assignmen 14 x 3 CU X 50 G0 minutes 60 minute Prerequisites for participation (if applicable) Gymnastics Basic Skill Structured Assignmen Description This course discusses the concepts of advanced tech movements of rhythmic gymnastics, as well as orga of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical occur in the field with a modified approach PLO-5 (KNO-3) Able to apply problem management of through classroom action research (PTK). PLO-8 (SS-1) Able to use appropriate ICT to obtain scope of physical education with various models of a Subject aims/Content 1. Students can understand, analyze and dare to tr instrument gymnastics and rhythmic activities 2. Practicing in the form of a simple circuit by prep Teaching methods Students are considered competent and pass if they which consists of UTS, US, structured activities (assig (P). The final grade (NA) is calculated according to the fo NA = (2xP)+(3xT)+(2xUTS)+(3xUS) 10 Conversion of the 0-100 scale value to a 0-4 scale an Letter Number Interv (A</br></br></br></br></br></br></br></td> <td>Module/Course Title e/Course Student Workload 14 x (3 CU (50 + 60 + 60 munites) Credits (ECTS) 3 CU x 1,59 Semest 2 Types of courses Lectures Contact hours 14 x 3 CU X 50 Minutes Structured Assignments 14 x 3 CU X 50 Minutes Prerequisites for participation (if applicable) Gymnastics Basic Skill Our and the second Minutes Description This course discusses the concepts of advanced technique movements of rhythmic gymnastics, as well as rhythmic rhythmic gymnastics skills, officiating, as well as organize of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical edu occur in the field with a modified approach PLO-5 (KNO-3) Able to apply problem management met through classroom action research (PTK). PLO-8 (SS-1) Able to use appropriate ICT to obtain alte scope of physical education with various models of appr Subject aims/Content 1. Students can understand, analyze and dare to try to instrument gymnastics and rhythmic activities 2. Practicing in the form of a simple circuit by preparin Teaching methods Froject which consists of UTS, US, structured activities (assignm (P). 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Pr</td>	Module/Course Ti e/Course Student Credits Sen i) 14 x (3 CU (50 + 60 + 60 munites) 3 CU x 1,59 2 Types of courses Contact hours Structured Assignmen 14 x 3 CU X 50 G0 minutes 60 minute Prerequisites for participation (if applicable) Gymnastics Basic Skill Structured Assignmen Description This course discusses the concepts of advanced tech movements of rhythmic gymnastics, as well as orga of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical occur in the field with a modified approach PLO-5 (KNO-3) Able to apply problem management of through classroom action research (PTK). PLO-8 (SS-1) Able to use appropriate ICT to obtain scope of physical education with various models of a Subject aims/Content 1. Students can understand, analyze and dare to tr 	Module/Course Title e/Course Student Workload 14 x (3 CU (50 + 60 + 60 munites) Credits (ECTS) 3 CU x 1,59 Semest 2 Types of courses Lectures Contact hours 14 x 3 CU X 50 Minutes Structured Assignments 14 x 3 CU X 50 Minutes Prerequisites for participation (if applicable) Gymnastics Basic Skill Our and the second Minutes Description This course discusses the concepts of advanced technique movements of rhythmic gymnastics, as well as rhythmic rhythmic gymnastics skills, officiating, as well as organize of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical edu occur in the field with a modified approach PLO-5 (KNO-3) Able to apply problem management met through classroom action research (PTK). PLO-8 (SS-1) Able to use appropriate ICT to obtain alte scope of physical education with various models of appr Subject aims/Content 1. Students can understand, analyze and dare to try to instrument gymnastics and rhythmic activities 2. Practicing in the form of a simple circuit by preparin Teaching methods Froject which consists of UTS, US, structured activities (assignm (P). The final grade (NA) is calculated according to the follow NA = (2xP)+(3xT)+(2xUTS)+(3xUS) 10 10 Conversion of the 0-100 scale value to a 0-4 scale and th Letter Number Interval A	Module/Course Titlee/CourseStudentCreditsSemester1) $14 \times (3 \ CU$ $3 \ CU \times 1, 59$ 21) $14 \times (3 \ CU$ $3 \ CU \times 1, 59$ 2Types of coursesContactStructuredIndepeLectures 14×3 $14 \times 3 \ CU \times 160$ 14 $\times 3 \ CU \times 50$ 60Prerequisites for participation (if applicable)Gymnastics Basic Skill14 $\times 3 \ CU \times 50$ 60DescriptionThis course discusses the concepts of advanced techniques of arti: movements of rhythmic gymnastics, as well as rhythmic activities, rhythmic gymnastics skills, officiating, as well as organization with of material in the learning process.Earning outcomesPLO-4 (KNO-2) Able to apply the concept of physical education to occur in the field with a modified approachPLO-5 (KNO-3) Able to apply problem management methods in th through classroom action research (PTK).PLO-5 (KNO-3) Able to use appropriate ICT to obtain alternative so scope of physical education with various models of approachesSubject aims/Content1.1.Students can understand, analyze and dare to try to carry out instrument gymnastics and rhythmic activities2.Practicing in the form of a simple circuit by preparing various si tous instrument gymnastics and rhythmic activities2.Practicing in the form of a simple circuit by preparing various si tous instrument gymnastics and rhythmic activities2.Practicing in the form of a simple circuit by preparing various si tous instrument gymnastics and rhythmic activities2.Practicing in the form of a simple circuit	Module/Course Titlee/CourseStudent Workload 14 x (3 CU (50 + 60 + 60 munites)Credits (ECTS) 3 CU x 1,59Semester 2Frequence Every or semesterTypes of courses LecturesContact hours 14 x 3 CU X 50 CU X 50 GO minutesIndependent study 14 x 3 CU X 60 minutesPrerequisites for participation (if applicable) Gymnastics Basic SkillConcept sof of material in the learning process.Description This course discusses the concepts of advanced techniques of artistic gymna movements of rhythmic gymnastics, as well as organization with its applica of material in the learning process.Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical education to deal with occur in the field with a modified approach PLO-3 (SNO-3) Able to apply problem management methods in the field of pt through classroom action research (PTK).PLO-3 (SS-1) Able to solve problems in project-based physical education and independently or in groupsPLO-10 (GS-1) Able to use appropriate ICT to obtain alternative solutions to scope of physical education with various models of approachesSubject aims/Content 1.1.1.1.1.2.2.2.3.3.3.4.	Module/Course Title e/Course Student Credits (ECTS) Semester Frequency Every odd semester, i) 14 × (3 CU (50 + 60 + 60 munites) 3 CU × 1,59 1 Independent study Types of courses Contact hours Structured Assignments Independent study Lectures 14 × 3 CU X 50 60 minutes 14 × 3 CU X minutes Prerequisites for participation (if applicable) 60 minutes 14 × 3 CU X minutes Gymnastics Basic Skill Description Every odd avanced techniques of artistic gymnastics movements of rhythmic gymnastics, as well as organization with its application of material in the learning process. Learning outcomes PLO-4 (KNO-2) Able to apply the concept of physical education to deal with probl occur in the field with a modified approach PLO-5 (KNO-3) Able to apply problem management methods in the field of physical through classroom action research (PTK). PLO-5 (SO-1) Able to solve problems in project-based physical education and guid independently or in groups PLO-10 (GS-1) Able to use appropriate ICT to obtain alternative solutions to prob scope of physical education with various models of approaches Subject aims/Content 1 Students can understand, analyze and dare to try to carry out advanced mov instrument gymnastics and rhythmic activities 2. Pr

	B+	3,50	75 ≤	B+	<	80					
	В	3,00	70 ≤	В	<	75					
	В-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Ε	<	40					
	If student car	n't reach passing grade	, they a	re ta	ke a	course on n	ext semester.				
8	This module,	/course is used in the f	followin	g stu	idy p	orogramme/	/s as well				
	All undergrad	Jute study program in	Unesa								
9	Responsibility for module/course										
	Compulsory										
10	Other inform	nation									
	1. FIG, 2017	7. Code Of Points de Gy	/mnastic	s Art	istic	. Available	from : http://www.fig-				
	gymnasti	cs.com/site/index.php	1								
	2. Internet	website : Safety First fo	or Gymn	ast i	n Gy	mnasium .					
	3. Mahendr	ra, 2000. Senam . Direk	torat jei	nder	al pe	endidikan da	isar dan menengah bagian				
	proyek p	enataran guru SLTP set	tara D-II	l. DE	PDIk	BUD					
	4. Sholeh, 1992. Olahraga Pilihan Senam . Direktorat jenderal pendidikan tinggi proyek										
	pembinaan tenaga kependidikan. DEPDIKBUD										
	5. Soewandi, 1998. Perkembangan Senam Dasar . Unipress Unesa										

	Ilmu Gizi Olahraga/ Sports Nutrition										
			Μ	odule	e/Cou	rse Titl	e				
Modu	le/Course	Student	Credits			Seme	ster	Freque	ncy	Duration	
Title		Workload	(ECTS)			2		Every o	dd	1	
(if use	ed)	14 x (2 CU	2 CU x 1,5	9				semeste	er,	semester(s)	
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Conta	ct	Struc	tured	Indep	endent		Class size	
	Lectures		hour	s /	Assigr	nments	s stu	ıdy			
			14 x 2	2	14 x 2	2 CU X	14 x 2	CU X 60	4	40 students	
			CU X 5	50	60 m	inutes	min	utes			
			minut	es							
2	Prerequisi	tes for partici	pation (if a	pplica	ble)						
	-										
3	Descriptio	n									
	This cours	e will discuss t	he basics of	f nutri	ition, e	energy	metabolism	processes	s and	nutritional	
	regulation	in sports activ	ities. Lectu	res ar	e carr	ied out	with prese	ntations ar	nd dis	cussions,	
	project as	signments and	reflections	•							
4	Learning o	outcomes									
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical e	ducation in a p	rofessional	manr	ner						
	PLO-3 (KN	O-1) Able to de	emonstrate	theo	retica	and p	ractical know	wledge in t	he fie	eld of physical	
	education through the concept of physical education										
	PLO-9 (SS-	2) Able to desi	gn research	n inde	pende	ently o	r in groups t	o provide a	altern	ative	
	solutions t	o problems in	the field of	physi	ical ec	lucatio	n				
5	Subject ai	ms/Content		. .							
	Able to u	iderstand the	elements	of nut	trients	s and t	heir source	s, underst	and t	the process of	
	food dige	stion, absorpt	ion and m	netabo	olism	of nu	trients, per	form meti	nods	of measuring	
	nutritiona	status, con	clude the	role	ofn	utritio	n for spor	ts achieve	emen	t and health	
	developm	ent, master tr	ie impact o		oa, arı	nks an	a suppleme	ents on ph	ysica	I performance	
	and exami	ne problems r	iutritional p	orobie	ems in	Indon	esia, as well	as workin	g sm	art, working in	
6	groups and	a being respon	sible for th	eir du	ities						
6	reaching i	nethoas	lactures	diccur	ccionc	Sainti	fil				
7		nt methods	k, lectures,	uiscus	5510115	, Sanni	ΠК.				
'	Students a	re considered	comnetent	· and r	nacc if	thou	et at least a	minimum	toct	score of 55	
	which con	sists of LITS LI	S structure	d activ	vitios	lacciar	et at least a monts (T)	nd partici	nator		
	(D)	31313 01 013, 0	s, structure	uacti	VILLES	(สรรเซเ		inu partici	pator	y activities	
	The final grade (NA) is calculated according to the following formula:										
	NA = (2xP)	+(3xT)+(2x1)T	(3x115)	corun	-5 10 1						
		10	<u>, (JKUJ)</u>								
	Conversio	n of the 0-100	scale value	to a C)-4 sca	ale and	the letters	are arrang	ed as	follows.	
	Letter	Num	nber		 1	nterva					
	A	4.(00	85 -	<u></u> ≤A	<	100				
	A-	3	75	80 •	< A-	<	85				
	B+	3,!	50	75	≤ B+	- < 8	30				

	В	3,00	70	≤	В	<	75					
	В-	2,75	65	≤	B-	<	70					
	C+	2,50	60	≤	C+	<	65					
	C	2,00	55	≤	С	<	60					
	D	1,00	40	≤	D	<	55					
	E	0,00	0 :	≤	Ε	<	40					
	If student can't reach passing grade, they are take a course on next semester.											
8	This module,	course is used in the	follow	ving	g stu	dy p	programme/	's as well				
	All undergrad	lute study program in	Unesa	a								
9	Responsibilit	y for module/course										
	Compulsory Other information											
10	Other information											
	1. Sunita Almatsier, 2003. Prinsip Dasar Ilmu Gizi. Gramedia Pustaka Tama Jakarta											
	2. Irianto, Dj	oko Pekik, 2007. Pand	uan G	izi	Leng	ikap	Keluarga da	an Olahragawan. Yogyakarta:				
	Andi Offse	et										
	3. Supariasa	, dkk, 2013. Pemeriksa	ian St	atu	ıs Gi	zi. J	akarta: EGC	Penerbit Buku kedokteran				
	4. P. Hill, An	drew, King, Neil a. Dan	Byrne	e, N	Juala	аM.	, 2007. Child	lren, Obesity and Exercise-				
	Preventio	n, treatment and mand	ageme	ent	of c	hilho	ood and ado	lescent obesity, Oxon:				
	Routledge	2.										
	5. Jeukendru	ip, Asker, 2010. Sport i	Nutrit	ion	-Fro	m Lo	ab to Kitcher	 Maidenhead: Meyer & 				
	Meyer Sp	ort										
	6. Gropper,	Sareen S., and Smith, J	ack L.	20	13. /	Adva	anced Nutrit	ion and Human Metabolism.				
	Wadsword: Cengange Learning											
	7. Lampercht, Manfred, 2015. Antioxidants in Sport Nutrition. New York: CRK Press											
	8. Gizi Atlet .	Sepak Bola. <mark>www.gizi.r</mark>	<u>net</u>									
	9. Gizi untuk olahraga prestasi. <u>www.gizi.net</u>											

Module/Course Title										
Modu	ule/Course	Student	Credits		Semes	ter	Frequer	וכע	Duration	
Title		Workload	(FCTS)		3		Every of	hc,	1	
(if use	hء)	14 x (2 CU	2 CU x 1.5	9			semeste	۹r.	semester(s)	
(11 030	20)	(50 + 60 +	2 00 x 1,0	5			Semeste	.,	Series (S)	
		60								
		munites)								
1	Types of c		Conta	ct Stru	ctured	Indene	ndent	adont Class size		
-	Lectures	ourses	hour	ς Δςςίσ	stu					
	Lectures		14 x	2 14 x		14 x 2 C	14 x 2 CU X 60		40 students	
				50 60 m	2 CO A	minu				
			minut		infutes		1105			
2	Droroquis	itos for partici	nation (if a	nlicable)						
2	Fielequis		pation (n a	phicable						
3	Descriptio	n								
5	Understar	nding and mast	ering the a	nalysis of n	notion an	d function	of the hur	man	hody as a	
	system th	rough the appl	ication of k	nowledge (of anaton	ny and kine	siology b	ased	on the	
	concent o	f mechanics ar	nd its applic	ation in va	rious sno	rts activitie			on the	
4	Learning outcomes									
-	PLO-3 (KN	O-1) Able to d	emonstrate	theoretica	l and pra	ctical know	ledge in t	he fi	eld of physical	
	education	through the c	oncept of p	hysical edu	ication				e.e. e. p,e.ea.	
	PLO-6 (KN	O-4) Able to a	oply techno	logy in phy	vsical edu	cation learr	ning			
	PLO-9 (SS-	2) Able to desi	ign research	n independ	ently or i	n groups to	provide a	alterr	native	
	solutions	to problems in	the field of	physical e	ducation	11 Bi o apo to	provide (
	PLO-10 (G	S-1) Able to us	e appropria	te ICT to o	btain alte	ernative sol	utions to	prob	lems in the	
	scope of p	hysical educat	ion with va	rious mode	els of app	roaches		•		
5	Subject ai	ms/Content								
	1. Al	ole to understa	and and ana	lyze the m	otion and	l function o	f the hum	nan b	ody as a	
	sy	stem through	the applica	tion of kno	wledge o	f anatomy a	and kinesi	iolog	у	
	2. Al	ole to apply the	e concept o	f biomecha	nics and	its applicat	ion in var	ious	sports	
	ac	tivities								
6	Teaching	methods								
	project wo	ork, group wor	k, lectures,	discussion	s. Project	Based Lear	ning			
7	Assessme	nt methods								
	Students a	are considered	competent	and pass i	f they get	t at least a r	ninimum	test	score of 55	
	which con	sists of UTS, U	S, structure	d activities	(assignm	nents / T) ar	nd partici	oator	y activities	
	(P).									
	The final g	rade (NA) is ca	lculated ac	cording to	the follow	wing formu	la::			
	NA = <u>(2xP</u>)+(3xT)+(2xUT	<u>5)+(3xUS)</u>							
		10							6 H	
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and t	he letters a	re arrange	ed as	follows.	
	Letter	Nun	nber	05	nterval					
	A	4,	00	85 ≤ A	< 10	00				
	A-	3,	/5	80 ≤ A	- < 85	>				
	B+	3,	50	75 ≤ B	+ < 80)				
1	B	3,	00	70 ≤ B	< 75					

Biomekanik Olahraga/ Sports Biomechanics

	В-	2,75	65 ≤	B-	<	70								
	C+	2,50	60 ≤	C+	<	65								
	С	2,00	55 ≤	С	<	60								
	D	1,00	40 ≤	D	<	55								
	E	0,00	0 ≤	Е	<	40								
	If student c	an't reach passing grade	e, they a	re tal	ke a	course on n	ext semester.							
8	This module/course is used in the following study programme/s as well													
	All undergradute study program in Unesa													
9	Responsibility for module/course													
	Compulsory	1												
10	Other infor	mation												
	1. Blazevi	ch, Anthony.2007. <i>Sport</i> .	s Biomed	hani	cs.B	lack Publish	ers: London.							
	2. Knudso	n, Duane.2007.Fundam	entals of	^c Bior	neci	hanics Secon	d Edition.Springer:New York.							
	3. Zatsior	sky, Vladimir.2000. <i>Biom</i>	echanics	s in S	port	s.Blackwell S	Science.Ltd.Oxford:London.							
	4. Gianco	lli, C. Douglas. <i>Fisika Das</i>	ar untuk	Univ	versi	tas.Erlangga	:Jakarta							
	5. Harton	o, Soetanto.2007. <i>Anato</i>	mi Dasa	r dar	i Kin	<i>esiologi</i> . Un	esa University Press: Surabaya							
	6. R. Putz	& R. Pabst.2000. Sobott	a Atlas I	Der A	nat	omie Des Me	enschen, Edisi 21. Alih bahasa,							
	Septelia	a Inawati Wanandi, 2000	D. EGC: J	akart	a									

	Module/Course Title										
Modu	ule/Course	Student	Credits		Semest	er	Frequer	ncy	Duration		
Title		Workload	(ECTS)		3		Every or	bb	1		
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent Class size		Class size		
	Lectures		hours	Assig	nments	stu	ıdy				
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	4	40 students		
			CU X 50	60 m	inutes	utes minutes					
			minutes								
2	Prerequisi	ites for partici	pation (if appli	cable)							
2	Description										
5	This cours	n A will discuss t	he basics of he	alth adu	ication w	which includ	as Darsar	al Ha	alth		
	Nutritiona	l Problems Fr	vironmental H	ealth D		enroductive	es reisor Health		and the		
	implemen	tation of UKS i	in Schools, Lect	ures are	e carried	out with pr	esentatio	ins ar	nd discussions		
	project assignments and reflection.										
4	4 Learning outcomes										
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical e	, ducation in a p	professional ma	anner					0		
	PLO-3 (KN	O-1) Able to d	emonstrate the	eoretica	l and pra	ctical know	ledge in t	he fi	eld of physical		
	education	through the c	oncept of phys	ical edu	cation		-				
	PLO-9 (SS-	2) Able to des	ign research in	depend	ently or i	n groups to	provide a	alterr	native		
	solutions t	to problems in	the field of ph	ysical eo	ducation						
5	Subject ai	ms/Content									
	1. Under	stand the bas	ics of health e	ducatior	n which i	ncludes fac	tors that	affeo	t health, signs		
	of a h	ealthy body, o	communicable-	non-cor	nmunica	ble disease	s, efforts	to m	aintain health		
	and th	ne meaning, pu	urpose, implem	entatio	n and bei	nefits of he	alth educ	ation	in schools		
	2. Under	standing Pers	onal Health (F	ersonal	Hygiene	e), mental	health, re	eproc	luctive health,		
	nutrit	ion and healt	ny eating patte	erns, He	ealthy Cle	ean Lifestyl	e (PHBS)	, РЗК	and P3P and		
	2 Able t	application in s	schools		ct noton	ial hazarda	and cau		of accidents in		
	J. Able t daily l	ife as well as	rocedures for	y again saving (st potern	nd evacuati	on from c	dicact			
		to carry out	simple hasic	health	checks of	na evacuati nn student	s hoth	initia	l and routine		
	exami	nations to en	sure optimal he	alth co	nditions i	in narticina	ting in lea	arnin	g and avoiding		
	the sp	read of infecti	ous diseases in	school	s	in participa					
	5. Under	standing the	Goals. Targets	. Mana	gement.	Programs	and Scho	ol H	ealth Business		
	Servic	es (UKS) so as	to be able to n	nanage	these act	ivities in scl	hools				
	6. Demo	nstrate a resp	onsible attitud	e towar	ds the tas	sk of analyz	ing UKS a	ctivit	ies at school		
6	Teaching	methods					-				
	Project wo	ork, group wor	k, lectures, dis	cussions	. Scientif	ic Learning					
7	Assessme	nt methods				-					
	Students a	are considered	competent an	d pass i	f they get	: at least a r	minimum	test	score of 55		
	which consists of UTS, US, structured activities (assignments / T) and participatory activities										

Pendidikan Kesehatan Sekolah/ School Health Education

	(P).				
	The final gra	de (NA) is calculated	according to the fo	llowing for	mula::
	NA = (2xP) + (3xT)+(2xUTS)+(3xUS)	C	U	
		10			
	Conversion of	of the 0-100 scale valu	ue to a 0-4 scale an	d the letter	s are arranged as follows.
	Letter	Number	Interv	al	
	A	4,00	85 ≤ A <	100	
	A-	3,75	80 ≤ A- <	85	
	B+	3,50	75 ≤ B+ <	80	
	В	3,00	70 ≤ B <	75	
	В-	2,75	65 ≤ B- <	70	
	C+	2,50	60 ≤ C+ <	65	-
	C	2,00	55 ≤ C <	60	-
	D	1,00	40 ≤ D <	55	-
	E	0,00	0 ≤ E <	40	
	If student ca	n't reach passing grad	le, they are take a	course on r	iext semester.
8	This module	/course is used in the	e following study p	programme	/s as well
	All undergra	dute study program i	n Unesa		
9	Responsibili	ty for module/course	2		
	Compulsory				
10	Other inform	nation			
	1. Sarwoto	, Bambang Soetedjo.:	1993.Pendidikan Ke	esehatan da	in P3P, Depdikbud Jakarta
	2. Lutan, R	usli dkk.2000. Pendidi	ikan Kesehatan, De	epdiknas Jak	karta.
	3. P. Hills, A	Andrew, King, Neil A.	dan Byrne, Nuala N	vi., 2007. Cr	hildren, Obesity and Exercise -
	Preventi	on, treatment and ma	anagement of child	anood and a	idolescent obesity, Oxon:
	Routied	ge rrumidi 2010 Bonca	na Alam dan Bono	ana Anthron	agana Kanisius Vaguakarta
	4. Sukanua	numui. 2010. Bencui	Kasahatan Masus	inu Antinop rakat Ilmu	dan Sani Binaka Cinta Jakarta
	5. Notoatin	Dujo, Soekiujo. 2011 2 Env. 2011 Kacabat	. Kesenatan Wasya an Panroduksi Pan	nakat IImu (naja dan W/	uun Senn, Kineka Cipia Jakarta.
	7 St John /	mbulance St Andrew	v's First Aid dan Th	e British Re	nice, Saleniba Medika Jakai la
1	7. JUJUIII7			ie british Ne	a cross society, zorr. i list Alu

	Module/Course Title											
Modu	le/Course	Student	Credits			Sem	nest	er	Frequer	ncy	Duration	
Title		Workload	(ECTS)			3			Every or	bb	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59						semeste	er,	semester(s)	
		(50 + 60 +										
		60										
		munites)										
1	Types of c	ourses	Contact	St	ruct	ured	b	Indepei	ndent		Class size	
	Lectures		hours	Ass	signn	nen	ts	stud	study			
			14 x 2	2 14 x 2 CU X 14					U X 60	2	40 students	
			CU X 50	60) min	ute	S	minu	minutes			
			minutes									
2	Prerequisi	tes for partici	pation (if app	licable	e)							
	-											
3	Descriptio	n										
	This course will discuss the importance of administration and the competition system in											
	physical education activities in schools and also the organization of sports activities.											
4	Learning outcomes											
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of physical											
	education	through the c	oncept of phy	vsical e	duca	itior	1					
	PLO-10 (G	S-1) Able to us	se appropriate	e ICT to	o obt	ain	alte	rnative sol	utions to	prob	lems in the	
-	scope of p	hysical educa	tion with vario	ous mo	dels	of a	appr	oaches				
	PLO-11 (G	S-2) Designing	entrepreneu	rial des	signs	rela	ated	l to physica	l educatio	on an	nd sports	
5	Subject ai	ms/Content							<i>.</i> .			
	1. Ablet	o understand	knowledge re	lated t	o spo	orts	in t	he context	of organi	zing i	matches	
	2. Able t	o analyze the	match system	based	l on I	ela	ted	theories th	at have a	posit	tive attitude.	
6	3. Ablet	o plan the adr	ninistration ar	na com	ipeti	tion	i sys	tem of a sp	ort			
6	Teaching I	methods				c: .						
7	Project wo	ork, group woi	rk, lectures, di	scussio	ons. s	scie	ntifi	c Learning				
/	Assessme	nt metnoas		مما بمم	- : f -	h	~~+			to at .		
	Students a		competent a	no pas	S IT C	ney	get	at least a r	ninimum d porticir	tests	score or 55	
			s, structureu	activiti	les (a	12215	siin	ents / 1) ai	iu particij	Jator	y activities	
	(r). The final a	rado (NA) is c	alculated acco	rding	ta th	o fo	المل	ing formul				
	NA = (2vD)	1402 (11A) 13 C	S)+(3×115)	nung		0	100		a			
	$NA = \underline{(ZAI)}$	10	5) ((5×05)									
	Conversio	n of the 0-100	scale value to	oa0-4	scale	e an	nd th	e letters a	re arrange	ed as	follows	
	Δ	4	00 8	85 <	Α	<	100	0				
	A-	3	75 8	<u>so -</u> so -	A-	<	85	•				
	B+	3.	50 7	<u> </u>	B+	<	80					
	B	3,	00 7	/0 <	B	<	75					
	B-	2	75 6	5 <	 B-	<	70					
	C+	2,	50 F	<u> </u>	<u>C</u> +	<	65					
	C.	2,		5 <	<u>C</u>	<	60					
	D	1.	00 4	- <u>-</u> -0 ≤	D	<	55					

Administrasi dan Sistem Pertandingan/ Sport Match System and Administration

	E	0,00	0 ≤	Е	<	40							
	If student car	n't reach passing grade	, they a	re ta	ke a	course o	n next semester.						
8	This module	/course is used in the t	followir	ıg stı	ıdy p	program	ne/s as well						
	All undergrad	All undergradute study program in Unesa											
9	Responsibility for module/course												
	Compulsory												
10	Other inform	nation											
	1. Advendi	K. (2015). Sistem Perta	Indinga	n yar	ng Ef	<i>ektif.</i> Side	oarjo: Zifatama Publisher.						
	2. Ahmad P	. (2012). Manajemen I	Pendidik	an Jo	asma	ıni dan O	<i>lahraga.</i> Jakarta: Rineka Cipta.						
	3. Dini R. (2013). Perencanaan Pembelajaran dalam Penjaskes. Bandung: Alfa Beta.												

	Module/Course Title										
Modu	le/Course	Student	Credits		Semest	ter	Frequer	าсу	Duration		
Title		Workload	(ECTS)		3		Every o	dd	1		
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contac	t Stru	ctured	Indep	endent	ndent Class size			
	Lectures		hours	Assig	nments	st	udy				
			14 x 2	14 x	2 CU X	14 x 2	CU X 60	4	40 students		
			CU X 50) 60 m	ninutes	min	utes				
			minute	S							
2	Prerequisi	tes for partici	pation (if ap	plicable)							
3	Descriptio	n									
	Understanding and mastery of sports and physical education facilities and infrastructure,										
	including; planning, management, maintenance and construction. Lectures are carried out with										
	presentations and discussions, project assignments, and reflections.										
4	Learning outcomes										
	PLO-3 (KN	O-1) Able to d	emonstrate f	heoretica	I and pra	ctical kno	wledge in t	the fie	eld of physical		
	education	through the c	oncept of ph	ysical edu	cation						
	PLO-10 (G	S-1) Able to us	e appropriat	e ICT to o	btain alte	ernative so	olutions to	prob	lems in the		
	scope of p	hysical educat	ion with vari	ous mode	els of app	roaches					
	PLO-11 (G	S-2) Designing	entrepreneu	irial desig	ns relate	d to physic	cal educati	on ar	nd sports		
5	Subject ai	ms/Content									
	1. Able	to understan	d the prot	olem of	sports a	and physi	cal educa	tion	facilities and		
	infrast	tructure									
	2. Able t	o plan physica	l education t	ools for le	arning			c .			
	3. Able t	o carry out go	od maintena	nce and m	nanagem	ent of faci	lities and li	nfrast	tructure		
	4. Able t	o understand	various types	SOT TIEIO C	onstructi	on attitude i		~ + • ~			
	5. Able t	o demonstrat	e a responsi neturo in the		nteiligent	attitude i	n anaiyzin	g the	availability of		
6	Tooching	es anu initasti		: campus	environn	lent					
0	Project we	nethous	k lacturas d	liscussion	Project	Based Lea	rning				
7		nt methods	K, IECLUIES, U	13003310113	s. rioject	Daseu Lea	iiiiiig				
<i>,</i>	Students a	are considered	comnetent ;	and nass i	f they ge	t at least a	minimum	test	score of 55		
	which con	sists of UTS. U	S. structured	activities	(assignm	nents / T) a	and partici	nator	v activities		
	(P).		0) 511 40141 24	activities	(00018111			pato	y doctrices		
	The final g	rade (NA) is ca	alculated acc	ording to	the follo	wing form	ula::				
	NA = (2xP)	+(3xT)+(2xUT	5)+(3xUS)	0.1		0 -					
	· · · · ·	10									
	Conversio	n of the 0-100	scale value t	o a 0-4 sc	ale and t	he letters	are arrang	ed as	follows.		
	Letter	Nun	nber		nterval		Ũ				
	A	4,	00	85 ≤ A	< 10	00					
	A-	3,	75	80 ≤ A	- < 85	5					
	B+	3.	50	75 ≤ B	+ < 80)					

Sarana dan Prasarana Olahraga/ Sport Infrastructures

	В	3,00	70	≤	В	<	75					
	В-	2,75	65	≤	B-	<	70					
	C+	2,50	60	≤	C+	<	65					
	С	2,00	55	≤	С	<	60					
	D	1,00	40	≤	D	<	55					
	E	0,00	0	≤	Е	<	40					
	If student can't reach passing grade, they are take a course on next semester.											
8	This module/course is used in the following study programme/s as well											
	All undergrad	dute study program in	Unesa	а								
9	Responsibilit	ty for module/course										
	Compulsory											
10	Other inform	nation										
	1. Midgley	Rud cs. (1996). <i>Ensiklo</i> j	oedi (Dlal	hrag	a. Se	emarang: Da	ihara Prize.				
	2. Atmasub	rata Ginanjar (2012). S	erba	Tał	hu Di	unia	Olahraga. S	Surabaya: Dafa Publishing.				
	3. Pardijono	o, dan Yulfadinata Afifa	an (20)14). Bu	ku A	jar Sarana d	lan Prasarana Olahraga Edisi 1.				
	Surabaya	i: Unesa University Pre	ss.									

Permainan Kecil/ Traditional Games											
			Мо	odule/	Cour	'se Ti	tle				
Modu	le/Course	Student	Credits			Sen	nest	er	Frequer	ncy	Duration
Title		Workload	(ECTS)			3			Every o	dd	1
(if use	ed)	14 x (3 CU	3 CU x 1,59)					semeste	er,	semester(s)
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contac	t S	truc	ture	b	Indepe	ndent Class size		Class size
	Lectures		hours	As	ssign	men	ts	stud	dv		
			14 x 3	1	4 x 3	B CU I	х	14 x 3 C	U X 60		40 students
			CU X 50	60 minutes minu					tes		
			minute	s	-		-				
2	Prerequis	tes for partici	nation (if an	 nlicabl	le)						
-	-		pation (ii ap	pricas	,						
3	Descriptio	n									
5	Understar	ding and mast	erv of techn	inues	rule	s tez	achii	ng and lear	ning nroc		sand
	application of theory and practice of small games. Lectures are carried out with presentations										
	and discussions, practice, project assignments, and reflection.										
4	Learning outcomes										
-	PI O-4 (KNO-2) Able to apply the concept of physical education to deal with problems that										
	occur in th	e field with a	modified and	oroach	, pii)	Jicai	cut			prob	
		$\frac{1}{2}$ Able to dec	ign research	indon	ando	ntly	or ir	a groups to	provide	altorr	
	colutions t	2) ADIE 10 UES	the field of	nuepe		ucati	ion	i groups to	provide	aiteri	lative
F	Subject a	o problems in		priysica	areu	ucat	UII				
5		o understand	the meaning	ofval		onta	ino	d in small a	amos		
	1. Ablet	o apply the us	o of loorning		ues (rcoc	and	СТ	hacod loarr	aines aing modi	in in r	mactoring the
	2. Able t	o apply the us	e of learning	n of th	n na	anu	tvr	based learn	ofits of a	200	
	3 Ahlet	o demonstrate	a responsib	le attit	tudo	for i	ndiv	idual and o	roup wo	rk in v	working
	5. Abic C	er to practice	small games	with t	tool	sm	nunv all σ	ames with	out tools	and	comnetitive
	game		Sinan games		10013	, 3110	111 8		Jul 10013,	ana	competitive
6	Teaching	, nethods									
U	Project we	rk group wor	k lectures c	licruce	ions	Proi	ect	Rased Lear	ning		
7	Assessme	nt methods	R, 10000103, 0	150055	10115	. 1 10	cci	Duscu Leur			
,	Students a	re considered	comnetent	and na	acc if	thev	σet	at least a r	ninimum	tost	score of 55
	which con	sists of LITS 11	S structure	l activi	ties	lassio	5 5 nm	ents / T) ar	nd nartici	nator	v activities
	(P)	51515 01 015, 0	o, structuret		ties	(ພວກຮູ	5			putor	y detivities
	The final g	rade (NA) is ca	alculated acc	ording	, to t	he fo	llov	ving formul	a		
	NA = (2xP)	+(3xT)+(2xUT)	S)+(3x11S)	orung	,						
	10										
	Conversio	n of the 0-100	scale value t	to a 0-4	4 502	ile ar	nd th	ne letters a	re arrang	ed as	follows
	Letter	Nun	nber		Ir	nterv	al		2		
	Δ	4	00	85 <	Δ	<	10	0			
	Δ_		75	<u> </u>	Δ.		25	<u> </u>			
			50	75 <	R-		20	·			
	P 2.00 70			70 ~	т <u>о</u>		75				
		3,	75			<u> </u>	73				
	В-	_	/)	≥ כס	В-	<	70				

	C+	2,50	60	≤	C+	<	65						
	C	2,00	55	≤	С	<	60						
	D	1,00	40	≤	D	<	55						
	E	0,00	0	≤	Е	<	40						
	If student can't reach passing grade, they are take a course on next semester.												
8	This module/course is used in the following study programme/s as well												
	All undergradute study program in Unesa												
9	Responsibilit	y for module/course											
	Compulsory												
10	Other inform	ation											
	Hartati, Sasm	iinta Christina Yuli, dkk	. 201	12. /	Perm	aind	an Kecil (Car	a Efektif Mengembangkan					
	Fisik, Motoril	k, Keterampilan Sosial (dan l	Етс	sion	al).	Malang : Wi	neka Widya.					

	Module/Course Title										
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration		
Title		Workload	(ECTS)		3		Every o	dd	1		
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contac	ct Structured Indepe			endent	ndent Class size			
	Lectures		hours	Assig	nments	stu	ıdy				
			14 x 2	14 x	2 CU X	14 x 2 (CU X 60	4	40 students		
			CU X 50) 60 m	inutes	min	utes				
			minute	s							
2	Prerequisi	tes for partici	pation (if ap	plicable)							
	Basic Swin	nming									
3	Description										
	Understanding and mastery of theory and practice of swimming which includes rescue										
	swimming, first aid in water, process and simulation of rescue swimming, long-distance										
	swimming.										
4	Learning o	outcomes									
	PLO-4 (KNO-2) Able to apply the concept of physical education to deal with problems that										
	occur in th	e field with a	modified app	broach							
	PLO-5 (KN	O-3) Able to a	pply problem	n manager	ment met	hods in th	e field of p	ohysio	cal education		
	through cl	assroom actio	n research (F	РТК).							
	PLO-8 (SS-	1) Able to solv	e problems i	n project-	based ph	ysical edu	cation and	l guid	ed discovery		
	independe	ently or in grou	ıps								
	PLO-10 (G	S-1) Able to us	e appropriat	e ICT to o	btain alte	ernative so	lutions to	prob	lems in the		
	scope of p	hysical educat	ion with vari	ous mode	ls of app	roaches					
5	Subject ai	ms/Content									
	1. Able	to understand	d 4 style swir	nming tec	hnique co	orrectly.					
	2. Able	to do individu	ial medley sv	vimming v	vith corre	ect style te	chnique.				
	3. Able	to swim as fai	r as 200 met	ers.							
	4. Able	to understan	d and review	v knowled	lge abou	t procedu	res in prov	viding	g assistance to		
	victi	ms of drownin	g in water.								
	5. Able	to perform ar	nd apply resc	ue swimm	ning and v	water trap	s for 5 mir	utes.			
6	Teaching	nethods									
	Project wo	ork, group wor	k, lectures, c	iscussions	 Project 	Based Lea	arning				
7	Assessme	nt methods									
	Students are considered competent and pass if they get at least a minimum test score of 55										
	which con	sists of UTS, U	S, structured	activities	(assignm	ients / T) a	nd partici	pator	y activities		
	(P).										
	The final g	rade (NA) is ca	alculated acc	ording to	the follow	ving formu	ula::				
	NA = <u>(2xP</u>)	+(3xT)+(2xUT	5)+(3xUS)								
		10									
	Conversio	n of the 0-100	scale value t	o a 0-4 sc	ale and th	<u>ne letters</u> a	are arrang	ed as	follows.		
	Letter	Nun	nber	I	nterval						
	A	4,	00	85 ≤ A	< 10	0					

Pembelajaran Akuatik/ Teaching Learning of Aquatic
	A-	3,75	80 ≤	A-	<	85					
	B+	3,50	75 ≤	B+	<	80					
	В	3,00	70 ≤	В	<	75					
	B-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	C	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student ca	n't reach passing grade	e, they a	re tal	ke a	course on n	ext semester.				
8	This module/course is used in the following study programme/s as well										
	All undergra	All undergradute study program in Unesa									
9	Responsibility for module/course										
	Compulsory										
10	Other inform	nation									
	1. Renang,	Drs. Heroe Subali									
	2. Laughlin	, Terry and Delves, Joh	n. 2004	. Tot	al Ir	nmersion: T	he Revolutionary Way To Swim				
	Better, F	aster, and Easier. Simo	n & Sch	uster	Ne	w York					
	3. Salo, Da	ave and Riewald, Sco	tt. 2008	3. Co	mp	lete Conditi	ioning For Swimming. Human				
	Kinetics	States of America									
	4. Montgo	mery, Jim & Chambers	, Mo. 20	09. I	Men	guasai Bere	nang. Human Kinetics States of				
	America	.Ruben Guzman, 2007.	, The Sv	vimm	ing	Drill Book, L	Jnited States, Human Kinetics.				
	5. Dave. S	PhD dan Scott.A. R P	hD, 200	8.,	Con	nplete Cond	itioning for Swimming, United				
	States, H	luman Kinetics.									
	6. David Ha	aller, 2008. , Belajar Bei	renang,	Pioni	r Jay	/a, 511 Banc	lung 40231.				
	7. Terry L o	dan John Delves, 2004.	, Total I	Imme	ersio	on (The Revo	olutionary Way to Swim Better,				
	Faster, c	lan Easier) Fireside, 123	30 Aveni	ue of	Am	ericas New `	York, NY 10020.				

	Module/Course Title								
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration
Title		Workload	(ECTS)		3		Every of	dd	1
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 3	14 x	3 CU X	14 x 3 C	U X 60	4	10 students
			CU X 50	60 m	inutes	minu	ites		
			minutes						
2	Prerequisi	ites for partici	pation (if appli	icable)					
	-								
3	Description								
	A study of the meaning of curriculum, school curriculum development, curriculum analysis								
	which includes task and material analysis, formulation of goals and indicators of achievement,								
	essential concepts and learning, misconceptions and coping strategies by utilizing ICI. Lectures								
	presentations and discussions, project assignments, and reflections,								
Δ	Learning outcomes								
-		(0-1) Able to d	emonstrate th	eoretica	l and nra	ctical know	ledge in t	he fi	eld of physical
	education	through the c	oncent of phys	ical edu	cation		icuge in t	ine no	
	PI O-6 (KNO-4) Able to apply technology in physical education								
	PLO-8 (SS-	1) Able to solv	ve problems in	project-	based ph	vsical educ	ation and	l guid	ed discoverv
	independe	ently or in grou	aps			,		0	,
5	Subject ai	ms/Content	•						
	1. Able	to analyze le	earning resou	rces an	d ICT-ba	ised learni	ng medi	a in	studying the
	curric	ulum							
	2. Able	to understan	d and master	r know	ledge ab	out the d	levelopm	ent d	of the school
	curric	ulum, the pri	nciples of cur	riculum	analysis	and maste	er the co	oncep	ts of physical
	educa	tion and learn	ing including m	nisconce	ptions ar	nd strategie	s to over	come	them
	3. Able	to conduct o	urriculum ana	alysis to	o find co	ompetency	indicato	rs, s	elect material
	includ	ing breadth ar	nd depth.			a			.
	4. Able t	o demonstrate	e a responsible	attitud	e which is	sreflected	in the res	ults o	f a critical and
	thoro	ugn curriculun	n review						
6	Drojoct w	methods	k lacturas dis	cuccion	Droject	Pacod Loar	ning		
7		nt mothods	K, lectures, uis	cussions	s. Project	Daseu Lear	ming		
/	Assessment methods								
	which con	sists of LITS L	S structured a	ctivities	lassignm	ents / T) ar	nd nartici	nator	v activities
	(P).	51515 61 61 5, 6	o, structured a	envices	(0336111			puloi	y activities
	The final g	rade (NA) is c	alculated accor	ding to	the follow	ving formul	la::		
	NA = (2xP))+(3xT)+(2xUT	S)+(3xUS)						
		10							
	Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows.								

Telaah Kurikulum Pendidikan Jasmani Sekolah/ School's Physical Education Curriculum study

	Letter	Number		In	terv	al					
	А	4,00	85 ≤	Α	<	100					
	A-	3,75	80 ≤	A-	<	85					
	B+	3,50	75 ≤	B+	<	80					
	В	3,00	70 ≤	В	<	75					
	В-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student car	n't reach passing grade	, they a	re ta	ke a	course on n	ext semester.				
8	This module	course is used in the f	ollowin	g stu	ıdy	programme	/s as well				
	All undergrad	dute study program in	Unesa	•		0					
9	Responsibilit	ty for module/course									
	Compulsory										
10	Other inform	nation									
	1. Undang-Undang Dasar Negara Republik Indonesia tahun 1945 Amandemen 10 Agustus										
	2002.										
	2. Undang-	2. Undang-Undang Republik Indonesia Nomor 20 tahun 2003, tentang Sistem Pendidikan									
	Nasional.										
	3. Peratura	n Pemerintah Republik	Indone	sia N	lom	or 19 tahun	2005. tentang Standar Nasional				
	Pendidik	an.									
	4. Peratura	n Pemerintah Republil	k Indone	esia I	Nom	nor 32 tahur	1 2013 tentang Perubahan atas				
	Peratura	n Pemerintah Nomor 1	.9 tahun	200	5. te	entang Stand	lar Nasional Pendidikan.				
	5. Peraturan Pemerintah Republik Indonesia Nomor 13 tahun 2015 tentang Perubahan Kedua										
	atas Pera	aturan Pemerintah Nor	nor 19 ta	ahur	200	05. tentang S	Standar Nasional Pendidikan.				
	6. Peratura	n Menteri Pendidikan	dan Keb	uday	/aar	Republik In	donesia Nomor 61 tahun 2014.				
	tentang	Kurikulum Tingkat Sa	tuan Pe	endic	likaı	n pada Pen	didikan Dasar dan Pendidikan				
	Menenga	ah.									
	7. Peratura	n Menteri Pendidikan	dan Keb	ouda	yaar	n Republik Ir	ndonesia Nomor 24 tahun 2016				
	tentang	Kompetensi Inti dan	Kompet	ensi	Da	sar Pelajara	n pada Kurikulum 2013. pada				
	Pendidik	an Dasar dan Pendidika	an Mene	enga	h.						
	8. Peratura	n Menteri Pendidikan	dan Keb	uday	/aar	ı Republik In	donesia Nomor 20 tahun 2016.				
	tentang	Standar Kompetensi Lu	lusan Pe	endio	lika	n Dasar dan	Menengah.				
	9. Peratura	n Menteri Pendidikan	dan Keb	uday	/aar	Republik In	donesia Nomor 21 tahun 2016.				
	tentang	Standar Isi Pendidikan	Dasar da	an M	ene	ngah.					
	10. Peratura	n Menteri Pendidikan	dan Keb	uday	/aar	Republik In	donesia Nomor 22 tahun 2016.				
	tentang	Standar Proses Pendidi	kan Das	ar da	an M	1enengah.					
	11. Undang-	Undang Republik Indor	nesia No	mor	14 1	tahun 2005.	tentang Guru dan Dosen.				
	12. Peratura	n Menteri Pendidikan	Nasiona	l Rep	bubl	ik Indonesia	Nomor 16 tahun 2007. tentang				
	Standar I	Kualifikasi Akademik da	an Komp	eter	nsi G	uru.					
	13. Peratura	n Menteri Pendidikan	Nasiona	I Rep	bubl	ik Indonesia	Nomor 13 tahun 2007. tentang				
	Standar I	Kepala Sekolah/ Madra	sah.								
	14. Peratura	n Menteri Pendidikan	Nasiona	і Кер	bubl	ik Indonesia	Nomor 12 tahun 2007. tentang				
	Standar I	Pengawas Sekolah/ Ma	drasah.								
	15. Peratura	n Menteri Pendidikan	Nasiona	і Кер	bubl	ik Indonesia	Nomor 24 tahun 2007. tentang				
	Standar S	Sarana dan Prasarana (untuk Se	ekola	n D	asar/ Madra	san ibtidaiyah (SD/MI), Sekolah				

Menengah Pertama/ Madrasah Tsanawiyah (SMP/ MTs), dan Sekolah Menengah Atas/
Madrasah Aliyah (SMA/MA).
16. Peraturan Menteri Pendidikan Nasional Republik Indonesia Nomor 33 tahun 2008. tentang
Standar Sarana dan Prasarana untuk Sekolah Dasar Luar Biasa (SDLB), Sekolah Menengah
Pertama Luar Biasa (SMPLB), dan Sekolah Menengah Atas Luar Biasa (SMALB).
17. Peraturan Menteri Pendidikan Nasional Republik Indonesia Nomor 40 tahun 2009. tentang
Standar Penguji pada Kursus dan Pelatihan.
18. Peraturan Menteri Pendidikan Nasional Republik Indonesia Nomor 19 tahun 2007. tentang
Standar Pengelolaan Pendidikan oleh Satuan Pendidikan Dasar dan Menengah.
19. Peraturan Menteri Pendidikan Nasional Republik Indonesia Nomor 69 tahun 2009. tentang
Standar Biaya Operasi NonPersonalia tahun 2009 untuk Sekolah Dasar/ Madrasah
Ibtidaiyah (SD/MI), Sekolah Menengah Pertama/ Madrasah Tsanawiyah (SMP/MTs),
Sekolah Menengah Atas/ Madrasah Aliyah (SMA/MA), Sekolah Menengah Kejuruan (SMK),
Sekolah Dasar Luar Biasa (SDLB), Sekolah Menengah Pertama Luar Biasa (SMPLB), dan
Sekolah Menengah Atas Luar Biasa (SMALB).
20. Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia Nomor 23 tahun 2016.
tentang Standar Penilaian Pendidikan.

	Module/Course Title									
Modu	le/Course	Student	Credits		Se	mest	ter	Frequer	ncy	Duration
Title		Workload	(ECTS)		4			Every o	dd	1
(if use	ed)	14 x (3 CU	3 CU x 1,5	9				semeste	er,	semester(s)
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Conta	ct St	ructure	ed	Indepe	endent		Class size
	Lectures		hours	s Ass	ignme	nts	stu	dy		
			14 x 3	3 14	x 3 CU	X	14 x 3 C	CU X 60	4	40 students
			CU X 5	,0 60	minut	es	minu	utes		
			minut	es						
2	Prerequisi	tes for partici	pation (if a	oplicable)					
	-									
3	Description									
	Understan	iding and mas	tery of the r	ature of	the de	evelo	pment of h	numan mo	veme	ent, the
	involveme	nt of element	s that suppo	ort the a	:hiever	nent	of master	y of move	ment	and
	improvem	ent of movem	ient skills (sl	(IIIS). IO	further	be a	able to dev	elop mod	els of	learning
	motion in	physical educ	ation that ca	in impro	ve the	qual	ity of move	ement. Leo	cture	s are carried
	out with p	resentations a	and discussion	ons, proj	ect ass	ignm	ients and r	eflections	<u>. </u>	
4	Learning C	outcomes		+1+						
	PLU-3 (KN	U-1) Able to d	emonstrate	theoret	cal and	a pra	ctical knov	vieage in t	ine fie	eid of physical
	$P_{\rm LO} \in (KNO, 4)$ Able to apply technology in physical education									
-	PLU-6 (KN	0-4) Able to a	pply techno	iogy in p	nysical	eau	cation lear	ning		
5		to understan	d tha maani	ng of hu		owth	and dovo	lonmont	matic	an and various
		ifications (typ	u the mean	ng or nu	nan gi	fchi	I and deve	opinent,	notic	of from
	infar	ancations (typ	est of motic	n, anu s	ages o		iu moverne	int develo	pinei	
	2 Δhle	to analyze th	e factors that	at influer	ice the	deve	elonment d	of human i	move	ment and the
	2. Abie	riples of learn	ing moveme	nt skills		acvi		, naman	11000	
	3. Able	to conclude a	and develop	learning	mode	s to	improve th	e quality	of mc	ovement
6	Teaching	nethods						,		
	Project wo	ork, group woi	rk, lectures,	discussio	ons. Sci	entif	ic Learning	Į		
7	Assessme	nt methods	, ,					,		
	Students a	ire considered	l competent	and pas	s if the	y get	t at least a	minimum	test	score of 55
	which con	sists of UTS, U	IS, structure	d activiti	es (ass	ignm	nents / T) a	nd partici	pator	y activities
	(P).									
	The final grade (NA) is calculated according to the following formula::									
	NA = (2xP)+(3xT)+(2xUTS)+(3xUS)									
		10								
	Conversio	n of the 0-100	scale value	to a 0-4	scale a	nd tl	he letters a	ire arrang	ed as	follows.
	Letter	Nur	nber		Inter	val				
	А	4,	00	85 ≤	A <	10	0			
	A-	3,	75	80 ≤	A- <	85	5			
	B+	3,	50	75 ≤	B+ <	80)			
	В	3,	00	70 ≤	В <	75				

Teori Perkembangan dan Belajar Motorik/ Development and Motor Learning Theory

	B-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	C	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55]				
	E	0,00	0 ≤	Е	<	40					
	If student ca	n't reach passing grade	, they a	re tal	ke a	course on n	iext semester.				
8	This module/course is used in the following study programme/s as well										
	All undergra	dute study program in	Unesa								
9	Responsibility for module/course										
	Compulsory										
10	Other inform	nation									
	1. Cech, D	& Martin, S. Functiona	Movem	entl	Dev	elopment A	cross the Life Span . Philadelpia.				
	W.B. Sau	unders Company									
	2. Hurlock,	E. 1995. Perkembanga	n Anak j	ilid 1	. Jal	karta: Erlang	gga.				
	3. Kiram Y.	1992. Belajar Motorik	Jakarta:	Dirj	en D	ikti, Depdik	bud.				
	4. Magill, F	R.A, 2001. Motor Learni	ng Conc	epts	and	Application	is . Mc Graw-Hill Int.				
	5. Mutohir	, T.C & Gusril. 2004. Pe	rkembai	ngan	Мо	torik pada r	nasa anak-anak . Jakarta: Dirjen				
	Olahrag	a, Depdiknas.									
	6. Papalia,	D, Olds, S.W, & Feldma	in, R.D. 2	2001	. Hu	man Develo	pment. Mc Graw-Hill Int				
	7. Payne,	V.G & Isaacs, L.D. 1	.999. Hi	umai	n N	lotor Deve	lopment.A lifespan Approach.				
	Californ	a. Mayfield Publishing	Compan	y ,							
	8. Santrocl	k J.W.2007. Child Dev	elopmer	nt. (I	Perk	embangan	Anak. Alih bahasa : Mila dan				
	Anna). J	akarta: Erlangga.			~						
	9. Strand	& Wilson. 1993. Asse	ssing Sp	ort :	SKIII	s. The Un	ited States of Amerika.Human				
	Kinetics	Publishers.		、 . · c							
	10. Kathleei	n M. H & Nancy Getch	ell. 2009	9. Lit	e Sp	an Motor L	Jevelopment . United States of				
	America	: Human Kinetics Publis	sner.	204	14						
	11. Richard	11. Richard A. Schmidt & Himothy D. Lee. 2011. Motor Control and Learning: A Benavioral									
	Emphas	IS . United States of Am	erica:Hu	irnan	кin	etics Publisi	ier.				
	12. Dale N.	Le Fevre. 2012. Best	New Ga	imes	5.l	united State	es of America: Human Kinetics				
	Publishe	۲ .									

	Module/Course Title								
Modu	le/Course	Student	Credits		Seme	ster	Frequer	ıcy	Duration
Title		Workload	(ECTS)		4		Every of	dd	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	4	40 students
			CU X 50	60 m	inutes	minu	ites		
			minutes	<u>.</u>					
2	Prerequisi	ites for partici	pation (if app	licable)					
	-								
3	Description								
	This course provides an understanding and mastery of the principles and factors of injury								
	prevention in sports as well as treatment or first aid procedures for sports injuries. Lectures								
4	are carried out with presentations and discussions, project assignments and reflections.								
4	Learning outcomes								
	PLO-7 (KNO-5) Able to master theoretical and practical concepts in the field of physical								
	education	especially the	aster theorem	t of creat	hivity (a	ntrepreneur)	in the fie	ald of	nhysical
	education	and sports	euevelopinei		LIVILY (E	intepretieur	in the ne		priysical
		S-2) Designing	entrenreneu	rial desig	ns relat	ed to physica	al educati	on ar	nd sports
5	Subject ai	ms/Content	entrepreneu		ins relat				
5	1. Able	to understar	nd and maste	er the pr	inciples	and factors	s that ca	use s	ports injuries.
	vario	ous types of sp	orts iniuries.	and iniur	v preve	ntion in spor	ts		, , , , , , , , , , , , , , , , , , ,
	2. Able	to review and	l analyze proc	edures fo	, i pr treati	nent and firs	t aid for i	njuri	es
	3. Able	to study and	evaluate spor	ts injury i	oroblen	ns that occur	in the fie	ld	
6	Teaching	methods	•						
	Project wo	ork, group wor	k, lectures, di	scussions	s. Scient	ific Learning			
7	Assessme	nt methods							
	Students a	are considered	competent a	nd pass i	f they g	et at least a i	minimum	test	score of 55
	which con	sists of UTS, U	S, structured	activities	(assign	ments / T) ar	nd partici	pator	y activities
	(P).								
	The final g	rade (NA) is ca	alculated acco	ording to	the foll	owing formu	la::		
	NA = <u>(2xP</u>	<u>)+(3xT)+(2xUT</u>	<u>S)+(3xUS)</u>						
	Conversio	n of the 0-100	scale value to	3 a 0-4 sc	ale and	the letters a	re arrang	ed as	follows.
	Letter	Nun	nber		nterval	00			
	A	4,		$5 \leq A$	< _				
	A-	3,	/S 2	$SU \leq A$	- < 8	55			
	B+	3,	<u>00 - UC</u>	$r_{\rm D} \leq B$	+ < 2				
	В	3,			< /	70			
	B-	2,	/5 t	$35 \leq B$	- < /				
	L C+	<u> </u>	50 (t)U ≤ (·	+ < t	5			

Pencegahan dan perawatan Cidera OR/ Sport Injury Prevention and Treatment

	C	2,00	55	≤	С	<	60			
	D	1,00	40	≤	D	<	55			
	E	0,00	0	≤	Е	<	40			
	If student car	n't reach passing grade	, theγ	y ar	e ta	ke a	course on n	ext semeste	r.	
8	This module	/course is used in the t	follov	vinį	g stı	ıdy I	programme	/s as well		
	All undergradute study program in Unesa									
9	Responsibility for module/course									
	Compulsory									
10	Other inform	nation								
	1. Wibowo,ł	H. 1994. Pencegahan d	an Pe	nat	alak	sana	aan Cedera (Olahaga. EGO	C.Jakarta	
	2. Cedera Ol	ahraga,dkk. 1994. Ced	era O	lah	raga	a. PE	RDOSRI. Sur	abaya.		
	3. Maughan	R.J. 2009. The Olympic	c textl	boc	ok of	Scie	ence in Spor	t. Wiley-Blac	kwell, UK	
	4. Moeloek	D. 2000. Doping. KONI	. Jaka	irta						
	5. Norris C.	M. 1993. Sports inj	uries	di	agn	osis	and mana	agement for	physiotherapists.	
	Butterworth Heinenmann Ltd. Oxford. UK									

	Keterampilan Dasar Bolavoli/ Volleyball								
			Мо	dule/Cou	rse Title				
Modu	le/Course	Student	Credits		Semes	ter	Frequer	ncy	Duration
Title		Workload	(ECTS)		4		Every of	dd	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contac	t Struc	tured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stud	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60		40 students
			CU X 50) 60 m	inutes	minu	tes		
	minutes								
2	Prerequisites for participation (if applicable)								
	-								
3	Descriptio	on							
	Understanding the basic knowledge of volleyball includes: history, organization, basic								
	techniques in the practical mastery of the basic techniques of playing volleyball.								
4	Learning o	outcomes							
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching								
	physical e	ducation in a p	professional r	manner					
	PLO-3 (KN	O-1) Able to d	emonstrate t	theoretica	l and pra	actical know	ledge in t	he fi	eld of physical
	education	through the c	oncept of ph	ysical edu	cation				
	PLO-8 (SS-1) Able to solve problems in project-based physical education and guided discovery								
	independe	ently or in grou	ups						
5	Subject ai	ms/Content							
	1. Able	to understand	d and master	defense a	ind attac	ck tactics an	d strategi	ies	
	2. Able	to master and	apply the ac	dministrat	ion and	system of vo	olleyball r	nater	nes
	3. ADIE	to master the	imulations of	f vollovbal	Jan game	5			
6	4. Able	mothods		rvoneybar	matche	:5			
0	Project we	ork group wor	k lectures d	liscussions	Coone	rative Learn	ina		
7	Assessme	nt methods	k, iccluics, u	15605510115	. cooper				
	Students a	are considered	competent a	and pass if	they ge	t at least a r	ninimum	test	score of 55
	which con	sists of UTS, U	S, structured	lactivities	(assignn	nents / T) ar	nd partici	pator	v activities
	(P).	,							,
	The final g	rade (NA) is ca	alculated acc	ording to t	the follo	wing formul	a::		
	NA = (2xP)	+(3xT)+(2xUT	S)+(3xUS)	Ū		U U			
	10								
	Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows.								
	Letter	Nun	nber	l	nterval				
	А	4,	00	85 ≤ A	< 10	00			
	A-	3,	75	80 ≤ A·	< 8	5			
	B+	3,	50	75 ≤ B·	+ < 80)			
	В	3,	00	70 ≤ B	< 75	5			
	B-	2,	75	65 ≤ B-	· < 70	C			
	C+	2,	50	6 <mark>0 ≤ C</mark> -	+ < 65	5			

	C	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student	can't reach passing grade	e, they a	re ta	ke a	course on	next semester.				
8	This modu	le/course is used in the	followin	g stı	ıdy p	programm	e/s as well				
	All underg	radute study program in	Unesa								
9	Responsib	ility for module/course									
	Compulsory										
10	Other information										
	1. American sport education program.2007. coaching youth volleyball. Canada : Human										
	Kine	tic.									
	2. FIVB	2011. Coach Manual	(level	1).	Luss	ane : FED	DERATION INTERNATIONALE DE				
	VOL	.EYBALL									
	3. Kenr	y bonnie and Gregory	cindy. 2	006	Vo	lleyball ste	ep to success. Canada : Human				
	Kine	tics.									
	4. Mike	Line 2003. Complete Co	nditionir	ng fo	r Vo	lleyball : H	uman Kinetic				
	5. Nuri	Ahmadi 2007, panduan	olahraga	bol	avoli	i, Eka Pusta	aka Utama, Solo				
	6. PBVSI, peraturan permainan bolavoli, Jakarta										
	7. Taufiq, dkk. 2015 bolavoli ,unesa University Press Surabaya.										

	Module/Course Title								
Modu	le/Course	Student	Credits		Seme	ester	Frequer	าсง	Duration
Title		Workload	(FCTS)		4		Every of	hd	1
(if use	he)	14 x (2 CU	2 CU x 159		•		semeste	or Pr	semester(s)
(11 030	20)	(50 + 60 +	2 00 x 1,55				Semeste		Semester(s)
		60							
		munites)							
1	Types of c		Contact	Stru	horut	Indene	ndent		Class size
-	Lectures	ourses	hours	Δςςίσι	mente	s stur	łv		
	Lectures		14 x 2	14 x	2 CU X	14 x 2 C	4 7 U X 60		40 students
			CU X 50	60 m	inutes	minu	tes		io students
			minutes	0011	mates		ies.		
2	Prereguis	ites for particin	pation (if appl	icable)					
	-	····		,					
3	Description								
	Understar	ding and Mast	ery of basic so	occer the	ory an	d practice cov	vering his	tory,	Indonesian
	football co	oncepts, basic t	echniques of	game ac	<i>.</i> tivities	and the rules	of socce	r gan	nes.
4	Learning outcomes								
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching								
	physical e	ducation in a p	rofessional ma	anner					-
	PLO-3 (KN	O-1) Able to de	emonstrate th	eoretica	l and p	oractical know	ledge in t	he fi	eld of physical
	education	through the co	oncept of phys	sical edu	cation				
	PLO-8 (SS-	1) Able to solv	e problems in	project-	based	physical educ	ation and	l guid	led discovery
	independently or in groups								
5	Subject ai	ms/Content							
	1. Able	to understand	the theory, h	istory ar	nd patt	ern of nationa	al footbal	l dev	elopment.
	2. Be a	ble to identify	the rules of th	e game	of foot	ball.			
	3. Able	to analyze the	basic techniq	ues of th	ne gam	e of football.			
	4. Able	to master and	combine basi	c soccer	techni	iques correctl	у.		
6	Teaching	methods	1		6		• • •		
-	Project wo	ork, group worl	k, lectures, dis	cussions	. Coop	erative Learn	ing		
/	Assessme	nt methods			* h o o			test	anawa of FF
	Students a		competent an	iu pass ii	(accion	get at least a r	ninimum od porticij	lest	
	(D)	51515 01 013, 0.	s, structureu a	CUVILIES	(assigi	intents / 1) ai	iu particij	ματοι	y activities
	The final o	rade (NA) is ca	lculated accou	rding to t	he foll	lowing formul	a		
	$N\Delta = (2xP)$)+(3xT)+(2x11TS)+(3x115)				u		
	10								
	Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows.								
	Letter	Num	ber		nterva	I			
	A	4,0	0 8	5 ≤ A	<	100			
	A-	3,7	75 80) ≤ A·	· <	85			
	B+	3,5	50 7:	5 ≤ B·	+ <	80			
	В	3,0	0 70	0 ≤ B	<	75			
	B-	2,7	75 65	5 ≤ B·	· <	70			
	C+	2,5	50 60) ≤ C·	+ <	65			

Keterampilan Dasar Sepakbola/ Football

		С	2,00	55	≤	С	<	60			
		D	1,00	40	≤	D	<	55			
		E	0,00	0	≤	Е	<	40			
	lf stu	ident car	n't reach passing grade	, the	ey a	re ta	ke a	course on r	next semester.		
8	This	module/	course is used in the	ollo	win	g stı	ıdy I	programme	/s as well		
	All u	ndergrad	lute study program in	Une	sa						
9	Resp	onsibilit	y for module/course								
	Compulsory										
10	Other information										
	1. [Danny M	ielke. 2007. Dasar-das	ar S	epal	kbol	a. Ba	ndung : Pak	kar Pustaka.		
	2. 1	Tom Flec	k dan Ron Quinn . 200	7. Pc	andı	ıan l	Latih	an Sepakbo	ola Andal. Jakarta : Sunda		
	ŀ	Kelapa Pi	ustaka.								
	3. F	Robert K	oger. 2007. <i>Latihan Da</i>	sar ,	And	al Se	pak	bola Remajo	a. Klaten : Saka Mitra		
	ŀ	Kompete	nsi.								
	4. 9	Sam Snov	w. 2011. Coaching You	th So	оссе	r fift	th ea	lition : Hum	an Kinetic.		
	5. Peter Hyballa. 2012. Dutch Secret Soccer. British Library Cataloguing.										
	6. Jay Miller. 2014. Attacking Soccer : Human Kinetic.										

Media Pembelajaran Pendidikan Jasmani/ Physical Education Learning Media

	Module/Course Title									
Modu	ule/Course	Student	Credits	-	Seme	ster	Frequency		Duration	
Title		Workload	(ECTS)		4		Every o	dd	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size	
	Lectures		hours	Assignments stu			dy			
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60		40 students	
			CU X 50	60 n	ninutes	minu	ites			
			minutes							
2	Prerequisi	ites for partici	pation (if app	licable)						
	-									
3	Descriptio	n								
	Discuss an	d create phsic	al education	learning	media					
4	Learning of	outcomes								
	PLO-4 (KN	O-2) Able to a	oply the conc	ept of pr	iysical e	ducation to d	deal with	prob	lems that	
	occur in th	he field with a	modified app	roach						
	PLO-6 (KN	O-4) Able to a	oply technolo	gy in phy	sical ed	ucation learn	ning			
	PLO-10 (G	S-1) Able to us	e appropriate	e ICT to c	btain al	ternative sol	utions to	prob	lems in the	
	scope of p	hysical educat	ion with vario	bus mode	els of ap	proaches	1 1			
-	PLO-11 (G	S-2) Designing	entrepreneu	rial desig	ns relat	ed to physica	al educati	on ar	nd sports	
5	Subject al	ms/Content	anduda tha	maanin	a of lo	arning mad	نه دارنالهم	J :	decigning and	
	Students	are able to o	dia and able	meanir	g of le	arning mear nd rospost t	ia, skilled	n r	designing and	
	discussing	g learning me	ula, allu able		erate a	nu respect t	ne opinic	5115 0	of Others when	
6	Teaching	methods								
0	Project wo	ork group wor	k lectures di	scussion	s Proiec	rt Based Lear	ning			
7		nt methods	k, ieetui es, ui	500551011	5,110jet		<u>6</u> .			
ŕ	Students a	are considered	competent a	nd pass i	f they g	et at least a i	minimum	test	score of 55	
	which con	sists of UTS. U	S. structured	activities	(assign	ments / T) ar	nd partici	pator	v activities	
	(P).	,	-,		(8				,	
	The final g	rade (NA) is ca	lculated acco	ording to	the follo	owing formu	la::			
	NA = (2xP)	+(3xT)+(2xUTS	<u>5)+(3xUS)</u>	0		C				
		10								
	Conversio	n of the 0-100	scale value to	o a 0-4 so	ale and	the letters a	re arrang	ed as	follows.	
	Letter	Nun	nber		nterval					
	А	3 00	35 ≤ A	< 1	00					
	A-	3,	75 8	30 ≤ A	< 8	35				
	B+ 3,50			75 ≤ B	+ < 8	30				
	B 3,00			70 ≤ B	< 7	′5				
	B- 2,75 65 s			65_≤ B	- < 7	70				
	C+ 2,50 60 ≤			60 ≤ C	+ < 6	55				
	C	2,0	00 5	55 ≤ C	< 6	60				

	D	1,00	40	≤	D	<	55						
	E	0,00	0	≤	Е	<	40						
	If student ca	n't reach passing grade	e, the	y a	re ta	ke a	course	on r	ext semester.				
8	This module	/course is used in the	follov	vin	g stı	ıdy I	orogran	nme	/s as well				
	All undergra	dute study program in	Unes	а									
9	Responsibility for module/course												
	Compulsory												
10	Other inform	nation											
	1. Media P	embelajaran (Hakikat,	Penge	em	bang	an,	Pemanf	aata	n, dan Penilaian)				
	2. Perment	2. Permendiknas no. 22 tahun 2006 tentang Standar Isi											
	3. Produksi Media Video												
	4. Power point mata kuliah teknologi pembelajaran												

Teori Pembelajaran Inovatif Pendidikan Jasmani/ Physical Education Learning Inovation Theory

	Module/Course Title										
Modu	le/Course	Student	Credits		Semest	ter	Frequer	equency Duration			
Title		Workload	(ECTS)		4		Every of	dd	1		
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contac	t Stru	ctured	Indepe	ndent		Class size		
	Lectures		hours	Assig	nments	stu	dy				
			14 x 3	14 x	3 CU X	14 x 3 C	U X 60	4	40 students		
			CU X 5	0 60 m	ninutes	minu	ites				
			minute	S							
2	Prerequisi	ites for partici	pation (if ap	plicable)							
	School's P	hysical Educat	ion Curriculı	m study,	Psikologi	Pendidikan	, Basic of	Educ	cation		
3	Descriptio	on									
	This cours	e examines lea	arning mode	s with dir	ection (di	rect instruc	ction), cor	ncept	acquisition		
	(concept a	attainment mo	del), meanir	gful learn	ing (meai	ningful lear	ning), and	d disc	ussion		
	(discussio	n model of lea	rning), SET-c	riented le	arning, ai	nd learning	strategie	s (lea	irning		
	strategies).). The study	was carried	out throug	sh the pre	esentation of	of concep	ts, pr	esentation of		
	operation	al examples of	each learni	ig model i	n the fori	m of learnir	ng tools, v	vorks	hops on		
	developin	g learning tool	s by student	s oriented	to each i	model and	learning s	strate	gy. The study		
	activity en	ided with an ex	xercise in im	piementin	ig a certa	In learning	model by	eacn	student in a		
	peer teacr	ing forum foil	owea by als h Schoolc	cussion an	a renecti	on activitie	s as well a	as co	gnitive		
1											
4		O_{-1} Able to d	omonstrato	theoretica	l and nra	ctical know	ladga in t	ho fi	ald of physical		
	education	through the c	oncept of pl	ysical edu	ication		neuge in t		eiu or priysicai		
	PLO-6 (KN	O-4) Able to a	pply technol	ogy in phy	sical edu	cation learn	ning				
	PLO-7 (KN	O-5) Able to m	naster theor	etical and	practical	concepts in	the field	of ph	nysical		
	education	, especially the	e developme	nt of crea	tivity (ent	trepreneur)) in the fie	eld of	physical		
	education	and sports									
	PLO-10 (G	S-1) Able to us	e appropria	e ICT to o	btain alte	ernative sol	utions to	prob	lems in the		
	scope of p	hysical educat	ion with var	ous mode	els of app	roaches					
5	Subject ai	ms/Content									
	1. Utilizi	ng learning res	sources and	ICT to sup	port the	design and	l impleme	entati	ion of relevant		
	innova	ative physical e	education le	arning to a	achieve st	udent com	petence				
	2. Under	standing knov	vledge abou	t the char	acteristic	s of physica	al educati	on le	arning models		
	includ	ed in the inno	vative Learn	ng group							
	3. Makin	ig decisions in	n designing	and imple	ementing	innovative	e physical	edu	cation lessons		
	that	are relevant	to compet	encies, ch	aracteris	STICS OF SU	bject ma	atter,	and student		
	charao	cteristics in per	er teaching i	ormat	الد محامده				notonoice en-		
	4. Have	a responsible	attitude by a	ippiying le	earning th	iat is releva	ant to the	e com	ipetencies and		
6	cnarad	cueristics of stu	idents.								
D	Droiget		le lootures	licoucciere		Deced Le-	ning				
	Project wo	эгк, group wor	к, lectures, (liscussions	s, Project	вазеа rear	ning.				

7	Assessment methods											
	Students are	considered competen	it and pass i	if they	get at least	a minimum test score of 55						
	which consist	ts of UTS, US, structure	ed activities	s (assig	gnments / T) and participatory activities						
	(P).											
	The final grad	de (NA) is calculated a	ccording to	the fo	llowing form	nula::						
	NA = (2xP) + (3)	3xT)+(2xUTS)+(3xUS)	-		-							
		10										
	Conversion o	f the 0-100 scale value	e to a 0-4 so	cale ar	d the letter	s are arranged as follows.						
	Letter	Number		Interv	al							
	Α	4.00	85 ≤ A	۰ <	100							
	A-	3.75	80 ≤ A	∖ - <	85							
	B+	3.50	75 ≤ B	8+ <	80	-						
	B	3.00	70 < B	3 <	75							
	 B-	2 75	65 < B	3- <	70							
	C+	2,73	60 < 0	, , `+ <	65	-						
	<u> </u>	2,50	55 < 0	~ ~	60	-						
		1.00		· ·	55	-						
	$\begin{array}{c c c c c c c c c c c c c c c c c c c $											
	$\begin{array}{ c c c c c c c } E & 0,00 & 0 \leq E < 40 \\ \hline \\ If student con't reach passing grade, they are take a course on point connector. \end{array}$											
Q	If student can't reach passing grade, they are take a course on next semester.											
0	I his module/course is used in the following study programme/s as well All undergradute study program in Linesa											
0	An undergradule study program in Oriesa Responsibility for module/course											
5	Compulsory	y for module/course										
10	Other information											
10	1. Permendikhud No. 20 tahun 2016 ttg Standar Kompetensi Lulusan											
	1. Ferm	endikbud No. 20 tahu	in 2010 tig . in 2016 ttg !	Stand	ar Kompeter ar Isi							
	2. Ferm	endikbud No. 21 tahu	in 2010 tig . in 2016 ttg !	Stand	ar Drosos							
	J. Perm	endikbud No. 22 tahu	in 2010 tig : in 2016 ttg :	Stand	ar Donilaian							
	5 Dirie	n PSMP 2016 Pandua	n Pembela	iaran I	intuk Sekoli	ah Menengah Pertama Jakarta:						
	S. Brije	enterian Pendidikan d	an Kebuday	jaran /aan								
	6 lovce	B Weil M dan Cal	houn F (2)	009) N	Andels of Te	eaching: Model-model						
	Peng	ajaran (edisi kedelana	n) Yogyaka	arta: P	ustaka Belai	ar						
	7 Rink	Judith F. (1993). Teac	hing Physic	al Edu	cation for L	earning (second edition), USA:						
	Most	ov-Year Book. Inc.										
	8. Metz	ler. Michael W. (2000). Instructio	nal M	odels for Ph	vsical Education. US: Allyn and						
	Baco	n	,			,						
	9. Aren	ds. Richard I. (2012). <i>L</i>	earnina to	Teach	(9 th edition)). New York: McGraw-Hill						
	Educ	ation.			(,							
	10. Surot	to dan Khory, F.D. (20)	13). Peninal	katan	Keterampila	an Menaelola Pembelaiaran						
	Siswa	a Aktif melalui Pendek	atan Lessor	n Stud	/ (Studi pad	a Guru Penjasorkes SDN di						
	Кеса	, matan Taman Sidoario	o). Laporan	Penel	itian Hibah	Bersaing Universitas Negeri						
	Surabaya											
	11. Escartí, A., Gutiérrez, M., Pascual, C., & Llopis, R. (2010). Implementation of the											
	personal and social responsibility model to improve self-efficacy during physical											
	educ	ation classes for prima	ary school c	hildre	n. <i>Internatio</i>	onal Journal of Psychology and						
	Psvch	hological Therapy, 10(3).	_		, , , , , , , , , , , , , , , , , , ,						
	12. Wals	h, D. S. (2007). Suppoi	rting youth	devel	opment out	comes: An evaluation of a						

ſ	r	esponsibility model-based program. <i>Physical Educator</i> , 64(1), 48.
	13. V	Nebb, P., & Pearson, P. (2012). Creative unit and lesson planning through a
	t	hematic/integrated approach to Teaching Games for Understanding (TGfU). New
	Z	Zealand Physical Educator, 45(3), 17.
	14. F	Perlman, D. (2012). The influence of the Sport Education Model on amotivated
	S	tudents' in-class physical activity. European Physical Education Review, 18(3), 335-345.

Ilmu Kepelatihan Dasar/ Basic Coaching Science

	Module/Course Title										
Modu	le/Course	Student	Cr	edits		Semest	er	Frequer	ncy	y Duration 1 semester(s) Class size 40 students	
Title		Workload	(E	CTS)		4		Every of	bb	1	
(if use	ed)	14 x (2 CU	2 (CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses		Contact	Strue	tured	Indepe	ndent		Class size	
	Lectures			hours	Assig	nments	stu	dy			
				14 x 2	14 x	2 CU X	14 x 2 C	U X 60 40 students			
				CU X 50	60 m	inutes	minu	ites			
				minutes							
2	Prerequisi	ites for partici	pati	ion (if appli	icable)						
3	Descriptio	on									
	Understar	nding and mas	tery	of the theo	ory and	practice of	of the basic	s of coacl	ning s	cience which	
	includes p	rinciples, cond	ept	s, techniqu	es and p	rocesses	in the wor	ld of spor	ts coa	aching.	
4	Learning o	outcomes									
	PLO-3 (KN	O-1) Able to d	emo	onstrate the	eoretica	l and pra	ctical know	ledge in t	he fie	eld of physical	
	education	through the c	onc	ept of phys	ical edu	cation					
	PLO-10 (G	S-1) Able to us	se a	ppropriate	ICT to o	btain alte	ernative sol	utions to	prob	lems in the	
	scope of p	hysical educat	tion	with variou	us mode	ls of app	roaches				
	PLO-11 (G	S-2) Designing	ent	trepreneuri	al desig	ns related	d to physica	al educati	on an	id sports	
5	Subject ai	ms/Content									
	1. M	astering the c	onc	epts, princi	ples and	applicat	tion of the	basics of	coacl	ning in various	
	sp	orts training a	ctiv	ities in orde	er to inc	rease ach	nievement				
	2. Ui	nderstanding	coad	ch profiles,	talent r	nonitorir	ng, sports c	oaching a	at an	early age, the	
	in	fluence of ps	ych	ological tao	ctors or	n perforr	nance, the	biologic	al ba	isis of muscle	
	pe	erformance, ar	nd t	he fulfillme	nt of atl	nlete nut	rition; Skille	ed in trair	ning a	nd developing	
	er	fective trainin	g pr	ograms tha	it can be	applied	at school a	na outsia	e of s		
	3. At	Die to make tr	ne ri na in	ignt decisio the field	ns base	a on stu	dies based	on the re	suits	of theoretical	
		ne to plan ma	inac	re and analy	vze a ioł	that rec	uires exnei	rtise in ed	lucati	on and sports	
	5. Ha	ave a responsi	hle	attitude tov	vards th	e task of	making tra	ining pro	pram	s.	
	51 11		ore -						Brann		
6	Teaching	methods									
	project wo	ork, group wor	·k, le	ectures, dis	cussions	, Cooper	ative Learn	ing.			
7	Assessme	nt methods									
	Students a	are considered	l cor	npetent an	d pass if	f they get	t at least a i	minimum	test s	score of 55	
	which con	sists of UTS, U	S, s	tructured a	ctivities	(assignm	ients / T) ai	nd partici	oator	y activities	
	(P).										
	The final g	rade (NA) is ca	alcu	lated accor	ding to	the follow	ving formu	la::			
	NA = <u>(2xP</u>))+(3xT)+(2xUT	S)+(<u>3xUS)</u>							
		10									
	Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows.										

	Letter	Number			Int	terv	al	
	А	4,00	85	≤	Α	<	100	
	A-	3,75	80	≤	A-	<	85	
	B+	3,50	75	≤	B+	<	80	
	В	3,00	70	≤	В	<	75	
	B-	2,75	65	≤	B-	<	70	
	C+	2,50	60	≤	C+	<	65	
	C	2,00	55	≤	С	<	60	
	D	1,00	40	≤	D	<	55	
	E	0,00	0	≤	Е	<	40	
	If student car	n't reach passing grade	, the	y ar	e tal	ke a	course on n	ext semester.
8	This module,	course is used in the f	follov	win	g stu	dy j	programme	/s as well
	All undergrad	lute study program in	Unes	а				
9	Responsibilit	y for module/course						
	Compulsory							
10	Other inform	ation						
	1. Australiar	Coaching Council. 199	90. Be	egin	ning	Co	aching Level	1 Coach Manual.
	2. Bompa, T	odor .1994. Teory and	Metc	odol	logi d	of tr	aining.	
	3. Gunarsa,	Singgih D, dkk. Psikolog	gi Ola	hra	iga. 1	1989). Jakarta : P	T BPK Gunung Mulia
	4. Suhendro	, Andi, dkk. 1999. Jakaı	rta : l	Jniv	/ersi	tas ⁻	Ferbuka.	
	5. Harsono.	2004. Perencanaan Pro	ogran	n La	itiha	n.		

Masase Olahraga/ Sports Massage

	Module/Course Title										
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration		
Title		Workload	(ECTS)		4		Every of	dd	1		
(if use	ed)	14 x (2 CU	2 CU x 1,5	9			semeste	er,	semester(s)		
	,	(50 + 60 +						•			
		60									
		munites)									
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	ndent		Class size		
	Lectures		hour	s Assig	nments	stu	dv				
			14 x 2	2 14 x	2 CU X	14 x 2 C	U X 60	4	40 students		
			CU X 5	50 60 m	inutes	minu	utes				
			minut	es							
2	Prereguis	tes for partici	pation (if a	oplicable)							
_	Anatomy.	Sport Physiol)gV								
3	Descriptio	n	01								
	This cours	e discusses th	e understan	ding and a	oplication	n of the the	orv and p	racti	ce of sports		
	massage v	which includes	the concep	t of massag	e. types	of massage	and thei	r use	s. professional		
	ethics. tar	gets and mani	pulation tec	hniques ca	rried out	during tra	ining, befo	ore	,		
	competing	z/competing. d	during and a	fter compe	ting/con	npeting inc	luding hai	ndling	g iniuries.		
	Lectures a	re carried out	with preser	ntations an	d discuss	ions. practi	ce. projec	t ass	ignments and		
	reflection.					,			0		
4	Learning o	outcomes									
	PLO-9 (SS-	2) Able to des	ign research	n independ	ently or i	n groups to	provide a	alterr	native		
	solutions t	o problems in	the field of	physical ed	ducation		-				
	PLO-11 (G	S-2) Designing	entreprene	eurial desig	ns related	d to physic	al educati	on ar	nd sports		
5	Subject ai	ms/Content									
	1. Maste	ring the histo	ry of massa	ge, basic c	oncepts,	principles,	types and	d use	s and benefits		
	in spo	orts, Creating	and buildir	ig professi	onal ethi	cs that m	ust be up	held	by a maseur,		
	Maste	ring manipula	ation techn	iques in m	nassage a	and the b	enefits th	at a	re carried out		
	during	; training, befo	ore competi	ng / comp	eting, du	ring and af	ter comp	etitio	n/competition		
	includ	ing injury trea	tment.								
	2. Have	an intelligent	attitude ir	n making o	lecisions	and be re	esponsible	e for	the duties as		
	masse	ur/masseuse.									
6	Teaching	methods									
	project wo	ork, group wor	k, lectures,	discussions	s, Cooper	ative Learn	ing.				
7	Assessme	nt methods									
	Students a	are considered	competent	and pass i	f they get	t at least a	minimum	test	score of 55		
	which con	sists of UTS, U	S, structure	d activities	(assignm	ients / T) a	nd partici	pator	y activities		
	(P).										
	The final g	rade (NA) is ca	alculated ac	cording to	the follow	ving formu	la::				
	NA = <u>(2xP</u>	+(3xT)+(2xUT)	5)+(3xUS)								
	_	10									
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and the	<u>ne letters</u> a	re arrang	ed as	tollows.		
	Letter Number II			nterval							
	A	4,	00	85 ≤ A	< 10	0					

	A-	3,75	80 ≤	A-	<	85							
	B+	3,50	75 ≤	B+	<	80							
	В	3,00	70 ≤	В	<	75							
	В-	2,75	65 ≤	B-	<	70							
	C+	2,50	60 ≤	C+	<	65							
	С	2,00	55 ≤	С	<	60							
	D	1,00	40 ≤	D	<	55							
	E	0,00	0 ≤	Е	<	40							
	If student car	dent can't reach passing grade, they are take a course on next semester.											
8	This module,	odule/course is used in the following study programme/s as well											
	All undergrad	ergradute study program in Unesa											
9	Responsibilit	y for module/course											
	Compulsory												
10	Other inform	ation											
	1. Dirje	n pemuda dan Olahrag	a, 1980,	Spo	rt m	assage, Jaka	arta , depdikbud.						
	2. Cael,	Christy, 2010, Function	onal Ana	tom	y : I	Musculoskel	etal Anatomy, Kinesiology, and						
	Palpa	ation for Manual Thera	pists, Ba	ltim	ore,	Lipincott W	illiams & Wilkins.						
	3. John	3. Johnson, Jane, 2011, Deep Tissue Massage, Hands-on Guides for Therapists,											
	Chan	Champaign-United State, Human Kinetics											
	4. Sima	ncek, Jeffrey A., 2013	3, Deep	Tissu	ue I	Massage Tre	eatment 2 nd Edition, St. Louis-						
	Miss	ouri, Mosby											

Sosiologi Olahraga/ Sport Sociology

	Module/Course Title										
Modu	le/Course	Student	Credits		Semes	ter	Frequency		Duration		
Title		Workload	(FCTS)		4		Every of	bb	1		
(if use	he)	14 x (2 CU	2 CH x 1 5	9			semeste	or or	_ semester(s)		
	u)	$(50 \pm 60 \pm$	2 00 / 1,5				Jemeste		Semester(S)		
		(50 + 00 +									
		munites)			<u> </u>		<u> </u>				
1	Types of c	ourses	Conta	ict Stru	ctured	Indepe	endent		Class size		
	Lectures		hour	s Assig	nments	stu	dy				
			14 x	2 14 x	2 CU X	14 x 2 C	CU X 60		40 students		
			CU X :	50 60 m	ninutes	min	utes				
			minut	es							
2	Prerequisi	ites for partici	pation (if a	pplicable)							
	-										
3	Descriptio	on									
	This cours	e discusses th	e phenome	non of spoi	rt in a soc	cial context	; the ways	s in w	hich society		
	constructs	adapts, and	appreciates	sport: and	how spo	rts in scho	ols and co	mmu	nities are		
	used as a	vehicle for the	formation	of values.				-			
4		outcomes									
•		-1) Able to der	nonstrate a	scientific	critical ar	nd innovati	ve attitud	o in t	eaching		
	nbysical o	ducation in a r	rofessiona	l manner			ve attituu		caching		
		$\frac{1}{2}$	nonessiona		d outturo		norly in a		lanca with		
	PLU-2 (AS	-z) Able to del		eligious ali	u cultura	i values pro	репутта	ccort			
		ethics in carry	ing out pro	ressionally			1	I ('			
	PLO-3 (KN	0-1) Able to d	emonstrate	e theoretica	ii and pra	ictical knov	viedge in t	ne ti	eld of physical		
	education	through the c	oncept of p	physical edu	ication						
5	Subject ai	ms/Content									
	1. Ui	nderstanding l	nowledge	related to s	ports soc	cial phenon	nena				
	2. Ap	oplying skills ir	analyzing	social phen	omena o	f sports ba	sed on a n	umb	er of		
	so	ciological theo	ories								
	3. Ha	ave a positive	attitude and	d awarenes	s that sp	ort has bec	ome an ag	gent	of social		
	ch	lange.									
6	Teaching	methods									
	project wo	ork, group wor	k, lectures,	discussion	s, Project	Based Lea	rning.				
7	Assessme	nt methods									
	Students a	are considered	competen	t and pass i	f they ge	t at least a	minimum	test	score of 55		
	which con	sists of UTS, U	S, structure	ed activities	(assignn	nents / T) a	nd partici	pator	ry activities		
	(P).										
	The final g	rade (NA) is c	alculated ad	cording to	the follo	wing formu	ıla::				
	NA = (2xP)	+(3xT)+(2xUT)	5)+(3xUS)			0.0.0					
	<u>, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10</u>	10	<u>, (3×00)</u>								
	Conversio	n of the 0_100	scale value	$t_0 \ge 0.4$ co	ale and t	he letters a	re arrang	ed ar	follows		
	Lattor		scale value		ntorval		in c un ang	cu as			
		inun	00			0					
	A	4,		85 ≤ A	< 10						
	A-	3,	/5	80 ≤ A	- < 8						
	B+	3,	50	75 ≤ B	+ < 80)					

	В	3,00	70	≤	В	<	75							
	B-	2,75	65	≤	B-	<	70							
	C+	2,50	60	≤	C+	<	65							
	С	2,00	55	≤	С	<	60							
	D	1,00	40	≤	D	<	55							
	E	0,00	0	≤	Е	<	40							
	If student ca	an't reach passing grade	, the	ey ai	e tal	ke a	course on n	ext semester.						
8	This module	nis module/course is used in the following study programme/s as well												
	All undergra	l undergradute study program in Unesa												
9	Responsibil	ity for module/course												
	Compulsory	,												
10	Other infor	mation												
	1. Coa	akley, J. 2001. Sport in S	ociet	ty (7	'th e	ditic	n). Boston:	McGraw-Hill International						
	2. Yia	nnakis, A. Et Greendorfe	er, S.	L. (E	dito	rs). 1	1992. Applie	ed Sociology of Sport.						
	Cha	ampaign: Illinois:												
	3. Hu	man Kinetics. Freeman,	W. 2	2001	. Phy	/sica	I Education	and Sport in Changing Society.						
	Bos	ston: Allyn and Bacon												
	4. Ma	ksum, Ali. 2009. Hando	ut So	siol	ogi C	lah	raga. FIK- Ur	าesa						

			М	odule/Cou	rse Title						
Modu	le/Course	Student	Credits		Semest	ter	Frequer	ncy	Duration		
Title		Workload	(ECTS)		5		Every of	dd	1		
(if use	ed)	14 x (3 CU	3 CU x 1,5	9			semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	ndent		Class size		
	Lectures		hours	s Assig	nments	stu	dy				
			14 x 3	3 14 x	3 CU X	14 x 3 C	U X 60		40 students		
			CU X 5	60 m	ninutes	minu	ites				
			minut	es							
2	Prerequisi	ites for partici	pation (if a	oplicable)							
	-										
3	Descriptio	n									
	This cours	e will discuss u	understandi	ng and mas	stery of f	unction, the	e purpose	of m	leasurement		
	tests in ph	ysical educati	on, sports a	nd recreati	on in the	form of tes	sts of phy	sical	abilities and		
	skills, both	n theory and p	ractice, inclu	uding using	g the asse	ssment nor	ms. Lectu	ures a	are carried out		
	with presentations and discussions, practice, project assignments, and reflection										
4	Learning of	outcomes									
	PLO-3 (KN	O-1) Able to d	emonstrate	theoretica	I and pra	ctical know	ledge in t	the fi	eld of physical		
	education	through the c	oncept of p	hysical edu	ication						
	PLO-9 (SS-	2) Able to des	ign research	independ	ently or i	n groups to	provide a	alterr	native		
	solutions t	to problems in	the field of	physical ed							
	PLO-10 (G	S-1) Able to us	se appropria	ite ICI to o	btain aite	ernative sol	utions to	prop	iems in the		
	scope of p			nous mode	els of app	roacnes		<u></u>	d coorte		
E	Subject ai	S-2) Designing	entreprene	una uesig	iis relate	u to physica		on ai	iu sports		
5		nnsy content	, to utiliza la	arning res	nurces an	d ICT-based	learning	mer	lia in		
		derstanding g	lohally abou	it the nring	rinles oh	iertives and	domaine	s of to	est and		
	m	easurement a	ctivities in tl	he field of i	hysical e	education a	nd snorts	5010			
	2. At	ole to make de	cisions base	ed on analy	sis of info	ormation ar	nd data in	sele	cting. using.		
	ar	nd interpreting	test results	in sports							
	3. In	plement a res	ponsible at	titude for i	ndividual	and group	work in w	vorkii	ng together to		
	са	, rry out tests a	nd measure	ments.		0 1			0 0		
6	Teaching	methods									
	project wo	ork, group woi	k, lectures,	discussions	s, cooper	ative learni	ng.				
7	Assessme	nt methods									
	Students a	are considered	l competent	and pass i	f they get	t at least a r	minimum	test	score of 55		
	which con	sists of UTS, U	S, structure	d activities	(assignm	nents / T) ar	nd partici	pator	y activities		
	(P).										
	The final g	rade (NA) is c	alculated ac	cording to	the follov	wing formu	la::				
	NA = <u>(2xP</u>))+(3xT)+(2xUT	S)+(3xUS)								
		10									
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and t	he letters a	re arrang	ed as	follows.		
	Letter Number Interval										

Tes dan Pengukuran Olahraga/ Sport's Test and Measurement

	А	4,00	85	≤	А	<	100						
	A-	3,75	80	≤	A-	<	85						
	B+	3,50	75	≤	B+	<	80						
	В	3,00	70	≤	В	<	75						
	В-	2,75	65	≤	B-	<	70						
	C+	2,50	60	≤	C+	<	65						
	C	2,00	55	≤	С	<	60						
	D	1,00	40	≤	D	<	55						
	E	0,00	0	≤	Е	<	40						
	If student ca	an't reach passing grade	, they	y ar	e tal	ke a	course on n	ext semester.					
8	This module	course is used in the f	follow	ving	g stu	dy p	programme	/s as well					
	All undergra	undergradute study program in Unesa											
9	Responsibil	esponsibility for module/course											
	Compulsory												
10	Other information												
	1. Ma	rgareth J. Safrit , 1981. ,	, Evalı	uati	ion i	n Ph	iysical educa	ation. Champaign-IL, Human					
	Kin	etics											
	2. Fra	nk M.Verducci, Ed. D . 1	980.	Me	asur	eme	ent Concepts	s in Physical Education.					
	3. Nui	rhasan. 2001. Tes dan P	enguk	kura	an D	alan	n Pendidikar	n Jasmani. Depdiknas					
	4. Wi	nnick, Joseph P., dan Sh	lort, F	rar	ncis)	(. 20)14. Brockpc	ort physical fitness test manual					
	:a	nealth-related assessme	ent fo	r yc	oung	ster	s with disab	ilities. Champaign-IL, Human					
	Kin	etics											
	5. Sev	erini, Thomas A. 2015.	Analy	tic	Metl	nod	s In Sports U	Ising Mathematics and					
	Sta	tistics to Understand Da	ata fro	om	Base	bal	, Football, B	asketball, and Other. Boca					
	Rat	on		_									
	6. Bria	6. Brian Mackenzie. 2005. 101 Performance Evaluation Tests. Champaign-IL, Human											
	Kin	etics											
	7. Edv	vard et.al. 2007. Sport a	ind Ex	kerd	cise F	hys	iology Testi	ng Guidelines, The British					
	Ass	ociation of Sport and Ex	ercis	e So	cienc	es (Guide, Volur	ne II: Exercise and Clinical					
	Tes	ting, Routledge.											

Pembelajaran Bolavoli/ Teaching Learning of Volleyball

	Module/Course Title										
Modu	le/Course	Student	Credits	•	Semest	ter	Frequer	ncy	Duration		
Title	•	Workload	(ECTS)		5		Every of	dd	1		
(if use	ed)	14 x (2 CU	2 CU x 1,5	9			semeste	er,	semester(s)		
	1	(50 + 60 +	,					,			
		60									
		munites)									
1	Types of c	ourses	Conta	ct Stru	ctured	Indepe	ndent		Class size		
	Lectures		hour	s Assig	nments	stu	dv				
			14 x	2 14 x	2 CU X	14 x 2 C	U X 60	4	40 students		
			CU X S	50 60 m	ninutes	mini	utes				
			minut	es							
2	Prereauisi	tes for partici	pation (if a	oplicable)							
	Vollevball			,							
3	Descriptio	n									
	Understan	ding of basic	vollevball kr	nowledge ir	ncludes: h	nistory, org	anization.	basi	c techniques		
	in the prac	ctical mastery	of basic vol	levball play	ing techr	niques.	,				
3	Learning	outcomes									
4	PLO-4 (KN	O-2) Able to a	pply the co	ncept of ph	vsical edu	ucation to	deal with	probl	ems that		
-	occur in th	e field with a	modified ar	proach	, or oar oar			p. e.e.			
	PLO-5 (KN	(0-3) Able to a	nnly proble	m manager	nent met	hods in th	e field of r	hvsid	cal education		
	through cl	assroom actio	n research	(PTK)				Jiryon			
		1) Able to solv	e problems	in project-	hased nh	vsical edu	ration and	guid	ed discoverv		
	independe	ently or in grou	ins	in project	buseu pr	lysical cau		Bala			
	PLO-10 (G	S-1) Able to us	se appropria	ate ICT to o	btain alte	ernative so	lutions to	prob	lems in the		
	scope of p	hysical educat	tion with va	rious mode	els of app	roaches					
5	Subject ai										
	1. Masteri	ng general de	fense tactic	s and strate	egies.						
	2. Masteri	ng and unders	standing the	rules of th	e game						
	3. Plannin	g the match sy	/stem		0						
	4. Compile	e game statisti	CS								
	5. Masteri	ng and unders	standing the	administra	ation and	system of	volleyball	mate	ches.		
	7. Designii	ng rules and ir	door volley	ball games			•				
6	Teaching I	methods		-							
	project wo	ork, group woi	k, lectures,	discussions	s, Project	Based Lea	rning.				
7	Assessme	nt methods					-				
	Students a	re considered	competent	and pass i	f they get	t at least a	minimum	test	score of 55		
	which con	sists of UTS, U	S, structure	d activities	(assignm	nents / T) a	nd partici	pator	y activities		
	(P).										
	The final g	rade (NA) is c	alculated ac	cording to	the follov	wing formu	la::				
	NA = (2xP)	+(3xT)+(2xUT	S)+(3xUS)	-		-					
		10	`								
	Conversio	n of the 0-100	scale value	to a 0-4 sc	ale and tl	he letters a	re arrang	ed as	follows.		
	Letter	Nur	nber	I	nterval		5				
	A	4.	00	85 ≤ A	< 10	0					

	A-	3,75	80 ≤	A-	<	85						
	B+	3,50	75 ≤	B+	<	80						
	В	3,00	70 ≤	В	<	75						
	В-	2,75	65 ≤	B-	<	70						
	C+	2,50	60 ≤	C+	<	65						
	С	2,00	55 ≤	С	<	60						
	D	1,00	40 ≤	D	<	55						
	E	0,00	0 ≤	Е	<	40						
	If student car	n't reach passing grade	e, they a	re ta	ke a	course on n	ext semester.					
8	This module,	/course is used in the	followin	g stu	ıdy j	programme	/s as well					
	All undergrad	dute study program in	Unesa									
9	Responsibilit	Responsibility for module/course										
	Compulsory											
10	Other inform	nation										
	1. Americar	n sport education prog	ram. 200)7. с	oacł	ning youth v	olleyball. Canada : Human					
	Kinetic											
	2. FIVB. 201	L1. Coach Manual (leve	el 1). Lus	sane	: FE	DERATION I	NTERNATIONALE DE					
	VOLLEYB	ALL										
	3. Kenny bo	onnie and Gregory cinc	ly. 2006.	Voll	eyba	all step to su	iccess. Canada : Human Kinetic					
	4. Mike Line 2003. Complete Conditioning for Volleyball : Human Kinetic.											
	5. Nuril Ahmadi 2007., panduan olahraga bolavoli, Eka pustaka utama, solo.											
	6. PBVSI, peraturan permainan bolavoli, jakarta											
	7. Taufiq Dl	 Taufiq Dkk 2015. bolavoli , unesa University press surabaya. 										

			Mod	lule/Cou	rse Title				
Modu	le/Course	Student	Credits		Semest	er	Frequen	су	Duration
Title		Workload	(ECTS)		5		Every oc	bb	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	Z	10 students
			CU X 50	60 m	inutes	minu	utes		
			minutes						
2	Prerequisi	tes for partici	pation (if app	licable)					
	Football	•		-					
3	Descriptio	n							
	This cours	e will discuss t	he theory of t	football ı	match rul	es or offici	ting, footl	ball r	efereeing
	rules, foot	ball systems a	nd strategies,	, organizi	ng cham	pionships a	and being	able	to modify
	football le	arning.	0,	U	U		0		,
4	Learning o	outcomes							
	PLO-4 (KN	O-2) Able to a	pply the conc	ept of pr	nysical ed	ucation to	deal with	prob	lems that
	occur in th	, ie field with a	modified app	roach	,			•	
	PLO-5 (KN	O-3) Able to a	pply problem	manage	ment me	thods in th	e field of	phys	ical education
	through cl	assroom actio	n research (P	TK).				- /-	
	PLO-8 (SS-	1) Able to solv	ve problems ir	, n project	-based pl	nysical edu	cation and	d gui	ded discoverv
	independe	ently or in grou	JDS			,		. 0	,
	PLO-10 (G	S-1) Able to us	se appropriate	e ICT to c	btain alt	ernative so	lutions to	prot	plems in the
	scope of p	hvsical educat	tion with vario	ous mode	els of app	roaches		p. e.	
5	Subiect ai	ms/Content							
_	1. At	ole to understa	and the theor	v of mate	ch rules o	r football o	officiting		
	2. Ap	plying the rul	es of the mate	, ch or foo	tball offic	citing	0		
	3. Ar	nalyzing the th	eory of footb	all refere	eing rule	s.			
	4. Ap	ply football re	efereeing rule	S	Ū				
	5. Ex	amine the the	ory of footba	ll technic	ques, syst	ems and st	trategies		
	6. De	emonstrating f	ootball techn	iques, sy	stems an	d strategie	es		
	7. M	ake modificati	ons to learnir	ng footba	all.	-			
6	Teaching I	methods							
	project wo	ork, group wor	k, lectures, di	scussion	s. Coope	rative Lear	ning		
7	Assessme	nt methods							
	Students a	ire considered	competent a	nd pass i	if they ge	t at least a	minimum	n test	score of 55
	which con	sists of UTS, U	S, structured	activities	s (assignn	nents / T) a	and partici	ipato	ry activities
	(P).								
	The final g	rade (NA) is ca	alculated acco	ording to	the follo	wing formu	ula:		
	NA = <u>(2xP</u>)	+(3xT)+(2xUT	S)+(3xUS)						
		10							
	Conversio	n of the 0-100	scale value to	o a 0-4 so	ale and t	he letters a	are arrang	ged a	s follows.
	Letter	Nur	nber		Interval				
	A	4,	s 00	35 ≤ A	. < 10	00			
	A-	3,	75 8	30 ≤ A	<u>- < 8</u>	5			
	B+	3.	50 7	75 ≤ B	+ < 80)			
	В	3,	00 7	70 ≤ B	< 75	5			

Pembelajaran Sepakbola/ Teaching Learning of Football

	В	-	2,75	65	≤	B-	<	70					
	C	+	2,50	60	≤	C+	<	65					
	(2	2,00	55	≤	С	<	60					
	0)	1,00	40	≤	D	<	55					
	E		0,00	0	≤	Е	<	40					
	If stude	ent car	i't reach passing grad	e, the	ey ar	e tal	ke a	course on n	ext semester.				
8	This m	odule/	course is used in the	follo	win	g stu	dy p	programme	/s as well				
	All und	lergrad	ute study program in	Unes	sa								
9	Respoi	onsibility for module/course											
	Compu	ulsory											
10	Other	inform	ation										
	1.	Dann	y Mielke. 2007. Dasa	r-dasa	ar Se	epakl	oola	. Bandung :	Pakar Pustaka.				
	2.	Tom	Fleck dan Ron Quinn	2007	7. Pa	andu	an L	atihan Sepa	kbola Andal. Jakarta : Sunda				
		Kelap	a Pustaka.										
	3.	Robe	rt Koger. 2007. Latiha	n Das	sar A	Anda	l Se	pakbola Rem	naja. Klaten : Saka Mitra				
		Komp	oetensi.										
	4.	Sam S	Snow. 2011. Coaching	g Yout	th So	occei	r fift	h edition : H	luman Kinetic.				
	5.	Peter Hyballa. 2012. Dutch Secret Soccer. British Library Cataloguing.											
	6.	Jay N	liller. 2014. Attacking	Socc	er :	Hum	an k	(inetic.					
	7.	Laws	Laws Of The Game 2015/2015. FIFA										

Bulutangkis/ Badminton											
		I	Moc	lule/Cou	rse Title		1		1		
Modu	ule/Course	Student	Credits		Semest	ter	Frequency Dura		Duration		
Title		Workload	(ECTS)		5		Every oc	ld	1		
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	r,	semester(s)		
		(50 + 60 +									
		60									
	1	munites)				1					
1	Types of c	ourses	Contact	Struc	tured	Independent Class siz					
	Lectures		hours	Assign	nments	stu	tudy				
			14 x 2	14 x 1	2 CU X	14 x 2 C	2 CU X 60 40 student		40 students		
			CU X 50	60 m	inutes	minu	utes				
			minutes								
2	Prerequisi	ites for partic	ipation (if app	olicable)							
	-										
3	Descriptio	on ,									
	Understar	iding and mas	tery of the co	ncept of	badmint	on, game r	ules and a	pplic	cations.		
4	Lectures a	re carried out	with practice	e, project	assignme	ents, and r	effection.				
4	Learning C		monotrot	oloctif:-	onition	nd inneret		lo :	tooobing		
	PLU-1 (AS	-1) ADIE TO DEI ducation in c	monstrate a s	cientific,	critical a	na innovat	ive attitud	ie in	leaching		
	physical e	ducation in a	professional n	hanner	المعاممة الم		uladaa in	ا م	iald of		
	PLO-3 (KN	U-1) Able to c	lemonstrate t	neoretica	ii and pra		wiedge in	the	field of		
			ugn the conce	ept of phy			cation and	ط مير	dad discovery		
	PLU-8 (SS-	1) Able to sol	ve problems li	n project	based p	nysical edu	cation and	a gui	aed discovery		
	Subject of	entiy or in gro	ups								
5		ms/Content	and the early	historya	ad daval	onmont of	hadminta	n			
		ble to undersit	and the early	mo rulor	lu uever	opinent of	Dauminto				
	2. AL	ble to demons	trate the basi	c technia	ups of th	o game of	Radminto	n int	to Learning		
6	J. A	methods		c techniq		ie game of	Dauminto		to Leanning		
0	nroiect wo	ork group wo	rk lectures di	iscussion	5						
7		nt methods		1500551011							
,	Students a	are considered	l competent a	and pass i	f they ge	t at least a	minimum	n test	t score of 55		
	which con	sists of UTS. L	JS. structured	activities	(assignr	nents / T) a	and partici	pato	orv activities		
	(P).		-,		(8			1	,		
	The final g	grade (NA) is c	alculated acco	ording to	the follo	wing form	ula::				
	NA = (2xP))+(3xT)+(2xUT	S)+(3xUS)	Ũ		U					
		10									
	Conversio	n of the 0-100	scale value to	o a 0-4 sc	ale and t	he letters	are arrang	ged a	s follows.		
	Letter	Nur	nber	I	nterval						
	Α	4	3 00.	85 ≤ A	< 10	00					
	A-	3,	.75 8	80 ≤ A	- < 8	5					
	B+	3,	.50	75 ≤ B	+ < 8	0					
	В	3,	.00	70 ≤ B	< 7	5					
	B-	2,	,75 6	65 ≤ B	- < 7	0					
	C+	2,	.50 6	60 ≤ C	+ < 6	5					
	C	2,	.00	55 ≤ C	< 60)					
	D	1,	.00 4	40 ≤ D	< 5	5					
	E	0,	.00 () <u>≤</u> E	< 4	0					
	If student	can't reach pa	assing grade, t	they are t	ake a co	urse on ne	xt semeste	er.			
8	This module/course is used in the following study programme/s as well										

	All undergradute study program in Unesa											
9	Responsibility for module/course											
	Compulsory											
10	Other information											
	1. Alhusin, S. 2007. Gemar Bermain Bulutangkis. Surakarta: Seti-aji											
	2. Grice, T. 2007. Bulutangkis Petunjuk Praktis untuk Pemula dan Lanjut.Jakarta : Raja											
	GrahaRafindo.											
	3. Hari setiono dan Nurhasan, 2001. Belajar bermain bulutangkis. Unesa											
	4. Lutan dan Suherman, 2000. Perencanaan Pembelajaran Penjaskes. Jakarta:											
	Depdiknas.											
	5. M. Ngalim P, 2002. Perencanaan Pembelajaran. Bandung: Remaja Rosdakarya											
	6. M. Tohar, 1992. Olahraga Pilihan Bulutangkis. IKIP Semarang. Semarang.											
	7. Zanwar, M. 1992. Olahraga Pilihan Bulutangkis. Pengaruh Latihan Bulutangkis											
	Menggunakan skor 15 dan skor 21 tehadap peningkatan Vo2. Skripsi tidak											
	diterbitkan. Semarang FIK IKIP. Unnes.											

	Module/Course Title									
Modu	le/Course	Student	Credits		Semest	ter	Frequer	ncy	Duration	
Title		Workload	(ECTS)		5		Every of	dd	1	
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size	
	Lectures		hours	Assig	nments	stu	ydy			
			14 x 3	14 x	3 CU X	14 x 3 C	U X 60	4	10 students	
			CU X 50	60 m	inutes	minu	utes			
			minutes							
2	Prerequis	ites for particip	ation (if app	olicable)						
	-									
3	Descriptio	n								
	This cours	e discusses tec	hniques, pro	cedures,	processi	ng, and uti	lization of	f phy:	sical	
	education	assessment re	sults in scho	ols. Lectu	ires are c	arried out	with pres	entat	tions and	
	discussion	s, practice, pro	ject assignm	ents and	reflectio	n.				
4	Learning o	outcomes								
	PLO-5 (KN	O-3) Able to ap	ply problem	manage	ment me	thods in th	e field of	phys	ical education	
	through c	assroom action	research (P	1K).						
	PLO-6 (KN	0-4) Able to ap	ply technolo	ogy in phy	/sical edu	ication lear	rning			
	PLO-8 (SS-	1) Able to solve	e problems i	n project	-based pi	nysical edu	cation an	a gui	ded discovery	
	Independently of Ingroups									
	PLU-9 (SS-	2) Able to desig	gn research i the field of r	haepend	lently or l	in groups t	o provide	alter	native	
E C	Subject a	mc/Contont	the held of p	inysical e	uucation					
5		nis/Content	he meaning	of tosts	moasur	omonts a	scossmon	te an	d avaluations	
	I. Ai	sic principles a	ind impleme	ntation of	, measur of evaluat	tions vario		men	ts assessment	
	35	nects						men	is, assessment	
	2. Id	entify assessm	nent technio	ues and	forms	of instru	nents. a	ssess	ment criteria.	
	as	sessment appr	oaches, dete	rminatio	n of KKIV	1	,		,	
	3. Cr	eate and proce	ess the result	ts of the	assessme	ent on the	PJOK fold	er, e	nrichment and	
	re	medial learning	g, and the pr	eparatio	n of the L	.HPKPD (ra	port)			
6	Teaching	methods		-			-			
	project wo	ork, group work	, lectures, d	iscussion	s. Project	t Based Lea	arning			
7	Assessme	nt methods								
	Students a	are considered	competent a	nd pass i	if they ge	t at least a	minimun	n test	score of 55	
	which con	sists of UTS, US	5, structured	activities	s (assignn	nents / T) a	and partic	ipato	ry activities	
	(P).									
	The final g	rade (NA) is ca	Iculated acco	ording to	the follo	wing form	ula::			
	NA = (2xP))+(3xT)+(2xUTS	<u>)+(3xUS)</u>							
		10							6 11	
	Conversio	n of the 0-100 s	scale value t	o a 0-4 so	cale and t	the letters a	are arran	ged a	s follows.	
	Letter	Num	ber		Interval					
	A	4,0	0	$35 \leq A$	· < 10	00				
	A-	3,7	⁷ 5 8	30 ≤ A	<u>- < 8</u>	5				
	B+	3,5	0	75 ≤ B	s+ < 80	D				
	В	3,0	0	70 ≤ B	s < 75	5				

Asesmen Proses dan Hasil Belajar Pendidikan Jasmani/ Assessment Process and Learning Outcomes of Physical Education

	В-	2,75	65 ≤	B-	<	70						
	C+	2,50	60 ≤	C+	<	65						
	С	2,00	55 ≤	С	<	60						
	D	1,00	40 ≤	D	<	55						
	E	0,00	0 ≤	Е	<	40						
	If student car	n't reach passing grade	e, they ar	e tak	e a	course on n	ext semester.					
8	This module,	/course is used in the	following	g stud	dy p	programme	/s as well					
	All undergrad	dute study program in	Unesa									
9	Responsibilit	y for module/course										
	Compulsory											
10	Other information											
	1. Arikunto	, Suharsimi. 2003. Das	ar-Dasar	Evalu	iasi	Pendidikan	. Jakarta: Bumi Aksara					
	2. Haryanti,	, Mimin. 2007. Mode	l dan Te	eknik	Pe	nilaian Pad	a Tingkat Satuan Pendidikan.					
	Jakarta: (Gaung Persada Press										
	3. Purwante	o, Ngalim. 2006. Prins	sip-Prinsi	ip da	n T	eknik Evalu	asi Pengajaran. Bandung: PT.					
	Remaja F	Rosdakarya										
	4. Sukardjo	, Nurhasan. 1991. E	valuasi I	Penga	ajar	an Pendidi	kan Jasmani dan Kesehatan.					
	Jakarta: I	Depdikbud Dirjen Dikti	РРТК									
	5, 2	2007. Panduan Penil	aian Kel	ompo	эk	Mata Pela	jaran Jasmani Olahraga dan					
	Kesehata	in. Jakarta: BSNP Depd	iknas									
	6. Permend	likbud No 64 tahun 20	13. Tent	ang S	tan	dar Penilaia	n Materi Sosialisasi Kurikulum					
	2013, Ke	mendikbud										

Pengembangan Perangkat Pembelajaran Pendidikan Jasmani/ Development of Physical Education Learning Tool

			Мос	lule/Cou	rse Title				
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration
Title		Workload	(ECTS)		5		Every or	bb	1
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 3	14 x	3 CU X	40 students			
			CU X 50	60 m	inutes	minu	utes		
			minutes						
2	Prerequis	ites for particip	oation (if app	olicable)					
	-								
3	Descriptio	n							
	This cours	e discusses sys	tems, object	ives, and	instructi	onal planni	ing in Phy	sical	Education
	learning. L	ectures are ca	ried out wit	n present	tations ar	nd discussio	ons, pract	ice, p	project
	assignmer	nts and reflection	on.						
4	Learning of	outcomes							
	PLO-5 (KN	O-3) Able to ap	ply problem	manage	ment me	thods in th	e field of	phys	ical education
	through c	assroom action	n research (P	TK).					
	PLO-6 (KN	O-4) Able to ap	ply technolo	gy in phy	/sical edu	ication lear	rning		
	PLO-8 (SS-	1) Able to solv	e problems i	n project	-based pl	nysical edu	cation an	d gui	ded discovery
	independe	ently or in grou	ps						
	PLO-9 (SS-	2) Able to desi	gn research i	ndepend	lently or i	in groups t	o provide	alter	native
_	solutions	to problems in	the field of p	hysical e	ducation				
5	Subject ai	ms/Content		and ICT	t o ou oo oo	مساحد مام	aiana anad	i na va lu	ana antation of
	1. Aj	plying learnin	g resources	anu ici linical cu	to suppo	micro top	sign anu sching and	inipio 1 noo	
	2 1	noor-based ma	ut school-h:	initial su	pervision	t clinical	supervisio	n n n	nicro teaching
	2. U	d learning plar	ning		lagemen	t, chincai	supervisit	<i>J</i> 11, 11	nero teaching
	3 M	ake decisions :	ahout schoo	-based r	nanagem	ent clinica	al supervi	sion	hased on case
	ar	alvsis and the	e design, im	nlement	ation. ev	valuation o	of micro	teach	ning and peer
	te	aching.		premene				ceae.	ing and peer
	4. De	emonstrate a	responsible	attitude	laas vd	ving learn	ing that	is re	levant to the
	СС	mpetencies an	d characteri	stics of st	udents	/ 0	0		
6	Teaching	methods							
	project wo	ork, group worl	, lectures, d	scussion	s. Project	Based Lea	rning		
7	Assessme	nt methods					-		
	Students a	are considered	competent a	nd pass i	if they ge	t at least a	minimum	n test	score of 55
	which con	sists of UTS, US	S, structured	activities	s (assignn	nents / T) a	and partic	ipato	ory activities
	(P).								
	The final g	rade (NA) is ca	Iculated acco	ording to	the follo	wing form	ula::		
	NA = <u>(2xP</u>))+(3xT)+(2xUTS	<u>)+(3xUS)</u>						
		10							
	Conversio	n of the 0-100	scale value t	o a 0-4 so	ale and t	he letters a	are arrang	ged a	s follows.
	Letter	Num	ber		Interval				
	A	4,0	00	35 ≤ A	. < 10	00			
	A-	3,7	'5 [[]	30 ≤ A	< 8	5			

	B+	3,50	75	≤	B+	<	80						
	В	3,00	70	≤	В	<	75						
	В-	2,75	65	≤	B-	<	70						
	C+	2,50	60	≤	C+	<	65						
	С	2,00	55	≤	С	<	60						
	D	1,00	40	≤	D	<	55						
	E	0,00	0	≤	Е	<	40						
	If student car	n't reach passing grade	, the	y ar	e tal	ke a	course on n	ext semester.					
8	This module/	course is used in the	ollo	win	g stu	dy p	programme	/s as well					
	All undergrad	lute study program in	Unes	a									
9	Responsibility for module/course												
	Compulsory												
10	Other inform	ation											
	Dick, W. And	Carey, Lou 1985. The s	syste	mat	tic De	esig	n of Instruct	ional 2. nd Ed Glenview,					
	Illinois : Scot	Foresman and Compar	ny										
		2008. Pengantar Per	enca	naa	n Pe	nga	jaran untuk	Pendidikan jasmani Olahraga					
	dan Kesehata	an. Surabaya : FIK Unes	a.										
	201	13. Panduan Supervisi	Klinis	. Ja	karta	i: Di	rektorat Jen	deral Pendidikan Dasar,					
	Direktorat Pe	embinaan Sekolah Mer	enga	ah P	erta	ma.							
	201	4. Permendikbud RI N	omo	r 10)3 Ta	hun	2014 tentar	ng Pembelajaran pada					
	Pendidikan D	asar dan Pendidikan N	lene	nga	h. Ja	kart	a: Kementer	ian Pendidikan dan					
	Kebudayaan	RI.											
	201	4. Permendikbud RI N	omo	r 10	94 Ta	hun	2014 tentar	ng Penilaian Hasil Belajar oleh					
	Pendidik pad	a Pendidikan Dasar da	n Per	ndid	likan	Me	nengah. Jak	arta: Kementerian Pendidikan					
	dan Kebuday	aan RI.											

	Module/Course Title									
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration	
Title		Workload	(ECTS)		5		Every or	dd	1	
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size	
	Lectures		hours	Assig	nments	stu	dy			
			14 x 3	14 x	3 CU X	14 x 3 C	U X 60	4	40 students	
			CU X 50	60 m	inutes	minu	utes			
			minutes							
2	Prerequisi	tes for partici	pation (if app	licable)						
	-	•		-						
3	Descriptio	n								
	This cours	e will discuss l	now to identif	y resear	ch proble	ms in the f	ield of ph	vsica	l education	
	and sports	, determine tl	ne design app	<i>,</i> ropriate	research	, determin	e researcł	<i>,</i> h inst	ruments and	
	, data analy	sis techniques	that can be a	, applied to	o comple	, te the thes	sis.			
4	Learning	outcomes								
	PLO-5 (KN	O-3) Able to a	pply problem	manage	ment me	thods in th	e field of	phys	ical education	
	through cl	assroom actio	n research (P	TK).				1 / -		
	PLO-6 (KN	O-4) Able to a	pply technolo	gy in phy	vsical edu	cation lear	rning			
	PLO-8 (SS-	1) Able to solv	ve problems i	n project	-based pl	hysical edu	cation an	d gui	ded discoverv	
	independe	ntly or in grou	ins	, biolect	bused pi	rysical caa	cation an	a 5ai		
	PLO-9 (SS-	2) Able to des	ign research i	ndenend	lently or i	in grouns t	o nrovide	alter	native	
	solutions t	o problems in	the field of n	hysical e	ducation	in Broups t	o provide	uncer	native	
5	Subject ai	ms/Content		inysicur c	ducution					
5	1 Able	to identify r	esearch prob	lems fo	ormulate	nrohlem	formulati	ions	and research	
	ohiect	tives	escuren proc	icilis, ic	malate	problem	Tormalat	10115	and rescuren	
	2. Analy	ze the approp	riate literatur	e review						
	3. Findin	g the type and	design of th	e researd	ch					
	4. Select	ing appropriat	te research in	strumen	ts and da	ta analysis	techniau	es		
	5. Make	research pro	posals in the	e field o	of physica	al educatio	on and si	norts	according to	
	existir	ng guidelines.						00100		
6	Teaching	nethods								
	project wo	ork. group wor	k. lectures. di	scussion	s. Proiect	t Based Lea	rning			
7	Assessme	nt methods								
	Students a	ire considered	competent a	nd pass i	if they ge	t at least a	minimum	n test	score of 55	
	which con	sists of UTS. U	S. structured	activities	s (assignn	nents / T) a	and partic	ipato	rv activities	
	(P).		-,			, , -		1	,	
	The final g	rade (NA) is ca	alculated acco	ording to	the follo	wing form	ula::			
	NA = (2xP)	+(3xT)+(2xUT	S)+(3xUS)	0.11		0				
		10								
	Conversio	n of the 0-100	scale value to	o a 0-4 so	ale and t	he letters a	are arrang	ged a	s follows.	
	Letter	Nun	nber		Interval				-	
	A	4	00 8	35 ≤ A	< 1(00				
	A_{-} 3.75 80 < A_{-} < 85									
	R+	2,	50 -	75 < R	. <u>.</u> .+ <	-)				
	R	2,	00 -	70 < R	<pre></pre>	5				
	R-		75 4	55 < P						
L		۷,	, , , , , , , , , , , , , , , , , , , ,	ם ב כי	/	-				

Metodologi Penelitian Pendidikan Jasmani/ Physical Education Research Metodology
	C+	2,50	60 ≤	C+	<	65	
	С	2,00	55 ≤	С	<	60	
	D	1,00	40 ≤	D	<	55	
	E	0,00	0 ≤	Е	<	40	
	If student car	n't reach passing grade	, they	are ta	ke a	course on n	ext semester.
8	This module	course is used in the	followi	ng sti	ıdy ı	programme	/s as well
	All undergrad	lute study program in	Unesa				
9	Responsibilit	y for module/course					
	Compulsory						
10	Other inform	ation					
	1. Maksu	m, 2012. Metodologi F	Peneliti	an da	lam	Olahraga S	urabaya; Unipress UNESA.
	2. Creswe	ell, J.W. 2012. Educatio	nal Re	searc	n. Pla	anning, Con	ducting, and Evaluating
	Quant	titative and Qualitative	e Resea	rch (F	our	th Edition). E	Boston: Pearson Education Inc.
	3. Moleo	ng, L.J. 2005. Metodolo	ogi Pen	elitia	n Ku	alitatif. Band	lung: PT. Remaja Rosdakarya
	4. Sugiyo	no. 2010. Metode Pen	elitian	Pendi	dika	n. Pendekat	an Kuantitatif, Kualitatif, dan
	R & D	. Bandung: Alfabeta C\	/. Tim.	2014	Ped	oman Penul	isan Skripsi. Surabaya:
	Unipr	ess UNESA					

	Module/Course Title								
Modu	ule/Course	Student	Credits		Semest	er	Frequen	ncy	Duration
Title		Workload	(ECTS)		5		Every oc	bb	1
(if use	ed)	14 x (3 CU	3 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Strue	ctured	Indepe	ndent		Class size
	Lectures		hours	Assignments s			udy		
			14 x 3	14 x	3 CU X	14 x 3 C	U X 60	2	10 students
			CU X 50	60 m	inutes	minu	ites		
			minutes						
2	Prerequisi	ites for partici	pation (if appl	icable)					
	Learning t	eori, Physical I	Education Lear	ning Inc	ovation T	heory			
3	Descriptio	on							
	This cours	e examines lea	arning models	with dir	ectives (o	direct instr	uction), co	once	pt acquisition
	(concept a	ittainment mo	dels), meaning	gful lear	ning (me	aningful lea	arning), ai	nd di	scussion
	(discussio	n models of le	arning), SET-or	iented l	earning,	and learnir	ng strateg	ies (l	earning
	strategies). strategies). ٦	The study was	carried	out throu	igh the pre	sentation	ofco	oncepts,
	presentati	on of operation	onal examples	of each	learning	model in th	ne form of	f lear	ning tools,
	workshops on developing learning tools by students oriented to each model and learning								
	strategy. The assessment activity ended with an exercise in implementing a certain learning								
	model by each student in a peer teaching forum followed by discussion and reflection								
	activities a	as well as cogn	itive internshi	ps in Jur	nior High	Schools.			
4	Learning o	outcomes							
	PLO-4 (KN	O-2) Able to a	pply the conce	pt of ph	iysical ed	ucation to	deal with	prot	plems that
	occur in th	he field with a	modified appr	oach					
	PLO-7 (KN	O-5) Able to n	haster theoret	ical and	practical	concepts i	n the field	d of p	hysical
	education	, especially the	e development	t of crea	tivity (en	trepreneu	r) in the fi	eld o	f physical
	education	and sports					1		
	PLO-10 (G	S-1) Able to us	se appropriate		otain aite	ernative so	olutions to	o proi	plems in the
г	Scope of p		lon with vario	us mode	els of app	roacnes			
Э		ms/content	nation and I	oorning	rocour	cac that	cupport	tho.	docign and
	1. Al		of innovativo	loorning	resour	tes tudon	support	une	
	2 0	piementation	of innovative	ntc of p	bysical o	ducation a	nd having		s wladza about
	2. De	e characterist	ics of learning	pis ui p models		in the Inne	nu naving watiyo Lo	s Kilu Srnin	
	3 M	aking decision	ics of learning	and im	nlementi	ing innovat	tive learni	ina tl	hat is relevant
	5. W	the comp	stancias cha	ractorist	tics of	tha subi	oct matt	tor	and student
	ch	aracteristics in	n the neer tear	hing for	rmat	the subj		ler,	and student
	4 De	emonstrate a	responsible a	attitude	hy annl	ving learn	ing that	is re	levant to the
	D(mnetencies a	nd characterist	tics of st	udents	ying icum	ing that	15 10	
6	Teaching methods								
Ũ	project wo	ork, group wor	k. lectures. dis	cussion	s. Proiect	Based Lea	rning		
7	Assessme	nt methods	,,,,,,,,,,,,,,,,,		,		0		
	Students a	are considered	competent ar	nd pass i	f they ge	t at least a	minimum	n test	score of 55
	which con	sists of UTS, U	S, structured a	octivities	; (assignn	nents / T) a	ind partic	ipato	ry activities
	(P).	, -	-		. 0	, , , -			
	The final g	rade (NA) is ca	alculated acco	rding to	the follo	wing formu	ula::		
	NA = <u>(2xP</u>))+(3xT)+(2xUT	S)+(3xUS)	-		-			

Praktek Pembelajaran Inovatif Pendidikan Jasmani/ Physical Education Learning Inovation Practice

	10										
	Conversion	n of the 0-100 scale value	e to a 0-4	scale	e ar	d the letter	s are arranged as follows.				
	Letter	Number	05.1	Int	erv	al	-				
	A	4,00	85 ≤	<u>A</u>	<	100	-				
	A-	3,75	80 ≤	A-	<	85	-				
	B+	3,50	75 ≤	B+	<	80	4				
	В	3,00	/0 ≤	В	<	75	-				
	B-	2,75	65 ≤	B-	<	/0	4				
	C+	2,50	60 ≤	<u>C+</u>	<	65	-				
		2,00	55 <u>≤</u>		<	6U	-				
		1,00	40 <u>s</u>		<	<u> </u>	-				
		0,00	$10 \ge$	E ro tak	<u> </u>	40 course on r] Novt somostor				
0	This modu	la/course is used in the	followin	e lak	e a dv r						
0	All underg	radute study program in	Unesa	gstu	uyh	Jogramme	75 as well				
9	Responsib	ility for module/course									
	Compulsor	ry -									
10	Other info	rmation									
	1. Joy	yce, B., Weil, M., dan	Calhou	n, E.	20	009. Model	ls of Teaching: Model-model				
	Pe	ngajaran (edisi kedelapa	n). Yogya	akarta	a: P	ustaka Bela	jar				
	2. Rir	nk, Judith E. 1993. <i>Teach</i>	ing Phys	sical E	Edu	cation for L	earning (second edition). USA:				
	M	osby-Year Book, Inc									
	3. Metzler, Michael W. 20 and Bacon		Instruct	ional	Mo	dels for Phy	isical Education. Virginia: Allyn				
	an 4 Di	0 Bacon rektoret Dembineen I	Dondidik	.	Daa	or don l	Manangah 2016 Danduan				
	4. DI	rektorat Perindinaan i mbalajaran untuk Sakal		dii anaak		al Udii i artama lak	arta: Komontorian Dondidikan				
	da Pe	n Kebudayaan	un wiene	engur	IPE	ertunnu. Jak					
	5. Su	roto, 2016. Inovation	Teachin	a M	eth	od For Ph	vsical Education Teacher In				
	Inc	<i>donesia</i> . Surabava: in Int	ernation	nal Co	onfe	erence of Si	port Science in Unesa. 12 July				
	20	, 17				•	, , , , , , , , , , , , , , , , , , ,				
	6. Su	roto, F D Khory, V C	Dinata	a, an	d	A Priambo	do. 2016. <i>Core Competency</i>				
	M	easurement Model for	Prospec	tive	Phy	rsical Educa	tion Teacher. In 1st Annual				
	Ap	plied Science and Engine	ering Co	onfere	ence	e: IOP Publis	shing				
	7. Ra	tliffe, T & Ratliffe L.M	. 1994.	Теас	hin	g Children	Fitness (Becoming a Master				
	Те	acher). USA: Human Kine	etics								
	8. Su	roto. 2008. Tiga Belas	s Jurus	Men	gelo	ola Pembel	ajaran Penjasorkes sehingga				
	M	enarik dan Produktif. Su	abaya: /	Artike	el da	alam Semin	ar Nasional di Gedung Wanita				
	10	Candra Kirana 1D pada 2	2 Noven	nber i	200	8					
	9. Su	roto dan Khory, F.D. 20)13. Per	ппдко	atai Ctu	n Keteramp	ilan Mengelola Pembelajaran				
	SIS	swa Aktij melalul Pendel Samatan Taman Sidaa	kalan Le	sson	31U	iay (Stuar p	ada Guru Penjasorkes SDN ar				
	Re Ro	reaing Universitas Neger	<i>juj.</i> Sur	abay	d.	LPPIVI UTIES	a, Laporan Penentian Hiban				
	10 Su	roto dan Khory ED 20	1 Sulaba	ya ninaki	ntai	n Keterama	ilan Menaelola Pemhelaiaran				
	Sic	swa Aktif melalui Pendel	katan Le	sson	Stu	idv (Studi n	ada Guru Peniasorkes SDN di				
	Ke	camatan Taman Sidoai	rio). Sur	abava	a: I	LPPM Unes	a. Laporan Penelitian Hibah				
	Be	rsaing Universitas Neger	i Surabay	va va		one.					
	11. Su	roto, F D Khorv. V C I	C Dinata, and A Priambodo 2016. Pengembangan Me								
	Pe	ngukuran dan Media I	Pengemk	anad	n i	Keterampila	in Guru Pendidikan Jasmani.				
	Ol	ahraga, dan Kesehatan	Dikdasr	nen.	Sur	abaya: LPP	M Unesa, Laporan Penelitian				
	Pe	nelitian Unggulan Pergur	uan Ting	ggi Ur	nive	rsitas Nege	ri Surabaya				

			Mod	ule/Cou	rse Title		-			
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration	
Title		Workload	(ECTS)		6		Every oc	bb	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)	
	,	(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contact	Struc	tured	Indepe	ndent		Class size	
	Lectures		hours	Assign	nments	stu	dy			
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	4	10 students	
			CU X 50	60 m	inutes	minutes				
			minutes							
2	Prerequisi	tes for partici	pation (if app	licable)						
	-			-						
3	Descriptio	n								
	This cours	e will discuss t	he understand	ding and	mastery	of the bas	ic concep ⁻	ts of		
	entrepren	eurship, the p	rocess and sel	ection o	f busines	s types, en	trepreneu	urial i	internships,	
	business f	easibility studi	es, business p	lanning	preparati	ion and stu	ident crea	tivity	/ programs.	
	Lectures a	re carried out	with presenta	tions an	d discuss	ions, pract	ice, proje	ct as	signments	
	and reflection.									
4	Learning o	outcomes								
	PLO-7 (KN	O-5) Able to m	aster theoret	ical and	practical	concepts i	n the field	d of p	hysical	
	education, especially the development of creativity (entrepreneur) in the field of physical									
	education	and sports								
	PLO-10 (G	S-1) Able to us	e appropriate	ICT to o	btain alt	ernative so	olutions to	o prol	plems in the	
	scope of p	hysical educat	ion with vario	us mode	els of app	roaches				
	PLO-11 (G	S-2) Designing	entrepreneur	ial desig	ns relate	d to physic	cal educat	ion a	nd sports	
5	Subject ai	ms/Content								
	1. At	ole to understa	ind the basic c	oncepts.	ofentre	preneursh	ip, master	r the	latest	
	pr	inciples and is	sues in econoi	nics, soo	cial and e	ntreprene	urship			
	2. At	ble to apply the	e entrepreneu	rial spiri	t and wo	rk effective	ely both ir	ndivid	dually and in	
	m	ultidisciplinary	or multicultu	rai team	is, as wei	i as naving	a respons	sible	and	
		teiligent attitu	de towards ta	SKS	tunitiaa i	n tha field				
6	5. Al	methods	entrepreneun	аг оррог	tunnties i	ii the held				
0	nroject we	nethous	k lacturas dis	cussion	Droipct	- Basad laa	rning			
7		nt methods	k, lectures, uis	scussion	s. riojeci	. Daseu lea	IIIIIg			
ļ ,	Students	re considered	competent ar	nd pass i	f they ge	t at least a	minimum	n test	score of 55	
	which con	sists of UTS. U	S. structured a	activities	(assignn	nents / T) a	and partic	ipato	rv activities	
	(P).	,	-,		(8	,.	 		,	
	The final g	rade (NA) is ca	lculated acco	rding to	the follo	wing form	ula::			
	NA = (2xP)+(3xT)+(2xUTS)+(3xUS)									
		10								
	Conversio	n of the 0-100	scale value to	a 0-4 sc	ale and t	he letters a	are arrang	ged a	s follows.	
	Letter Number Interval									
	A	4,0	00 8	5 ≤ A	< 10	00				
	A-	3,	75 8	0 ≤ A	- < 8	5				
	B+	3,	50 7	5 ≤ B	+ < 80)				
	В	3,0	00 7	0 ≤ B	< 75	5				
	B-	2,	75 6	5 ≤ B	- < 70	0				

Kewirausahaan Olahraga/ Sports Entrepreneurship

	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student car	n't reach passing grade	e, they ar	e take	e a	course on n	ext semester.				
8	This module,	/course is used in the [•]	followin	g stud	y p	orogramme,	/s as well				
	All undergrad	dute study program in	Unesa								
9	Responsibilit	y for module/course									
	Compulsory	ompulsory									
10	Other inform	nation									
	1. Boer	se, George. 2006. T	heories	Perso	ona	lity. Shiper	nburg University: Psychology				
	Depa	artment									
	2. Tim I	Kewirausahaan Unesa	. 2016. K	Cewira	usa	ahaan. Unes	a University Press				
	3. Juma	aat, Abdul, dkk. Busin	ess Opp	ortuni	tie	s and Mana	agerial Skills in Enhancing the				
	Invol	vement of Entreprer	eurship	in M	ala	ysia. Britis	h Journal of Arts and Social				
	Scier	nces ISSN: 2046-9578,	Vol.16 N	l o.I (2	01	3.) BritishJo	ournal Publishing, Inc. 2013				
	4. Ahm	4. Ahman, H., Romana, Y., 2007. Ilmu Ekonomi Dalam PIPS, Edisi Kedua, Cetakan									
	Pertama. Jakarta: Universitas Terbuka										
	5. Sukir	5. Sukirno, S. 2011. Mikroekonomi teori Pengantar. Jakarta: PT. Raja Grafindo									
	Persa	ada. Tjiptono, Fandy. 2	2007. Str	ategi	Bisı	nis Pemasar	an. Andi: Yogyakarta				

			Mod	ule/Cou	rse Title				
Modu	le/Course	Student	Credits		Semest	er	Frequen	су	Duration
Title		Workload	(ECTS)		6		Every od	d	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	r,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Strue	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	CU X 60 40 students		
			CU X 50	60 m	inutes	minu	utes		
			minutes						
2	Prerequisi	tes for partici	pation (if app	licable)					
3	Descriptio	n							
_	This lectur	e discusses th	e basic philos	ophy, me	ethods of	scouting	education,	the	function and
	role of sco	outing in the n	, ation's educat	ion proc	ess, the ł	nistory of s	, couting, ai	nd th	e five factors
	of scouting	g education. C	Organization of	f the Sco	ut Move	, ment, Allus	sion to Bas	sic Sy	stems and
	Methods, Various Ceremonies, Guidelines for Scouting Techniques I to V, and Getting to								
	Know Sco	ut Training Equ	uipment.		-				-
4	Learning o	outcomes							
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching								
	physical education in a professional manner								
	PLO-2 (AS-2) Able to demonstrate religious and cultural values properly in accordance with								
	academic	ethics in carry	ing out profes	sionally					
	PLO-7 (KN	O-5) Able to n	naster theoret	ical and	practical	concepts i	n the field	of p	hysical
	education	, especially the	e developmen	t of crea	tivity (en	trepreneu	r) in the fie	eld o	f physical
	education	and sports							
5	Subject ai	ms/Content							
	1. Ak	ole to underst	and and explai	in the na	ture of s	couting			
	2. At	ple to apply sk	ills in scouting	activitie	S				
	3. At	ple to apply sc	outing values	in life					
	4. At	ple to plan sco	uting activities	s in the c	communi	ty, especia	lly in schoo	ols ir	h the context
6	01 Tasahina	fostering the	younger gene	ration ar	nd utilizir	ig free time	9		
6	Teaching I		de la atrunca di			ative Leeve			
7		ork, group wor	K, lectures, di	scussion	s. coope	ative Lear	ning		
/	Studente	nt methous	l compotent a	nd nacc i	f thou go	t at loact a	minimum	toct	score of EE
	which con	sists of LITS 1	IS structured	nu pass i activitios	i licy ge	nonts / T) s	nd nartici	nato	ny activities
	(P)	31313 01 013, 0	5, structureu i	activities	o (assignin		inu partici	ραιο	iy activities
	The final g	rade (NA) is c	alculated acco	rding to	the follo	wing form	ıla		
	$N\Delta = (2xP)$	+(3xT)+(2xLIT	S)+(3x11S)	rung to		wing form			
		10	<u>57: (5x657</u>						
	Conversio	n of the 0-100	scale value to	a 0-4 sc	ale and t	he letters a	are arrang	ed a	s follows.
	Letter	Nur	nber		Interval				
	A	4,	00 8	5 ≤ A	. < 10	00			
	A-	3,	75 8	0 ≤ A	< 8	5			
	B+	3,	50 7	5 ≤ B	+ < 80)			
	В	3,	00 7	0 ≤ B	< 75	5			
	B-	2,	75 6	5 ≤ B	- < 70)			

Kepramukaan dan Aktivitas Luar kelas/ Scout and Outdoor Education

	C+	2,50	60 ≤	C+	<	65			
	С	2,00	55 ≤	С	<	60			
	D	1,00	40 ≤	D	<	55			
	E	0,00	0 ≤	Е	<	40			
	If student ca	n't reach passing grade	, they a	re ta	ke a	course on n	ext semester.		
8	This module	/course is used in the f	ollowin	g stu	idy p	programme	/s as well		
	All undergra	dute study program in	Unesa						
9	Responsibili	ty for module/course							
	Compulsory	Compulsory							
10	Other inform	nation							
	1. Alwa	silah. A., Chaedar. 200	8. Filsafa	at Pra	amu	ka. Bandung	g: Rosdakarya		
	2. Azru	l Azwar. 2012. Mengen	al gerak	an p	ram	uka. Jakarta	: Esensi Erlangga Group		
	3. Bode	en Powel. 1982. Memai	ndu Unt	uk Pı	uter	a. De Neder	landse Padvinders		
	4. Elly	Rusda. 2007. Gerakan P	ramuka	. Jaka	arta	։ Raih Asa Տւ	ıkses		
	5. Bode	en Powel. 1954. Menge	mbara I	Nenu	iju E	Bahagia. Jaka	arta: Yayasan Pendidikan		
	Mas	yarakat							
	6. Takij	oedin. 1977. Tuntunan	Pemim	pin R	egu	. Bandung: C	Ganaco NV 7. Kwarnas. 1987.		
	Kurs	us Dasar B. Jakarta							
	7. Kwa	rnas. 2001. Gerakan Pra	amuka	Jakar	ta				
	8. Kwa	rnas. 1983. Kursus Orie	ntasi Ge	raka	n Pr	amuka. Jaka	irta		

Statistik/ Statistics										
			Mo	odule/Cou	rse Tit	le	Γ_		I	
Modu	ule/Course	Student	Credits		Sem	ester	Frequer	ncy	Duration	
Title		Workload	(ECTS)		6		Every o	dd	1	
(if use	ed)	14 x (3 CU	3 CU x 1,5	9			semeste	er,	semester(s)	
		(50 + 60 +								
		60								
	1	munites)		r						
1	Types of c	ourses	Contac	t Stru	ctured	Indep	endent		Class size	
	Lectures		hours	Assig	s sti	ıdy				
			14 x 3	14 x	14 x 3	CU X 60		40 students		
			CU X 5) 60 minutes minutes						
			minute	es l						
2	Prerequisi	ites for partici	pation (if a	plicable)						
	Physical E	ducation Rese	arch Metod	ology						
3	Descriptio	n .						_		
	This cours	e discusses th	eoretical un	derstandi	ng and	mastery as v	vell as the	appl	ication of	
	various sta	atistical tests,	both descrip	otive and i	nteren	tial statistics	to proces	s res	earch data and	
	draw cond	lusions from t	he interpret	ation resu	ilts tha	t can be app	lied to cor	nplet	te the thesis.	
4	Learning of	outcomes								
	PLO-5 (KNO-3) Able to apply problem management methods in the field of physical education									
	through classroom action research (PTK).									
	PLO-8 (SS-	1) Able to solv	e problems	in project	-based	physical ed	ucation an	d gui	ided discovery	
	independe	ently or in grou	ups 							
	PLO-9 (SS-	2) Able to des	ign research	independ	lently (or in groups	to provide	alte	rnative	
	solutions	to problems in	the field of	physical e	ducati	on				
	PLO-10 (G	S-1) Able to us	se appropria	te ICI to d	obtain	alternative s	olutions to	o pro	blems in the	
_	scope of p	nysical educat	tion with va	rious mod	eis of a	pproacnes				
5		ms/Content						~	aavab data	
	1. Al	hich includes (lne concept	UI SIdlISU	ls in th ad info	e process or	processing tice	gres	earch uala	
		nich includes (atistical con	conts in th	o proc	ess of proces	cing reces	orch (data which	
	2. Ai	cludes descrip	tivo statistic	s and infe	rontial	ess of proces	sing resea			
	3 1	ole to analyze	statistical co	nconts in	the nr	statistics	occing roc	oarc	h data which	
	J. A.	cludes descrip	tivo statistic	rs and infe	rontial	statistics	cooling i co	carc		
	Δ Δł	ole to onerate	and manage	s מווט וווופ SPSS מ	rentiai	Statistics				
6	Teaching	methods	una manag							
0	project wo	ork, group wor	k lectures.	discussion	s. Scie	ntific Learnir	וס			
7		nt methods	1, 10000100)				0			
	Students a	are considered	l competent	and pass	if thev	get at least a	a minimun	n tes	t score of 55	
	which con	sists of UTS. U	IS. structure	d activitie	s (assig	nments / T)	and partic	ipato	orv activities	
	(P).		-,		- (2	,,			,	
	The final g	rade (NA) is c	alculated ac	cording to	the fo	llowing form	ula::			
	NA = (2xP))+(3xT)+(2xUT	S)+(3xUS)	0.1		0				
		10	· · · ·							
	Conversio	n of the 0-100	scale value	to a 0-4 s	cale an	d the letters	are arran	ged a	s follows.	
	Letter	Nur	nber		Interv	al				
	A	4.	00	85 ≤ 4	\ <	100				
	A-	3.	75	80 ≤ <i>A</i>	∖ - <	85				
	B+	3,	50	75 < F	3+ <	80				
	1	5,	· • - L	•						

	В-	2,75	65 ≤	B-	<	70					
	C+	2,50	60 ≤	C+	<	65					
	С	2,00	55 ≤	С	<	60					
	D	1,00	40 ≤	D	<	55					
	E	0,00	0 ≤	Е	<	40					
	If student ca	n't reach passing grade	e, they a	re tal	ke a	course on n	ext semester.				
8	This module	/course is used in the t	followin	g stu	idy p	programme	/s as well				
	All undergra	Il undergradute study program in Unesa									
9	Responsibili	tesponsibility for module/course									
	Compulsory										
10	Other inform	nation									
	1. Mak	sum,Ali, 2007. ,Buku Aj	jar Statis	stik d	alan	n Olahraga,J	urusan Pendidikan Olahraga-				
	Une	sa, Surabaya.									
	2. Sabr	i, Luknis. dan Hastowo,	, Sutanto	o Priy	<i>v</i> o.,	Statis, 2006.	stik Kesehatan,Jakarta,Raja				
	Graf	indo Press.									
	3. Hast	owo, Sutanto Priyo, 20	06. ,Ma	nage	mer	ı dan Analisi	s Data,FakultasKesehatan				
	Mas	yarakat-UI, Depok.									
	4. Bosla	augh, Sarah and Watte	r,Paul A	ndrev	w, 2	008. Statisti	cs in aNutshell : A Desktop				
	Quic	k Reference,Sebastopc	l Canad	a , O 1	19Re	eilly.					
	5. Field	, Andy, 2009. Discover	ingStatis	stic U	sing	; SPSS,Londo	on. SAGE Publication				
	6. Man	n,Prem S. , 2010. Intro	ductory	Stati	stics	7th, Hoboke	en-USA. John Wiley & Sons,				
	Inc										

	Module/Course Title								
Modu	le/Course	Student	Credits		Semest	er	Frequen	су	Duration
Title		Workload	(ECTS)		6		Every od	d	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semester	r,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	tured	Indepe	ndent		Class size
	Lectures		hours	Assig	stu	dy			
			14 x 2	14 x	2 CU X	14 x 2 C	CU X 60 40 students		
			CU X 50	60 m	inutes	minu	ites		
			minutes						
2	Prerequisi	ites for partici	pation (if app	licable)					
3	Descriptio	on							
	This cours	e discusses Ch	ildren with Sp	ecial Ne	eds and p	physical ed	ucation for	r Chi	ildren with
	Special Ne	eds.							
4	Learning	outcomes							
	PLO-1 (AS-	-1) Able to der	nonstrate a so	cientific,	critical ar	nd innovati	ve attitude	e in	teaching
	physical e	ducation in a p	professional m	anner					
	PLO-4 (KNO-2) Able to apply the concept of physical education to deal with problems that								
	PLO-10 (GS-1) Able to use appropriate ICT to obtain alternative solutions to problems in the								
	scope of physical education with various models of approaches								
5	Subject ai	ms/Content				Touches			
-	1. U	nderstanding o	children with s	special n	eeds				
	2. Ar	nalvzing childr	en with specia	l needs					
	3. In	plementing p	hysical educat	ion for c	hildren w	vith special	needs		
	4. Ar	nalyzing physic	, cal education f	for childr	en with s	special nee	ds		
6	Teaching	methods				•			
	project wo	ork, group wor	k, lectures, di	scussion	s. Project	Based Lea	rning		
7	Assessme	nt methods							
	Students a	are considered	competent a	nd pass i	f they ge	t at least a	minimum	test	score of 55
	which con	sists of UTS, U	S, structured	activities	assignn	nents / T) a	nd partici	pato	ry activities
	(P).								
	The final g	rade (NA) is ca	alculated acco	rding to	the follo	wing formi	ila::		
	NA = (2xP)	<u>10 (3X1)+(2XU1)</u>	<u>5)+(3xU5)</u>						
	Conversio	n of the 0-100	scale value to	o a 0-4 sc	ale and t	he letters a	are arrange	ed a	s follows
	Letter	Nur	nber		nterval			cuu	
	A	4,	00 8	5 ≤ A	< 10	00			
	A-	3,	75 8	0 ≤ A	- < 8	5			
	B+	3,	50 7	′5 ≤ B	+ < 80)			
	В	3,	00 7	′0 ≤ B	< 75	5			
	B-	2,	75 6	i5 ≤ B	- < 70)			
	C+	2,	50 6	60 ≤ C	+ < 65	5			
	C	2,	00 5	5 ≤ C	< 60)			
	D	1,	00 4	-0 ≤ D	< 55	5			
		0,	00 0) <u>≤</u> E	< 40	D			
	If student	can't reach pa	issing grade, t	hey are t	ake a cou	urse on nex	kt semeste	er.	

Penjasor Adaptif/ Adaptive Physical Education and Sport

8	This m	odule/course is used in the following study programme/s as well									
	All und	ergradute study program in Unesa									
9	Respor	Responsibility for module/course									
	Compu	Compulsory									
10	Other	Other information									
	1.	David Werner, 2002. , Anak Anak Desa Penyandang cacat. yayasan bakti luhur									
	2.	Dr. C. Asri Budiningsih, 2005. , Belajar dan Pembelajaran , Rineka Cipta. Jakarta									
	3.	Dr. Mohammad Efendi, M.Pd., M.kes., 2008. , Pengantar Psikopedagogik Anak									
		Berkelainan. Bumi Aksara Jakarta									
	4.	Bandi Dhelphie, Pembelajaran Anak Tunagrahita									
	5.	T. Sutjihati Somantri, Psikologi Anak Luar Biasa									
	6.	Sri Widati &Murtadlo, Pendidikan Jasmani dan Olahraga Adaptif									
	7	Watra SQIna, Jakarta									

			Tenis	s Lapanga	n/ Tenni	s			
		•	Mo	dule/Cou	rse Title				
Mod	ule/Course	Student	Credits		Semest	ter	Frequen	су	Duration
Title		Workload	(ECTS)		6		Every oc	ld	1
(if us	ed)	14 x (2 CU	2 CU x 1,59				semeste	r,	semester(s)
		(50 + 60 +							
		60							
		munites)				-			
1	Types of c	ourses	Contac	t Stru	ctured	Indepe	ndent	Class size	
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	CU X 60 40 stude		40 students
			CU X 50) 60 m	inutes	minu	utes		
			minute	S					
2	Prerequis	ites for partic	pation (if ap	plicable)					
	-								
3	Descriptio	on							
	This cours	e will discuss	understandir	ng and ma	stery of t	echniques	, tactics, r	ules,	and the
	teaching a	nd learning p	ocess of ten	nis as wel	l as the a	pplication	of learning	g in t	the field.
4	Learning outcomes								
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching								
	physical education in a professional manner								
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of								
	physical education through the concept of physical education								
	PLO-8 (SS-	1) Able to solv	ve problems	in project	-based pl	hysical edu	cation and	d gui	ided discovery
	independently or in groups								
5	Subject aims/Content								
	1. Able t	o explain corr	ectly about t	he brief h	istory of	tennis in th	ne world a	nd Ir	ndonesia.
	2. Able t	o demonstrat	e basic techn	iques of p	olaying te	nnis			
	3. Able t	o analyze the	rules of the	game and	l court te	nnis refere	eeing and	have	e a responsible
	and in	telligent attitu	ide in analyz	ing the te	nnis gam	e.			
6	Teaching	methods							
	project wo	ork, group woi	k, lectures, c	discussion	s. Coope	rative Lear	ning		
7	Assessme	nt methods							
	Students a	are considered	competent	and pass	if they ge	t at least a	minimum	test	t score of 55
	which con	sists of UTS, L	S, structured	activities	s (assignn	nents / T) a	and partici	pato	ory activities
	(P).								
	The final g	rade (NA) is c	alculated acc	ording to	the follo	wing form	ula::		
	NA = <u>(2xP</u>)+(3xT)+(2xUT	<u>S)+(3xUS)</u>						
	. ·	10							6 H
	Conversio	n of the 0-100	scale value	to a U-4 so	cale and t	ne letters a	are arrang	ed a	IS TOIIOWS.
	Letter	Nur	nber		Interval				
	A	4,	00	$85 \leq A$	<u> < 1</u>	JU -			
	A-	3,	/5	$80 \leq A$	<u>- < 8</u>	5			
	B+	3,	50	/5 ≤ E	6+ < 80	J			
	B	3,	00	<u>/0 ≤ E</u>	s < 75				
	B-	2,	/5	05 ≤ E	5 - < 70	<u> </u>			
	C+	2,	50	<u>60 ≤ C</u>	.+ < 65	2			
	C	2,	00	<u>55 ≤ C</u>	. < 60) -			
	D 1,00 40			40 ≤ C) < 5	5			
	E	0,	00	0 ≤ E	< 4	0			
	If student	can't reach pa	issing grade,	they are t	take a co	urse on ne	xt semeste	er.	

8	This module/course is used in the following study programme/s as well
	All undergradute study program in Unesa
9	Responsibility for module/course
	Compulsory
10	Other information
	1. Kristiyandaru, A & Priambodo, A. 2009. Tenis Lapangan (Aplikasi Teknik Dasar dan
	Pembelajarannya). Surabaya. Unesa University Press
	2. Hoskins, Tina. 2003. The Tennis Drill Book. United State: Human Kinetics
	3. ITF. 2001. Coaching Manual. Canada: Wiz Middleton.
	4. Jim Brown. 2001. Tenis Tingkat Pemula. Jakarta: PT RajaGrafindo Persada.
	5. PB PELTI, 1989. Bahan Penataran Pelatih. Jakarta: PB. PELTI.
	6. Marwoto, 1981. Menuju Tenis lapangan yang Sempurna. Jakarta: Balai Pustaka.

		Bola Tangan*/ Handball										
		•	Mod	lule/Cou	rse Title		1					
Modu	le/Course	Student	Credits		Semest	er	Frequen	су	Duration			
Title		Workload	(ECTS)		6		Every od	ld	1			
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	r,	semester(s)			
		(50 + 60 +										
		60										
		munites)	<u> </u>									
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size			
	Lectures		hours	Assig	nments	stu	ıdy					
			14 x 2	14 x	2 CU X	14 x 2 C	CU X 60	2	10 students			
			CU X 50	0 60 minutes minutes								
			minutes									
2	Prerequisi	ites for partici	pation (if app	olicable)								
	-											
3	Descriptio	on						.				
	This cours	e will discuss t	he theoretica	l underst	tanding o	f the basic	concepts	of H	andball, the			
	history of	Handball and	its developme	ent, game	e rules an	d basic teo	chniques, a	as we	ell as being			
	able to pra	actice the corr	ect basic tech	iniques o	f playing	Handball.						
4	Learning	outcomes										
	PLO-1 (AS	-1) Able to der	nonstrate a so	científic,	critical ar	nd innovat	ive attitud	e in i	teacning			
	physical e	ducation in a p		hanner	ما م م م	ation lun au			iald of			
	PLO-3 (KN	U-1) Able to d	emonstrate t	neoretica	ai and pra		wiedge in t	the t	leid of			
	physical e	aucation throu	ign the conce	pt of phy	/sical edu							
	PLU-8 (SS-	1) Able to sol	e problems in	n project	-based pr	iysical edu	cation and	a gui	aea alscovery			
-	Subject of	entry of in grou	ihz									
5		ms/Content	and the basic	tochniqu	or of play	ing handh	all tactics	and	stratogios for			
	1. Ai nl	aving handhal		techniqu	es or play	ying nahuu	iall, lactics	anu	strategies for			
	ρι 2 Δr	aying nanubar halvzing the ru	les of the gan	ne and re	fereeing	in the gam	ne of Hand	lhall				
	2. Ar	onlying game r	ules and refe	reeing in	Handbal	l game and	l having a	resp	onsible			
	at	titude toward	s tasks		inanabai	- Barrie arre		1000				
6	Teaching	methods										
	project wo	ork, group wor	k, lectures, di	iscussion	s. Coopei	rative Lear	ning					
7	Assessme	nt methods										
	Students a	are considered	competent a	nd pass i	f they ge	t at least a	minimum	test	score of 55			
	which con	sists of UTS, U	S, structured	activities	s (assignn	nents / T) a	and partici	pato	ry activities			
	(P).											
	The final g	grade (NA) is ca	alculated acco	ording to	the follo	wing form	ula::					
	NA = <u>(2xP</u>))+(3xT)+(2xUT	S)+(3xUS)									
		10										
	Conversio	n of the 0-100	scale value to	o a 0-4 so	ale and t	he letters a	are arrang	ed a	s follows.			
	Letter	Nur	nber		Interval							
	A	4,	00 8	$35 \leq A$	< 10	00						
	A-	3,	/5 8	30 ≤ A	- < 8	2						
	B+	3,	50 7	$15 \leq B$	+ < 80) -						
	В	3,		/∪ ≤ B	< 75	>						
	B-	2,	/5 ($5 \le B$	- < 7()						
	C+	2,	50 6	<u>bU ≤ C</u>	+ < 65	>						
	C	2,	00 5	$5 \le C$	< 60)						
	D	1,	00 4	10 ≤ D) < 55	5						

	E		0,00	0	≤	Е	<	40							
	If stude	ent car	n't reach passing gra	de, tł	ney a	re ta	ke a	cours	se on n	ext semester.					
8	This m	odule,	course is used in th	e foll	owir	ng sti	ıdy∣	progra	amme,	/s as well					
	All und	ergrad	lute study program	n Un	esa										
9	Respon	nsibilit	y for module/cours	e											
	Electiv	е													
10	Other	Other information													
	1.	1. Clanton, Reita E. & Dwight, Mary Phyl. 1997. Team Handball: Steps to Success. United													
		State	s of America: Huma	n Kine	etics										
	2.	Mahe	endra, Agus (2002).	3ola ⁻	Fang	an, Ja	akar	ta: Dił	cti						
	3.	Asiar	Hand Ball Federati	on (Al	HF). I	Rules	s of t	he ga	mes of	Handball: Kuwait 1998					
	4.	I.H.F	(International Hand	oall F	eder	atior	n.(20	00). C	Commis	ssion of coaching and					
		Meth	ods hand ball. Dutc	nland											
	5.	Penn	ycook, Lindsay & sy	kes, R	obin	(198	0). C	lymp	ic hanc	lball. Stanley & Paul : Co.Ltd					
	6.	Rowl	and, B.J. (1970). Hai	idBal	l a Co	ompl	ete (Guide	: Londo	วท					
	7.	www	.IHF.com												
	8.	www	.AHF.com												

	Sepak Takraw */ Sepak Takraw									
		1	Mod	ule/Cou	rse Title		1			
Modu	le/Course	Student	Credits		Semest	er	Frequen	су	Duration	
Title		Workload	(ECTS)		6		Every oc	bb	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contact	Strue	ctured	Indepe	ndent		Class size	
	Lectures		hours	Assig	nments	stu	dy			
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	4	40 students	
			CU X 50	60 m	inutes					
			minutes							
2	Prerequisi	tes for partici	pation (if app	icable)						
	-									
3	Descriptio	n .				¢				
	This cours	e discusses un	derstanding th	he basic	concepts	of sepak t	akraw tec	:hniq	ue, the	
	history of	sepak takraw	rules and their	applica	tion in th	e teaching	and learn	ning p	process of	
	sepaк takr	aw. Lectures a	ire carried out	with lea	ctures, pr	actice, pro	ject assigi	nmer	nts and	
4	reflections).								
4	PLO 1 (AS 1) Able to demonstrate a scientific, critical and innovative attitude in teaching									
	PLU-1 (AS-	-1) Able to der	nonstrate a sc	annor	Critical al	iu innovati	ve attitud	ie m	teaching	
		0 1) Abla to d	omonstrato th		l and pro	etical know	wlodgo in	tho f	iold of	
	PLO-5 (KN	ducation throu	igh the concer	e of phy	a anu pra	ictical KIIOV	wieuge in	uie i		
		1) Able to soly	ign the concep ie problems in	nroiect.	-hased n		cation and	d ani	ded discovery	
	independe	ntly or in grou	ins	project	-baseu pi	Tysical euu		ugui	ded discovery	
5	Subject ai	ms/Content	*P3							
5	1. At	ole to understa	and the history	, basic t	echnique	es. and rule	es of sepal	k tak	raw	
	2. Ar	nalvze the hist	orv. basic tech	niques a	and rules	of sepak ta	akraw			
	3. Im	plementing th	ne takraw lear	ning pro	cess at so	chool				
	4. Or	ganize match	es (officiating)	and hav	ve a respo	onsible atti	tude towa	ards l	earning tasks	
	an	d officiating s	epak takraw.						C	
6	Teaching	methods	•							
	project wo	ork, group wor	k, lectures, dis	cussion	s. Coope	rative Leari	ing			
7	Assessme	nt methods								
	Students a	re considered	competent ar	nd pass i	f they ge	t at least a	minimum	n test	score of 55	
	which con	sists of UTS, U	S, structured a	octivities	; (assignn	nents / T) a	ind partici	ipato	ry activities	
	(P).									
	The final g	rade (NA) is ca	alculated acco	rding to	the follo	wing formu	ula::			
	NA = (2xP)+(3xT)+(2xUTS)+(3xUS)									
		10							•	
	Conversio	n of the 0-100	scale value to	a 0-4 sc	ale and t	he letters a	are arrang	ged a	s follows.	
	Letter	Nun	n per		Interval	20				
	A	4,	75 0	$S \leq A$		- 0				
	A-	3,	/S 8	USA	- < 8					
	B+	3,	/ UC	ש ב כ מי א כ	א <u>ד א</u> יד א					
	В	3,		U S B	< /5					
	B-	2,		o s s B	- < /(
	C+	2,								
ı		Ζ,	UU 5	$J \ge 0$, I				

	D	1,00	40 ≤	D	<	55							
	E	0,00	0 ≤	Е	<	40							
	If student car	n't reach passing grade	, they a	re ta	ke a	cours	e on n	ext semester.					
8	This module	course is used in the	followin	g stı	ıdy p	orogra	mme/	's as well					
	All undergrad	l undergradute study program in Unesa											
9	Responsibilit	esponsibility for module/course											
	Elective												
10	Other inform	ation											
	1. Basa, Pen	ghulu.1992.Sepak Takr	aw. Jaka	arta.	Dikt	:i							
	2. Persetasi.	1999.Bermain Sepak T	akraw.Ja	akart	a								
	3. Koni.2005	. Koni.2005.Perkembangan Sepak Takraw dan Peraturannya. <u>www.koni.co.id</u>											
	4. SSA. 2005	. The World History of	Sepak T	akra	w. <u>v</u>	ww.ta	akraws	scotland.com					
	5. TSF.2005.	How To Play Sepak Tal	kraw. ww	vw.t	akra	wthai	land.co	om					

			Tenis I	Meja*/T	able Tenr	nis			
		-	Mo	dule/Cou	rse Title		1		
Modu	le/Course	Student	Credits		Semest	ter	Frequer	ncy	Duration
Title		Workload	(ECTS)		6		Every oc	bb	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)				Г		1	
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	U X 60	4	40 students
			CU X 50	60 m	linutes	mini	utes		
-	<u> </u>		minutes						
2	Prerequisi	ites for partici	pation (if ap	plicable)					
2	-								
3	Descriptio	on Himmony and the second							4
	Understan	iding and mas	tery of table	tennis th	eory and	practice, ir	iciuaing: r	Jasic	techniques,
	uith loctu	ros prostico r	nes and learn	ing in the	e game o		iis. Lectur	es ar	e carried out
4		res, practice, p	oroject assign	iments a	id reflect	ions.			
4	Learning C	1) Able to der	nonstrata a a	ciontific.	oritical a	nd innovati		la in	taashing
	PLU-I (AS	-1) ADIE LO GEI	nonstrate a s	nonnor	Critical a	nu mnovau	ive attitut	ie m	teaching
		0 1) Able to d	omonstrato t	hoorotic	alandar	actical know	uladaa in	tho f	iold of
	PLU-3 (KN	U-1) Able to u	emonstrate (neoretic	ai anu pro		wiedge in	thei	leid ol
			ign the conce					ما مر با	
	PLU-8 (SS-	1) Able to solve	e problems i	n project	-based p	nysical edu	cation an	a gui	ded discovery
E	Subject ai	mc/Contont	ih2						
5		nis content	hla tannis ga	ma ta sti	Idonts				
	2 1	nderstand the	history equi	nment ar	nd hasic t	echniques	of table to	onnis	:
	2. OI 3 Ar	nly basic tabl	e tennis tech	niques ar	nd table t	ennis refer	eeing		
	4. Ar	nalyzing the m	anagement c	of table te	nnis mat	ches and h	aving a re	snor	sible attitude
	to	wards the tas	of learning	table ten	nis in sch	ools or org	anization	s3	
6	Teaching	methods							
•	project wo	ork. group wor	k. lectures. d	iscussion	s. Coope	rative Lear	ning		
7	Assessme	nt methods	, ,				0		
	Students a	are considered	competent a	and pass	if they ge	t at least a	minimum	n test	score of 55
	which con	sists of UTS, U	S, structured	activitie	s (assignr	nents / T) a	nd partic	ipato	ory activities
	(P).							•	
	The final g	rade (NA) is ca	alculated acc	ording to	the follo	wing form	ula::		
	NA = <u>(2xP</u>)	+(3xT)+(2xUT	S)+(3xUS)						
		10							
	Conversio	n of the 0-100	scale value t	o a 0-4 s	cale and t	<u>he letters</u> a	are arrang	ged a	s follows.
	Letter	Nur	nber		Interval				
	A	4,	00	85 ≤ A	A < 10	00			
	A-	3,	75	80 ≤ <i>A</i>	A- < 8	5			
	B+	3,	50	75 ≤ E	8+ < 8	0			
	В	3,	00	70 ≤ E	3 < 7	5			
	B-	2,	75	65 ≤ E	8- < 7	0			
	C+	2,	50	60 ≤ 0	C+ < 6	5			
	C	2,	00	55 ≤ (C < 60	0			
	D	1.	00	40 ≤ [) < 5	5			

	E	0,00	0 ≤	Е	<	40							
	If student	t can't reach passing grade	, they are	e tak	e a	course	e on n	ext semester.					
8	This mod	lule/course is used in the f	ollowing	stuc	ly p	orograi	mme/	's as well					
	All under	gradute study program in l	Jnesa										
9	Responsi	bility for module/course											
	Elective												
10	Other inf	ormation											
	1. A	ASC. 2012. Playing for Life	- Table T	ennis	5. A	ustralia	an Sp	orts Commission					
	2. G	2. Geske, Klaus-M. Dan Mueller, Jens , 2010. Table Tennis Tactics Your Path to Success.											
	N	Maidenhead											
	3. H	lerry Moestamar, Nurhasa	n. 1996.	Belaj	ar t	tenis m	ieja et	fektif. Surabaya Unipres					
	4. N	/IcAfee, Richard. 2009. Tab	le Tennis	: Ste	ps i	to Succ	cess. l	Inited States of America:					
	H	luman Kinetics											
	5. N	/luhtar, T dan Sulistyo, W. 2	2007. Ter	nis M	eja	ı. Jakar	ta: Ur	niversitas Terbuka					
	6. N	lurhasan. 2001. Macam-M	acam Jen	is Te	s K	eolahr	agaar	dan Pengukuran Prinsip-					
	Р	rinsip Gerak dalam Olahra	ga. Band	ung:	Dir	ektora	t Jenc	Iral Olahraga					
	7. P	TMSI. 2016. Peraturan Ter	nis Meja 2	2016	. Pe	BPTMS	I						
	8. T	TA. 2002. Table Tennis in S	chools P	rogra	am.	Water	whee	el Press, North Melbourne,					
	V	ictoria, Australia											
	9. <u>v</u>	9. <u>www.ptmsi.org</u>											
	10. <u>v</u>	<u>www.attu.com</u>											
	11. 🔰	<u>www.ittf.com</u>											

	Softball*/ Softball										
		ſ	Мос	dule/Cou	rse Titl	е			1		
Modu	le/Course	Student	Credits		Seme	ester	Frequer	ncy	Duration		
Title		Workload	(ECTS)		6		Every of	dd	1		
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of c	ourses	Contact	Stru	ctured	Indep	endent		Class size		
	Lectures		hours	Assig	nment	s stu					
			14 x 2	14 x	2 CU X	14 x 2 (CU X 60		40 students		
			CU X 50	60 m	inutes	min	utes				
			minutes								
2	Prerequisi	ites for partici	pation (if app	olicable)							
	-										
3	Descriptio	on									
	Mastering	general know	ledge and ba	sics of so	ftball g	ames; maste	er the basi	ic tec	hniques of		
	throwing,	catching, hitti	ng, running b	etween k	bases, c	lefending, a	ttacking; n	naste	r the method		
	of recordin	ng scores and	arbitration; k	now the	organiz	ation of sof	tball matcl	hes; l	have a		
	responsib	le and intellige	ent attitude to	owards th	ne task	of organizin	g softball ı	matc	hes.		
4	Learning outcomes										
	PLO-1 (AS-	-1) Able to der	nonstrate a s	cientific,	critical	and innovat	tive attitud	de in	teaching		
	physical e	ducation in a p	professional r	nanner							
	PLO-3 (KN	O-1) Able to d	emonstrate t	heoretica	al and p	oractical kno	wledge in	the f	ield of		
	physical e	ducation throu	igh the conce	ept of phy	/sical e	ducation	-				
	PLO-8 (SS-	1) Able to solv	ve problems i	n project	-based	physical edu	ucation an	d gui	ded discovery		
	independe	ently or in grou	aps								
5	Subject ai	ms/Content									
	1. Ui	nderstand gen	eral knowled	ge and ba	asics of	softball gar	ne				
	2. Ap	oply the basic	techniques of	fthrowin	g, catcl	ning, hitting,	, running b	etwe	en bases,		
	de	efending, attac	king								
	3. Ex	amine the me	thod of reco	rding and	arbitra	ation					
	4. Ar	nalyzing the or	ganization of	softball	matche	es has a resp	onsible an	nd int	elligent		
	at	titude toward	s the task of o	organizin	g softb	all matches.					
6	Teaching	methods									
	project wo	ork, group wor	k, lectures, d	iscussion	s. Coop	perative Lea	rning				
7	Assessme	nt methods									
	Students a	are considered	competent a	and pass i	f they	get at least a	a minimun	n test	t score of 55		
	which con	sists of UTS, U	S, structured	activities	s (assig	nments / T)	and partic	ipato	ory activities		
	(P).										
	The final g	rade (NA) is ca	alculated acco	ording to	the fol	lowing form	ula::				
	NA = <u>(2xP</u>)	+(3xT)+(2xUT	<u>S)+(3xUS)</u>								
		10									
	Conversio	n of the 0-100	scale value t	o a 0-4 so	ale and	d the letters	are arrang	ged a	s follows.		
	Letter	Nun	nber		Interva	d 🗌					
	A	4,	00	85 ≤ A	<	100					
	A-	3,	75	80 <u>≤</u> A	<	85					
	B+	3,	50	75 ≤ B	+ <	80					
	В	3,	00	70 ≤ B	<	75					
	B-	2,	75	65 ≤ B	- <	70					
	C+	2,	50	60 ≤ C	;+ <	65					

	С	2,00	55 ≤	С	<	60		
	D	1,00	40 ≤	D	<	55		
	E	0,00	0 ≤	Е	<	40		
	If student car	n't reach passing grade	, they a	re ta	ke a	cours	e on n	ext semester.
8	This module,	course is used in the	followin	g stı	ıdy	progra	amme,	/s as well
	All undergrad	lute study program in	Unesa					
9	Responsibilit	y for module/course						
	Elective							
10	Other inform	ation						
	1. Petunjuk l	engkap permainan sof	tball da	n ba	seba	ll, Bet	hel, D,	1987, Dahara Prize
	2. Olahraga	pilihan softball, (Drs. P	arno, 19	92)				
	3. Official ru	les of softball 2002-20	05					
	4. Official ru	les of baseball 2005						
	5. Coaching	<i>and power hitting</i> (Chi	ck, Lore	n 19	79)			
	6. Coaching	<i>winning softball</i> (Benc	h, J, 197	5)				
	7. Coaching	<i>winning baseball</i> (Betł	19. nel, D, 19	979)				

			F	loki*/ Ho	ockey				
			Mod	dule/Cou	rse Title		T		1
Modu	le/Course	Student	Credits		Semest	ter	Frequen	ncy	Duration
Title		Workload	(ECTS)		6		Every oc	bb	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)
		(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	ndent		Class size
	Lectures		hours	Assig	nments	stu	dy		
			14 x 2	14 x	2 CU X	14 x 2 C	CU X 60		40 students
			CU X 50	60 m	inutes	minu	utes		
			minutes						
2	Prerequisi	ites for partici	pation (if app	olicable)					
	-								
3	Descriptio	on							
	This cours	e will discuss t	the theoretica	al unders	tanding c	of the basic	concepts	of H	ockey, the
	history of	Hockey and it	s developmer	nt, the ru	les of the	game and	basic tecl	hniq	ues, as well as
	being able	to practice th	e basic techn	iques of	the corre	ct Hockey	game.		
4	Learning o	outcomes							
	PLO-1 (AS-	-1) Able to der	nonstrate a s	cientific,	critical a	nd innovat	ive attitud	le in	teaching
	physical e	ducation in a p	professional n	nanner					
	PLO-3 (KN	O-1) Able to d	emonstrate t	heoretica	al and pra	actical know	wledge in	the f	ield of
	physical e	ducation throu	ugh the conce	ept of phy	/sical edu	ication			
	PLO-8 (SS-	1) Able to solv	ve problems i	n project	-based pl	hysical edu	cation and	d gui	ded discovery
	independe	ently or in grou	ups						
5	Subject ai	ms/Content							
	1. At	ole to understa	and the theor	y and his	tory of H	ockey			
	2. In	terpreting the	Hockey game	e rules					
	3. Ar	nalyzing the ba	asic technique	es of the	game of I	Hockey			
	4. Pr	esents the pra	actice of basic	techniq	ues and H	lockey pro	perly.		
6	Teaching	methods							
	project wo	ork, group wor	k, lectures, d	iscussion	s. Coope	rative Lear	ning		
7	Assessme	nt methods							
	Students a	are considered	l competent a	nd pass	if they ge	t at least a	minimum	n test	t score of 55
	which con	sists of UTS, U	S, structured	activities	s (assignn	nents / T) a	and partici	ipato	ory activities
	(P).								
	The final g	grade (NA) is c	alculated acco	ording to	the follo	wing form	ula::		
	NA = <u>(2xP</u>))+(3xT)+(2xUT	<u>S)+(3xUS)</u>						
		10							
	Conversio	n of the 0-100	scale value t	o a 0-4 so	cale and t	he letters	are arrang	ged a	s follows.
	Letter	Nur	nber		Interval				
	A	4,	00	85 ≤ A	A < 10	00			
	A-	3,	75 8	80 ≤ A	A- < 8	5			
	B+	3,	50	75 ≤ B	8+ < 80	0			
	В	3,	00	70 ≤ B	8 < 75	5			
	В-	2,	75	65 ≤ B	8- < 70	0			
	C+	2,	50	60 ≤ C	2+ < 65	5			
	С	2,	00	55 ≤ C	C < 60)			
	D	1.	00 4	40 ≤ D) < 5	5			

	E	0,00	0	≤ E	<	40							
	If studen	t can't reach passing grac	e, they	are t	ake a	cours	se on n	ext semester.					
8	This mod	lule/course is used in the	follow	/ing st	udy	progra	amme,	/s as well					
	All under	All undergradute study program in Unesa											
9	Respons	Responsibility for module/course											
	Elective												
10	Other in	formation											
	1. 1	abrani, Primadi. 2012. Ho	ockey D	an Kr	eakti	vitas [Dalam	Olahraga . Bandung: ITB.					
	2. H	2. Halen Tan Haridas . Hoki , Oxford Fajar. Bhd.Kuala Lumpur.											
	3. F	3. FIH Rules Of Hockey 2017.											

			Pana	ahan*//	Archery				
			Mod	ule/Cou	rse Title				
Modu	ule/Course	Student	Credits		Semest	ter	Frequen	су	Duration
Title		Workload	(ECTS)		7		Every od	ld	1
(if use	ed)	14 x (2 CU	2 CU x 1,59				semeste	r,	semester(s)
•	,	(50 + 60 +							
		60							
		munites)							
1	Types of c	ourses	Contact	Stru	ctured	Indepe	endent		Class size
	Lectures		hours	Assig	nments	stu	ıdv		
			14 x 2	14 x	2 CU X	14 x 2 (CU X 60	4	40 students
			CU X 50	60 m	inutes	min	utes		
			minutes						
2	Prereguis	ites for partic	pation (if app	licable)					
-	-								
3	Descriptio	on							
-	This cours	e discusses th	e history of an	cherv. m	lasterv of	technique	es, tactics	regi	lations.
	teaching	processes and	archerv refere	eing in t	he field	Lectures a	re carried	out	by lectures.
	practicals.	project assign	ments and re	flections					,,
4	Learning	outcomes							
	PLO-1 (AS	-1) Able to de	monstrate a so	cientific.	critical ar	nd innovat	tive attitud	e in	teaching
	physical e	ducation in a i	professional m	anner				-	0
	PLO-3 (KN	O-1) Able to c	emonstrate th	neoretica	al and pra	actical kno	wledge in	the f	ield of
	physical e	ducation thro	ugh the conce	pt of phy	/sical edu	ication			
	PLO-8 (SS-	1) Able to sol	e problems in	project	-based pl	nysical edu	ucation and	d gui	ded discovery
	independe	ently or in gro	ups	, bi olect	Subcu pi	iyolcal cat		- 9ui	
5	Subiect ai	ms/Content	- [
-	1. U	nderstand the	history and pl	hilosoph	y of arch	ery, under	stand the	rules	of Archery
	Ro	ound FITA, Na	tional, Traditic	nal .					
	2. De	etermine arch	ery equipment	t and co	mpetitior	n equipme	nt		
	3. Ar	nalyzing refere	eing and teac	hing/tra	ining arch	nery meth	ods		
	4. Pr	esenting arch	ery skills in the	e Nation	al Round	of 30 met	ers, and ha	aving	g a responsible
	at	titude toward	s the task of o	rganizin	g an arch	ery compe	etition.	-	
6	Teaching	methods							
	project wo	ork, group wo	^r k, lectures, di	scussion	s. Project	t Based Le	arning		
7	Assessme	nt methods							
	Students a	are considered	l competent a	nd pass i	f they ge	t at least a	a minimum	test	t score of 55
	which con	sists of UTS, L	S, structured	activities	s (assignn	nents / T)	and partici	pato	ory activities
	(P).								
	The final g	rade (NA) is c	alculated acco	rding to	the follo	wing form	ula::		
	NA = <u>(2xP</u>))+(3xT)+(2xUT	S)+(3xUS)						
		10							
	Conversio	<u>n of the 0-1</u> 00	scale value to	o a 0-4 so	ale and t	<u>he letter</u> s	are arrang	ed a	s follows.
	Letter	Nui	nber		Interval				
	A	4	.00 8	5 ≤ A	. < 10	00			
	A-	3	75 8	80 ≤ A	<u>- < 8</u>	5			
	B+	3	50 7	′5 ≤ B	+ < 80)			
	В	3	00 7	′0 <u>≤</u> B	< 75	5			
	B-	2	75 6	i5 <u>≤</u> B	- < 70	0			
	C+	2	.50 6	i0 ≤ 0	.+ < 65	5			
	C	2	.00 5	5 ≤ C	< 60)			

	D	1,00	40 ≤	D	<	55				
	E	0,00	0 ≤	Е	<	40				
	If student car	n't reach passing grade	, they ar	re ta	ke a	course o	n next semester.			
8	This module,	course is used in the	followin	g stu	dy j	orogrami	ne/s as well			
	All undergrad	lute study program in	Unesa							
9	Responsibilit	y for module/course								
	Elective									
10	Other information									
	1. Harsono,	Teknik-Teknik Dasar M	emanah	1						
	2. Jean A. Ba	rret,1990, Olahraga Pa	anahan							
	3. Perpani,1	994,Peraturan Lomba I	Panahan	1						
	4. Mengenal	Olahraga Panahan, 20)01, Sura	abaya	a, U	nesa Univ	ersity Press.			
	5. Memahan	ni Falsafah Olahraga Pa	anahan,	2001	L, Sι	irabaya, I	Jnesa University Press.			
	6. Archery, USA, 2012. Archery, Champaign-IL: Human Kinetcs.									
	7. Haywood,	Kathleen and M.,	Lewis,	Cath	erin	e F., 20	13. Archery Steps To Success,			
	Champaig	n-IL: Human Kinetcs.								

			I	(arate*/	Karate						
			Mo	dule/Co	urse Title		Γ_		<u> </u>		
Mod	ule/Course	Student	Credits		Semes	ter	Frequen	icy	Duration		
Title		Workload	(ECTS)		7		Every odd 1		1		
(if us	ed)	14 x (2 CU	2 CU x 1,59)			semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)					<u> </u>				
1	Types of c	ourses	Contac	t Stru	ictured	Indepe	endent		Class size		
	Lectures		hours	Assig	nments	stu	dy		10		
				14 x		14 X 2 C	U X 60		40 students		
	minutes										
2	Duouonuio		minute	S mliachta)							
2	Prerequis	ites for partic	ipation (if ap	plicable)							
<u> </u>	-										
5	Te develo	n n practical ski	lle in varioue	karato tr	nining me	thads to in	anrova tra	inin	a chille		
		p practical ski	ns in various	ovement	anning me	concept of	solf-dofon	nnni col	g skills		
	carried ou	t with lecture	s practices	nroiect a	signmen	ts and refle	octions	3C. L	ectures are		
Л			<i>s</i> , practice <i>s</i> ,	project a.	Significit						
Ŧ	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching										
	physical education in a professional manner										
	PLO-3 (KNO-1) Able to demonstrate theoretical and practical knowledge in the field of										
	PLO-5 (NOV-1) Able to demonstrate theoretical and practical knowledge in the field of										
		1) Able to sol	ve nrohlems	in projec	t-hased n	hysical edu	ication and	d σιί	ided discovery		
	independe	ently or in gro	uns	in projec	t based p	Trystear eac		ugu			
5	Subject ai	ms/Content	aps								
	1. U	nderstanding	the History c	of the Dev	elopmen	t of Karate	Martial Ar	rts. E	thics and		
	Pł	nilosophy in K	arate Martia	Arts				,			
	2. M	astering the b	asic techniq	ues in kar	ate						
	3. Ha	ave a respons	ible attitude	towards	earning k	arate in scl	hools or sp	oorts	associations.		
6	Teaching	methods			Ŭ						
	project wo	ork, group wo	rk, lectures,	discussio	ns. Saintif	ik					
7	Assessme	nt methods	· · ·								
	Students a	are considered	d competent	and pass	if they ge	et at least a	minimum	n test	t score of 55		
	which con	sists of UTS, L	JS, structure	d activitie	es (assigni	ments / T) a	and partici	ipato	ory activities		
	(P).										
	The final g	grade (NA) is c	alculated aco	cording to	the follo	wing form	ula::				
	NA = <u>(2xP</u>))+(3xT)+(2xUT	<u>S)+(3xUS)</u>								
		10									
	Conversio	n of the 0-100) scale value	to a 0-4 s	cale and	the letters	are arrang	ged a	s follows.		
	Letter	Nu	mber		Interval						
	A	4	,00	85 ≤	A < 1	00					
	A-	3	,75	80 ≤	A- < 8	5					
	B+	3	,50	75 ≤	B+ < 8	0					
	B	3	,00	70 ≤	B < 7	5					
	B-	2	,75	65 ≤	B- < 7	0					
	C+	2	,50	60 ≤	C+ < 6	5					
	C	2	,00	55 ≤	C < 6	0					
	D	1	,00	40 ≤	D < 5	5					
	E	0	.00	0 ≤	E < 4	0					

	If student can't reach passing grade, they are take a course on next semester.									
8	This module/course is used in the following study programme/s as well									
	All undergradute study program in Unesa									
9	Responsibility for module/course									
	Elective									
10	Other information									
	1. Perry Paul. 1992. Bebas Cidera Karate. Jakarta: Ghalia Indonesia.									
	2. Sujito J.B. 2006. Teknik Oyama Karate. Jakarta: PT. Alex Media Komputindo.									
	3. Prayitno Kwat dan P. Rahmadi Guruh. 2007. Karate Kata. Jombang: K-Media.									
	4. Pardijono, dan Yulfadinata Afifan (2014). Buku Ajar Sarana dan Prasarana Olahraga									
	Edisi 1. Surabava: Unesa University Press.									
	, , ,									

Anggar*/ Fencing												
Module/Course Title												
Module/Cours	e Student	Credits		Semest	ter	Frequen	cy Duration					
Title	Workload	(ECTS)		7		Every od	d 1					
(if used)	14 x (2 CU	2 CU x 1,59				semester	r, semester(s					
	(50 + 60 +											
	60											
1	munites)											
1 Types of	f courses	Contact	Stru	ctured	Indepe	endent	Class size					
Lecture	Lectures hours Assignments study											
		14 x 2	14 x	2 CU X	14 x 2 C	CU X 60	40 students					
		CU X 50	60 m	inutes	minu	utes						
		minutes										
2 Prereq	isites for partic	ipation (if app	licable)									
-												
3 Descrip	tion											
This co	irse discusses th	ne basic techni	cal skills	in fencin	g, consistir	ng of the al	pility to move the					
legs (Fo	rward, Back, Jur	mp and Attack) the han	as (respe	ect, readine	ess, zipper,	nitting					
the rule	movements, sliding movements) and basic skills in applying basic techniques in the game and the rules of the game of fencing											
4 Loornin	the rules of the game of fencing.											
	Learning outcomes											
	PLO-1 (AS-1) Able to demonstrate a scientific, critical and innovative attitude in teaching											
	physical education in a protessional manner											
PLO-3 (l education thro	ugh the conce	nt of nhy	sical odu	ication	wieuge in t						
	S_{-1} Able to sol	lve problems in	project	-hased nl		ication and						
indene	idently or in gro	nins	i project	-based pi	Trystear euu		i guidea discover					
5 Subject	aims/Content	, aps										
1.	Able to unders	tand general k	nowledge	e about f	encing, pra	actice basio	c fencing posture					
	practice hand s	tances / floret	s, Sabel a	and Dege	n		01					
2.	Proves how to	parry, attack	the wea	apons of	Floret, Sa	bel and D	egen, and have					
	responsible att	itude by applyi	ing fencii	ng lesson	s in the fie	ld.	0					
6 Teachir	ig methods											
project	work, group wo	ork, lectures, di	scussion	s. Project	t based lea	rning						
7 Assessi	nent methods											
Studen	s are considere	d competent a	nd pass i	f they ge	t at least a	minimum	test score of 55					
which o	onsists of UTS, l	JS, structured	activities	s (assignn	nents / T) a	and partici	patory activities					
(P).												
The fina	al grade (NA) is c	calculated acco	ording to	the follo	wing form	ula::						
NA = <u>(2</u>	<u>xP)+(3xT)+(2xU1</u>	<u> [S)+(3xUS)</u>										
	10											
Conver	sion of the 0-100	O scale value to	b a 0-4 sc	ale and t	he letters	are arrang	ed as follows.					
Lett	er Nu	mber	<u> </u>	Interval								
	4	k,UU 8	$35 \leq A$	<u> </u>	50							
	3	5,75 8	$SU \leq A$	<u>- < 8</u>	5							
	3	5,50 7	$r_{5} \leq B$	+ < 80	-							
	3	5,00 7	$v \leq B$	< /5								
B-	2	2,75 6	$b5 \leq B$	- < 7	-							
	2	2,50 6	$0 \le 0$	+ < 6								
	2	2,00	$5 \leq C$	< 60	J							
D	1	.,00 2	ŧυ ≤ D) < 5	5							

	E		0,00	0	≤	Е	<	40				
	If student can't reach passing grade, they are take a course on next semester.											
8	This module/course is used in the following study programme/s as well											
	All undergradute study program in Unesa											
9	Responsibility for module/course											
	Elective	e										
10	Other i	inform	ation									
	1.	Sejar	ah perkembangan An	ggar	di	Indo	nesi	a. Dr	. Berna	ard Barth, Spor Verlag, Berlin		
		1975										
	2. Peraturan FIE terbaru											
	3.	Cheri	s, Elaine. 2002. Fencin	g: st	eps	to su	icce	ss. Ch	ampai	gn-IL, Human Kinetics		

Olahraga Berkuda/ Equestrian											
			Modu	le/Cou	rse Title						
Modu	le/Course	Student	Credits		Semest	er	Frequer	ncy	Duration		
Title	•		(5070)		_						
(:5	ما <i>ا</i>	Workload	(ECTS)		/		Every or	bb	1		
(IT USE	20)	14 x (2 CU	2 CU x 1,59				semeste	er,	semester(s)		
		(50 + 60 +									
		60									
		munites)									
1	Types of courses Contact Structured Independent Class siz								Class size		
	Loctures		hours	Assign			al				
	Lectures		14 v 2	Assign	iments	stu	ay				
			CUX 50	14 x 2	2 CU X	14 x 2 C	U X 60	4	40 students		
			minutes	60 m	inutes	minu	ites				
	_										
2	2 Prerequisites for participation (if applicable)										
	-										
3	Description										
0											
	Understanding and Mastery of theory includes the procedures for caring for, history, types										
	and practice of basic riding techniques.										
4	Learning o	outcomes									
	PLO-1 (AS-	-1) Able to der	nonstrate a sci	entific,	critical ar	nd innovati	ve attitud	le in [.]	teaching		
	physical e	ducation in a p	professional ma	anner							
	PLO-3 (KN	O-1) Able to d	emonstrate th	eoretica	I and pra	actical know	vledge in	the f	ield of		
	physical e	ducation throu	igh the concep	ot of phy	sical edu	ication					
	PLO-8 (SS-	1) Able to solv	e problems in	project	-based pl	nysical edu	cation an	d gui	ded discovery		
	independe	ently or in grou	lps								
5	Subject ai	ms/Content									
	1. Expl	ain the proce	dures for cari	ng for,	theory, ł	nistory, typ	es and b	asic	techniques of		
	eque	estrian sport.									
	2. Prac	tice basic ridir	ng techniques.			fi do					
6	J. Orga	methods	iops/socializati	onincre	eases sen	-connuenc	e and col	irage			
Ũ											
	project wo	ork, group wor	k, lectures, dis	cussion	5.						
7	Assessme	nt methods									
	Students a which con (P).	re considered sists of UTS, U	competent an S, structured a	id pass i ictivities	f they ge (assignn	t at least a nents / T) a	minimun nd partic	n test ipato	score of 55 ry activities		
	The final g	rade (NA) is ca	alculated accor	ding to	the follo	wing formu	ula::				

Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows.

	Letter	Number		Inter	val					
	Α	4,00	85 ≤	A <	100					
	A-	3,75	80 ≤	A- <	85					
	B+	3,50	75 ≤	B+ <	80					
	В	3,00	70 ≤	B <	75					
	В-	2,75	65 ≤	B- <	70					
	C+	2,50	60 ≤	C+ <	65					
	С	2,00	55 ≤	C <	60					
	D	1,00	40 ≤	D <	55					
	E	0,00	0 ≤	E <	40					
	If student car	i't reach passing grad	le, they ar	e take a	a course on	next semester.				
9	This module/course is used in the following study programme/s as well All undergradute study program in Unesa Responsibility for module/course									
	Compulsory									
10	Other inform	ation								
	1. <u>http:</u> <u>horse</u> 2. <u>http:</u> 3. <u>http:</u> 4 <u>http:</u>	//www.peta.org/livin <u>es/</u> //www.humanesocie //www.balancedquin //www.borses-and-b	g/compar ty.org/ani ie.com.au, orse-infor	<u>ii-anim</u> imals/h /nutriti	al/caring-an orses/tips/f ons/electrol com/article	imal-companions/caring- norse-care-guidelines.html lytes.html es/horse-management.shtml				
	5. <u>http:</u>	//www.horses-and-h	orse-infor	mation	.com/article	es/0502clean.shtml				
	6. <u>http:</u>	//www.aspca.org/pe	t-care/hor	rse-care	/top-10-dis	aster-readiness-tips-horses				
1	7. <u>http:</u>	//www.horses-and-h	orse-infor	mation	.com/article	es/0899 expense. shtml				

Module/Course Title										
Modu	ulo/Courso	Student	Cradite	lie/cou	Somost	or	Eroquor		Duration	
	ne/Course	Student			Semest	.er	Frequer	icy dd	Duration	
lif use	الم				0		Everyou	JU		
(ii use	eu)	14 X (2 CU	2 CU X 1,59				semeste	؛۱,	semester(s)	
		(50 + 60 + 60)								
		60 								
4	-	munites)								
1	Types of c	ourses	Contact	Struc	tured	Indepe	endent Class size			
	Lectures		nours	Assign		stu	ay			
				14 X .		14 X 2 C	U X 60	4	40 students	
			CU X 50	60 m	inutes	minu	ites			
			minutes							
2	Prerequis	ites for partici	pation (if appl	icable)						
2	-									
3	Descriptio	on			c ·				1.111 I	
	Introducti	on and unders	tanding of the	basics o	of Journal	ism and m	astery of	the a	ibility to write	
	sports nev	vs and articles	in mass and e	lectroni	c media.	Lectures ar	re carried	out	with	
4	presentati	ons and discus	sions, practice	e, projec	t assignn	nents and i	reflection	•		
4	Learning outcomes									
	PLO-7 (KNO-5) Able to master theoretical and practical concepts in the field of physical									
	education, especially the development of creativity (entrepreneur) in the field of physical									
	education and sports									
-	PLO-11 (G	S-2) Designing	entrepreneur	ial desig	ns relate	a to physic	cal educat	lion a	ind sports	
5	Subject ai	ms/Content		C 11						
	1. De	etailing the me	aning, scope o	of discus	sion, hist	cory, and p	osition of	spor	ts journalism	
	2. St	ate the types of	of media in jou	irnalism	l:			~		
	3. Ai	tarproting the ch	aracteristics o	r journa	listic lang	guage in ne	ws writin	g		
		terpreting new	s search tech	ious in	iournalic	m				
	5. U	ontify the orga	nization and o	news III .	othics in i	ournalism	indonon	dontl	y and have a	
	0. IU 50	entity the orga	ibility toward	s the tag	k of writi	ing news n	roducts a	nd vi		
6	Teaching	methods							CW3.	
U	nroiect wo	ork group wor	k lectures dis	cussion	s Project	· Based Lea	rning			
7		nt methods			5. 110jeet	. Duscu Leu	5			
,	Students	are considered	competent ar	nd nass i	f they ge	t at least a	minimun	n test	t score of 55	
	which con	sists of UTS. U	S. structured a	activities	(assignn	nents / T) a	nd partic	ipato	ory activities	
	(P).				(000.8		na partie		,	
	The final g	rade (NA) is ca	lculated acco	rding to	the follo	wing form	ıla::			
	NA = (2xP))+(3xT)+(2xUTS	6)+(3xUS)							
		10	<u> </u>							
	Conversio	n of the 0-100	scale value to	a 0-4 sc	ale and t	he letters a	are arrang	ged a	s follows.	
	Letter	Num	nber		nterval		_			
	A	4,0	00 8	5 ≤ A	< 10	00				
	A-	3,	75 8	0 ≤ A	- < 8	5				
	B+	3,!	50 7	5 ≤ B	+ < 80)				
	В	3,0	00 7	0 ≤ B	< 75	5				
	B-	2,	75 6	5 ≤ B	- < 7()				
	C+	2,!	50 6	0 ≤ C	+ < 65	5				
	C	2.0	00 5	5 ≤ C	< 60)				
	D	1.(0 4	0 < D	< 5	5				

	E	0,00	0	≤	Е	<	40					
	If studen	t can't reach passing grade	, the	y ar	re ta	ke a	course o	next semester.				
8	This mo	lule/course is used in the	follo	win	g stı	ıdy p	orogramn	ne/s as well				
	All unde	gradute study program in	Unes	a								
9	Responsibility for module/course											
	Elective											
10	Other information											
	1. K	ustadi Suhandang, <i>Pengan</i> i	tar Ju	ırnc	ilisti	k: Se	putar Org	anisasi, Produk, & Kode Etik,				
	2	010, Jakarta: Nuansa Cendo	ekia									
	2. R	omli, Asep Syamsul M. 2	003.	Jur	rnali	stik	Praktis u	ntuk Pemula. Bandung: Remaja				
	R	osdakarya.										
	3. Is	wara, Luwi. 2005. <i>Catatan</i>	Jurn	alist	tik D	asar	. Jakarta:	Kompas.				
	4. S	oorts Journalism: An Introd	ducti	on t	to R	epor	ting and	Nriting. 2010. Kathryn T. Stofer.				
	U	nited States of America: Ro	wm	an 8	& Lit	tlefie	eld Publis	hers, Inc.				

	Module/Course Title									
Modu	le/Course	Student	Credits		Semest	ter	Frequer	ncy	Duration	
Title		Workload	(ECTS)		8		Every of	dd	1	
(if use	ed)	14 x (2 CU	2 CU x 1,59)			semester,		semester(s)	
		(50 + 60 +								
		60								
		munites)								
1	Types of c	ourses	Contac	t Stru	ctured	Indepe	endent		Class size	
	Lectures		hours	Assig	nments	stu	ıdy			
			14 x 2	14 x	2 CU X	14 x 2 (CU X 60	4	40 students	
			CU X 5) 60 m	ninutes	min	utes			
			minute	s						
2	Prereguisi	tes for partici	pation (if an	plicable)						
	-									
3	Descriptio	n								
-	This cours	e will discuss i	understandi	ng and ma	sterv of f	itness the	orv and pr	actic	e (indoor.	
	outdoor, f	unctional train	ning, and we	ight traini	ng with f	itness eau	ipment), h	now t	o use and	
	maintain f	itness equipm	ent and kno	wledge at	nout sna t	treatment	s using arc	omath	nerany.	
	Lectures a	re carried out	with presen	tations, d	iscussion	s practice	s. nerform	ance	s and	
	organizing	events.		•••••••••••		o) procesco	o) p c c		o) aa	
4	Learning	outcomes								
		O-1) Able to d	emonstrate	theoretic	al and pra	actical kno	wledge in	the f	ield of	
	nhysical e	ducation throu	igh the cond	ent of nhy	vsical edu	ication	wiedge in	the r		
		Ω_{-5} Able to m	aster theor	atical and	nractical	concents	in the field	dofn	hysical	
	education	especially the	aster trieur	ent of cros	practical tivity (on	tropropou	r) in the fi		f physical	
	education	and sports	euevelopine		itivity (ei	itiepieneu	i) iii tile ii	eiu u	rphysical	
		and sports	ontronrono	urial docid	the rolate	d to physi	cal aducat	ion a	nd sports	
5	Subject ai	mc/Contont	entreprene	unai uesi	giis relate	u to priysi		.1011 a	nu sports	
5		his/Content	nd the cond	onto of pr	oparatio	n implom	ontation t	ranci	tion load	
	1. AL	te ropotitione	roct inton	epis oi pi	eparatio	de using fu	entational t	l al isi rainir	a and woight	
	se tr	ining training	, rest intervo	loveloped	and dosi	an a using it	rding to cl	liontu	ng anu weight	
		hinng, training	s programs (ievelopeu cc	and desi	gileu acco		ienti	neeus in	
		lieving weinie	ory and pr	ss actico of u	co tunos	of overcic	o and mai	inton	anco of	
	Z. Al	ne to apply th	eory and pro	to of troo	se, lypes	ing aroma	thoropy	men		
	2 11	less equipine	trate a respo	se ui liea nciblo att	ituda tov	ung al Ullia vards taski	s and smal	rt in a	nalyzing	
	J. AL	nortunities in	the field				s anu sina	11110	anaryzing	
6	Teaching	nethode	the field.							
	nroiect we	ork group wor	k lectures i	liscussion	s Scienc	tific Learni	ng			
7		nt methods	R, 10000103, 1		5. Science		116			
,	Students a	re considered	comnetent	and nass	if they ge	t at least a	minimun	n test	score of 55	
	which con	sists of LITS 11	S structure	ana pass A activitie	s (assignr	nents / T)	and nartic	inato	ry activities	
	(D)	31313 01 013, 0	5, 311 401 41 61		s (assigin	nents / 1)	and partic	ιρατο	iy activities	
	The final grade (NA) is calculated according to the following formula:									
	$N\Delta = (2xP) + (3xT) + (2xIITS) + (3xIIS)$									
	10									
	Conversion of the 0-100 scale value to a 0-4 scale and the letters are arranged as follows							s follows		
	lottor	Nur	her	10 1 0 7 30	Interval		are arrang	Scua	5 10110 110 110	
		1	00	85 < 1		20				
	A	4,	75	$0 \rightarrow 1$		50				
		3,		$OU \ge P$	<u> </u>	5				
	В+	3,	50	/⊃ ≦ E	0+ < 8	U				

	В	3,00	70 ≤	В	<	75							
	B-	2,75	65 ≤	B-	<	70							
	C+	2,50	60 ≤	C+	<	65							
	С	2.00	55 ≤	С	<	60							
	D	1.00	40 <	D	<	55							
	F	0.00	0 <	F	<	40							
	If student can't reach passing grade, they are take a course on next semester.												
8	This module	It student can t reach passing grade, they are take a course on next semester.											
0	All undergradute study program in Unesa												
٩	Responsibility for module/course												
	Flective												
10	Other inform	ation											
10	1 Nurhasi	an dkk 2017 Fitness Ur	esa: Univ	versitv	Pre	255							
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	Differer	nt Workout Frequency on	Maxima	l Stren	gth	, Endurance a	and Body Composition						
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