

CURRICULUM



Universitas Negeri Surabaya

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

**KKNI CURRICULUM STRUCTURE 2018
PHYSICAL EDUCATION, HEALTH AND RECREATION STUDY PROGRAM
FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SURABAYA**




**PHYSICAL EDUCATION HEALTH AND RECREATION STUDY PROGRAM
FACULTY OF SPORT SCIENCE
UNIVERSITAS NEGERI SURABAYA
2018**

Endorsement Page

Curriculum structure of the Undergraduate Program in Health and Recreation Physical Education have gone through discussions on June 4 2018 and readings were made from users, alumni and associations on June 7 2018 so that this curriculum is legal to start to be used in 2018 -2020.

Signed
Head of Study Program



Dr. Dwi Cahyo Kartiko, M.Kes.

Dean Faculty of Sport Science



Dr. Setiyo Hartoto, M.Kes.

Senate



Prof. Dr. drg. Soetanto Hartono, M.Sc.

CURRICULUM OF PHYSICAL EDUCATION PROGRAM HEALTH AND RECREATION STUDY PROGRAM

A. IDENTITAS PROGRAM STUDI

1	University	:	Universitas Negeri Surabaya
2	Implementatio of Learning Process		
	a. Faculty	:	Faculty of Sport Science
	b. Department	:	Sport Science
	c. Study Program	:	Physical Education Health and Recreation
3	Establishment License Number	:	SK Dirjen Dikti No. 274/DIKTI/Kep/1996
4	Operational License Number	:	247/DIKTI/Kep/1996
5	a. BAN-PT Status Accreditation	:	Accredited
	b. Decree Number	:	33250/SK/BAN-PT/Akred/S/XII/2016
	c. Date Expired	:	December 272021
	d. Rank	:	A
6	Graduate Degree	:	S.Pd.
7	Number of Students	:	900
8	Number of Lectures		35
9	Study Program Address		Kampus FIO Unesa Lidah Wetan Surabaya 60213
10	Telephone Number		08121738821
12	Study Program Website		http://pjkr.fik.unesa.ac.id/#/
13	Assosiation		Forum Komunikasi Pengelola Program Studi Pendidikan Jasmani Indonesia
	Association Membership of the year/Number		AHU-0004899.AH.01.07.TAHUN 2020

B. RATIONAL

Curriculum is a set of plans and arrangements on graduate learning achievements, study materials, processes, and assessments used as guidelines for the implementation of study programs. Curriculum of Physical Education Health and Recreation study program in 2018 year is an improvement of the Curriculum year 2015. The improvement is behind the following conditions:

1. Changes in regulations in the field of primary, secondary, and higher education, namely by the issuance of Permenristekdikti no 44 tahun 2015 about Standar Nasional Pendidikan Tinggi (SNPT), Permendikbud no 20, 21, 22, 23 dan 24 tahun 2016 about Standar Nasional Pendidikan (SNP), Permenristekdikti no 55 tahun 2017 about Standar Pendidikan Guru (SPG) and Panduan Kurikulum Pendidikan Tinggi (KPT) 2018.
2. Universitas Negeri Surabaya policy on curriculum development, with the publication of Unesa Academic Paper in 2016.
3. The development of technology and arts sciences (Science and Technology), which has an impact on the need for improvement in the mastery of pedagogical knowledge, knowledge of the field of study (content knowledge), pedagogical knowledge of the field of study (pedagogical content knowledge) and technology knowledge pedagogy field of study (technological pedagogical content knowledge), curriculum content and innovative learning process. Orientation of curriculum development that was originally oriented to scientific content, became oriented to the needs of students to make life long learners more independent and able to adapt to the changing times of the dynamic.
4. The demands of the profession mandated by the National Education System Law by requiring the possession of professional certificates for all areas of expertise as evidence of accountability to stakeholders also have an impact on the need to improve the implementation of educational programs.
5. The needs of the community revealed through tracer study results show that as many as 77.8%

of stake holders need human resources that have high integrity (ethics and morals), as much as 80% need professional human resources, as many as 61.1% need human resources who have English language skills, as many as 83.3% need human resources who have the ability to use ICT, as many as 77.7% need human resources that can work together in teams, as many as 61.1% need human resources that have good character and have self-development capacity, and those needs are something that must be met in curriculum development.

C. VISION

“The realization of Physical Education, Health and Recreation Study Program that Excellent and Strong in implementing and developing Science in the field of Physical Education, Health and Recreation at ASEAN level in 2025”.

From the vision of Physical Education, Health and Recreation Study Program FIO Unesa can be described the understanding of the 2 keywords as follows;

- **Excellent**, Physical Education, Health and Recreation Study Program FIO Unesa in a planned and sustainable way to realize a quality learning process, through the application of content standards and processes supported by professional educators and education and adequate facilities and infrastructure to produce human resources in the field that has competitiveness both at the regional, national and regional levels of Southeast Asia. Graduates of Physical Education, Health and Recreation Study Program FIO Unesa in addition to having all the competencies required by PJOK Teachers also acquire skills in the field of Sport Entrepreneurship, especially as an Event Organizer for the implementation of sports activities. Through this advantage, Prodi PJKR FIO Unesa strives to continuously develop physical education science to improve the professionalism of Physical Education Teachers
- **Strong**, which means in carrying out the process of education, research and community service, Physical Education, Health and Recreation Study Program FIO Unesa always put forward moral integrity, professional code of ethics and the spirit of sportsmanship in order to develop and apply physical education science. Through this process, it is expected that the resulting human resources are able to uphold the values of honesty and truth and can maintain their dignity and almanac in carrying out every activity in the community.

D. MISSION

1. Improving the quality of Human Resources (HR) of Physical Education, Sports and Health teachers who have excellence in physical education science, professional and character, through the provision of quality educational resources, the process of organizing quality education and a conducive academic atmosphere.
2. Encourage the improvement of the quantity and quality of research and community service either conducted by lecturers independently or collaboratively, as well as improve the results of scientific works in the form of scientific journals, innovative products and human rights both at the local, national and international levels.
3. Develop the governance of the study program based on the principles of accountability, transparency, efficiency, and effectiveness to provide quality services for stake holders.
4. Establish partnerships with various relevant parties in order to improve efforts to develop and implement Physical Education, Sports and Health Sciences.

E. PILLARS IN REALIZING VISION AND MISSION

The pillars in achieving in realizing the vision and mission of the study program contained in the strategic plan document (2020 – 2025) and the operational plan of FIO Unesa's physical education health and recreation study program, are as follows:

1. Among system, leadership, management system and quality assurance:

- a. Strengthening internal management through strengthening the Internal Quality Assurance System (SPMI) proclaimed at the faculty level, instilling Quality Culture, excellent service and implementing management quality improvement in accordance with international university standards.
- b. Optimizing the performance of the Quality Assurance Unit (UPM) through the implementation of internal quality audits (AMIs), improving compliance with AMI results and implementing corrective actions in accordance with customer complaints.
- c. Improving the capacity and quality of Information technology services to optimize various systems in internal management.

2. Students and graduates:

- a. Improvement of graduate profile in accordance with changes in higher education legislation, KKNI, stake holder demands, anticipation of the development of science and technology and international accreditation standards.
- b. Improving the mentoring of lecturers in the competition process both academic and non-academic to improve the achievements of students of Physical Education Health and Recreation FIO Unesa.
- c. Increase the promotion of Physical Education Health and Recreation FIO Unesa to high school to maintain the ratio of enthusiasts and optimize promotion through the web (in Indonesian and English).
- d. Increasing the spread of student origin from various provinces and trying to find a gap in promotion abroad.
- e. Improving the activities and communication of alumni ties through tracer study and alumni meeting.
- f. Improving the quality of graduates of Physical Education Health and Recreation FIO Unesa through increased intensity of mentoring, learning process, and academic and non-academic services..
- g. Increase the number of courses using English introductions and create international class stubs.

3. Human Resources:

- a. Increasing the ratio of lecturers and students through the recruitment of new lecturers..
- b. Improvement of lecturer competence through further study, seminars / national - international publications, research, and community service.
- c. Improvement of competence of educational personnel through education and training in accordance with their duties and responsibilities..
- d. Strengthening the culture of human rights acquisition..
- e. Improving networking and international collaboration with foreign universities that organize similar courses.

4. Curriculum, learning and academic atmosphere:

- a. Improving graduate competence through curriculum improvement, accommodating MEA challenges and international accreditation standards
- b. Improving the standard of learning content through improving learning processes and methods, improving textbooks and modules and improving module handbook.
- c. Follow-up to student questionnaires related to the evaluation of the learning process.
- d. Improvement of quality standards of learning evaluation through validation and standardization of assessment process and encourage transparency and accountability

- e. Empowering and maximizing laboratory functions to support the activities of Tri Dharma Higher Education.
- f. Improved academic interaction of lecturers and students..
- g. Improvement of student research publication facilities.

5. Financing, infrastructure and information systems:

- a. Increasing the number of relevant and up-to-date libraries (hardcopy and softcopy) and subscribe to international e-journals.
- b. Improvement of facilities and infrastructure supporting the learning process in the form of improved quality of learning space, procurement of new sports facilities, procurement of equipment in accordance with the development of technology in learning.
- c. Improvement of dimensions and infrastructure of academic and non-academic work units.
- d. Increase the acquisition of funds and the implementation of maintenance and operational facilities.
- e. Capacity building and quality of information system services to optimize the quality of services in the academic community.

6. Research, Services/Devotion

- a. Increasing the acquisition of research funds and community service on a national and international scale derived from the DIKTI and other agencies as well as the improvement of research road maps in accordance with the field of interest in the physical education health and recreation study program FIO Unesa.
- b. Increasing the number and quality of national and international cooperation with stakeholders.
- c. Increased involvement of students in research activities and community service conducted by lecturers.
- d. Strengthening the acquisition of HAKI.

E. GRADUATE PROFILE

Graduates of Physical Education Health and Recreation Study Program Unesa are:

1. Bachelor of education who is able to become an physical education teachers and has the competence of understanding learners, educating learning, and mastery of the field of physical education science so as to be able to educate, teach, guide, direct, evaluate, and develop innovative creative learning by utilizing various learning resources and relevant technologies.
2. Entrepreneur who has the ability to design businesses in the field of physical education and sports that are creative and innovative.

F. Programe Education Objective

Producing graduates of Physical Education, Sports and Health (PJOK) who can become educators and entrepreneurs who have excellence in physical education science, professional and character, with characteristics:

1. Mastering and applying knowledge and skills on an ongoing basis in the field of physical education to solve problems faced in their professional tasks in a multidisciplinary and creative manner.
2. Designing and implementing the implementation of sustainable science in the field of physical education in general and adaptive physical education / inclusion.

3. Utilizing sustainable information and communication technology (ICT) creatively and innovatively in learning and problem solving related to physical education.
4. Can be an individual as a lifelong learner through the development of innovations in the field of creative and responsible physical education, by promoting professional ethics.

G. Programme Learning Outcome

Unesa's S1 Physical Health and Recreation Education study Program is designed to produce graduates who have the following competencies:

Description Parameter	Programme Learning Outcome/ PLO
Attitude	Able to show scientific, critical and innovative attitudes in professional physical education learning
	Able to show religious and cultural values well in accordance with academic ethics in carrying out duties professionally
Knowledge	Able to demonstrate theoretical and practical knowledge of physical education through identification of physical education concepts
	Able to apply the knowledge of the concept of physical education to deal with problems that occur in the field with modification approach
	Able to apply problem solving methods in the field of physical education through class action research
	Able to apply technology in educational learning physical
	Able to master theoretical and practical concepts in the field of physical education, especially the development of creativity (entrepreneur) in physical education and sports
Special skills	Able to solve problems in project-based physical education and guided discovery independently or in groups
	Able to design research independently or in groups to provide alternative solutions to problems in the field of education physical
General skills	Able to use appropriate ICT to obtain alternative solutions to problems in the sphere of physical education with various approach models.
	Designing entrepreneurial design related to physical education and sports

H. KETERKAITAN MISI Fakultas, MISI PROGRAM STUDI

Faculty Mision	Study Program Mision	PEO/LEO
1. Organizing education in the field of education and non-education producing graduates (rational, energetic, creative and competitive attitude). Competitive at the regional level that prioritizes piety, independence and the spirit of sportivity	1. Improving the quality of Human Resources (HR) of Physical Education, Sports and Health teachers who have excellence in physical education science, professional and character, through the provision of quality educational resources, the process of organizing quality education and a conducive academic atmosphere	1. Mastering and applying knowledge and skills on an ongoing basis in the field of physical education to solve problems faced in their professional tasks in a multidisciplinary and creative manner.

<p>2. Conducting research activities to discover, develop and disseminate science and technology in the field of sports that prosper individuals and communities, and and contribute to problem solving regional and global.</p>	<p>2. Encourage the improvement of the quantity and quality of research and community service either conducted by lecturers independently or collaboratively, as well as improve the results of scientific works in the form of scientific journals, innovative products and human rights both at the local, national and international levels.</p>	<p>2. Encourage the improvement of the quantity and quality of research and community service either conducted by lecturers independently or collaboratively, as well as improve the results of scientific works in the form of scientific journals, innovative products and human rights both at the local, national and international levels</p>
<p>3. Organizing community service and empowerment activities that encourage the development of human, community and natural potential to realize welfare of the community.</p>	<p>3. Develop the governance of the study program based on the principles of accountability, transparency, efficiency, and effectiveness to provide quality services for stake holders.</p>	<p>3. Develop the governance of the study program based on the principles of accountability, transparency, efficiency, and effectiveness to provide quality services for stake holders.</p>
<p>4. Organizing good and independent governance of the Faculty of Sports Sciences (Good Faculty Governance)</p>	<p>4. Establish partnerships with various relevant parties in order to improve efforts to develop and implement Physical Education, Sports and Health Sciences.</p>	<p>4. Establish partnerships with various relevant parties in order to improve efforts to develop and implement Physical Education, Sports and Health Sciences.</p>

I. PROGRAM LEARNING OUTCOME

Association table of PEO and PLO

	PEO 1	PEO 2	PEO 3	PEO 4
PLO 1 (S1)			V	V
PLO 2 (S2)				V
PLO 3 (P1)	V	V		V
PLO 4 (P2)		V	V	
PLO 5 (P3)	V	V		
PLO 6 (P4)		V	V	V
PLO 7 (P5)			V	V
PLO 8 (KK1)	V	V		
PLO 9 (KK2)	V	V	V	V
PLO 10 (KU1)	V	V	V	V
PLO 11 (KU2)		V		V

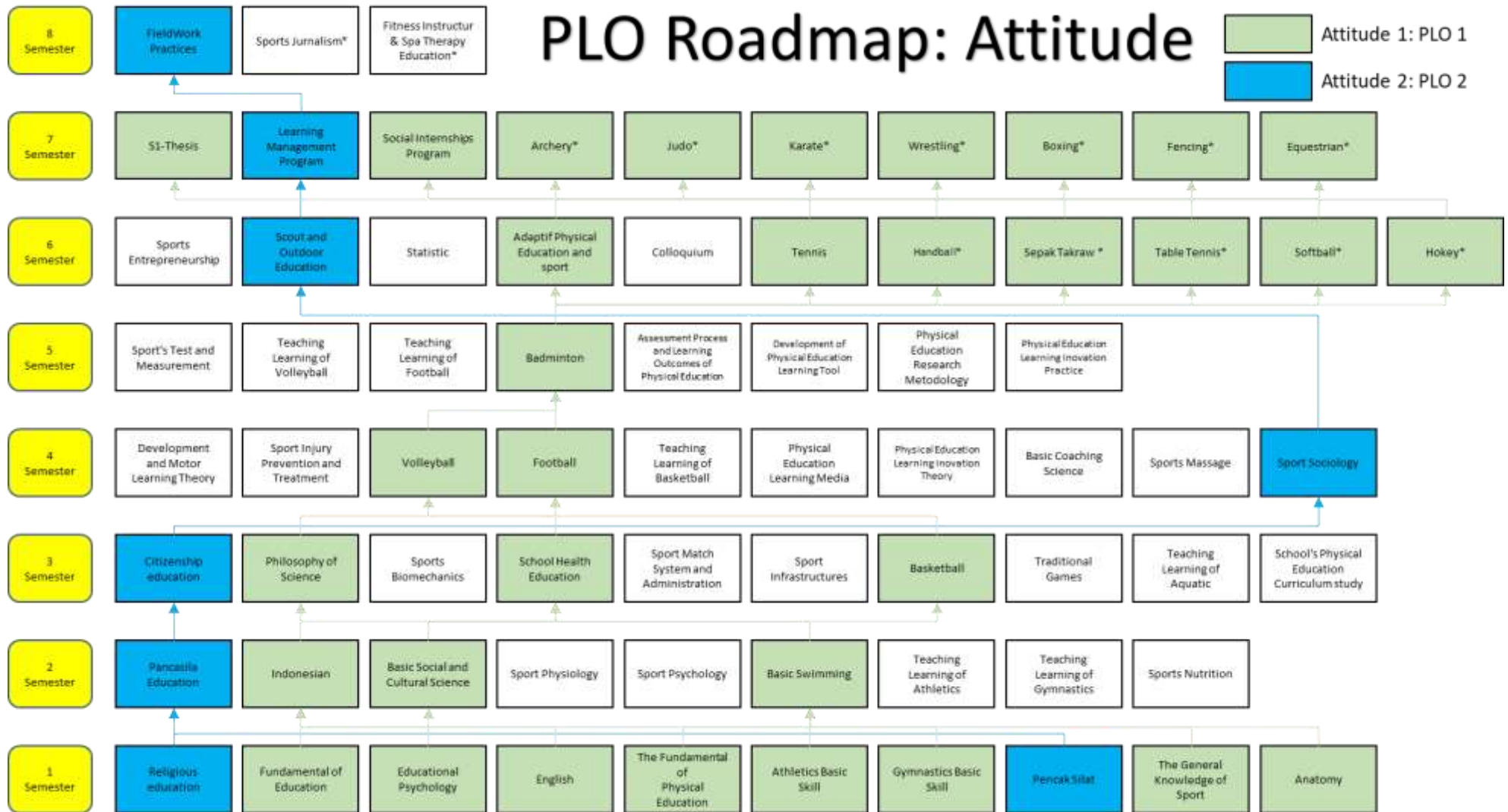
No	Code	Matakuliah	Smt	CU	PLO 1 (S1)	PLO 2 (S2)	PLO 3 (P1)	PLO 4 (P2)	PLO 5 (P3)	PLO 6 (P4)	PLO 7 (P5)	PLO 8 (KK1)	PLO 9 (KK2)	PLO 10 (KU1)	PLO 11 (KU2)
63	6014112067	Judo*	7	2	Yellow		Red					Green			
64	6014112068	Karate*	7	2	Yellow		Red					Green			
65	6014112069	Wrestling*	7	2	Yellow		Red					Green			
66	6014112070	Boxing*	7	2	Yellow		Red					Green			
67	6014112071	Fencing*	7	2	Yellow		Red					Green			
68	6014112072	Equestrian*	7	2	Yellow		Red					Green			
69	2212010	FieldWork Practices	8	2	Red	Yellow								Green	Blue
70	6014112073	Sports Journalism*	8	2							Red				Yellow
71	6014112074	Fitness Instructur & Spa Therapy Education*	8	2			Green				Red				Yellow

	First Priority	(Very strong)
	Second Priority	(Strong)
	Third Priority	(Medium)
	Fourth Priority	(Low)
	Fifth Priority	(Very low)

CU distribution per semester	CU	Compulsory	Elective
Semester 1	22	22	
Semester 2	20	20	
Semester 3	22	22	
Semester 4	22	22	
Semester 5	21	21	
Semester 6	23	13	10
Semester 7	26	12	14
Semester 8	6	2	4
Total available CU	162	134	28

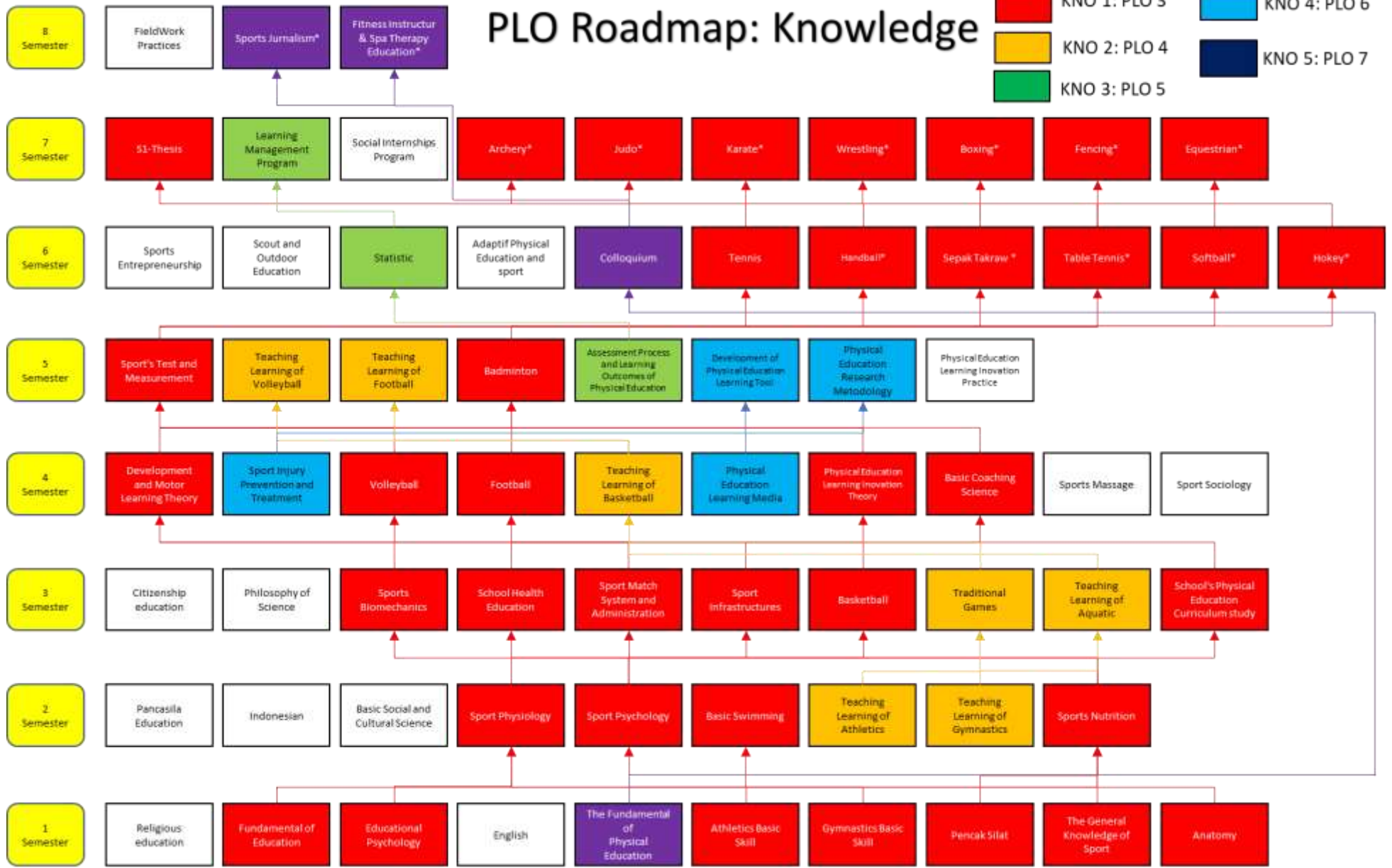
Notes: Students can be declared passed if they have taken a **minimum of 144 CU** with details of 134 CU from compulsory courses and the rest from elective courses (provided 28 credits of elective courses)

E. Course Rodmap with PLO and PEO



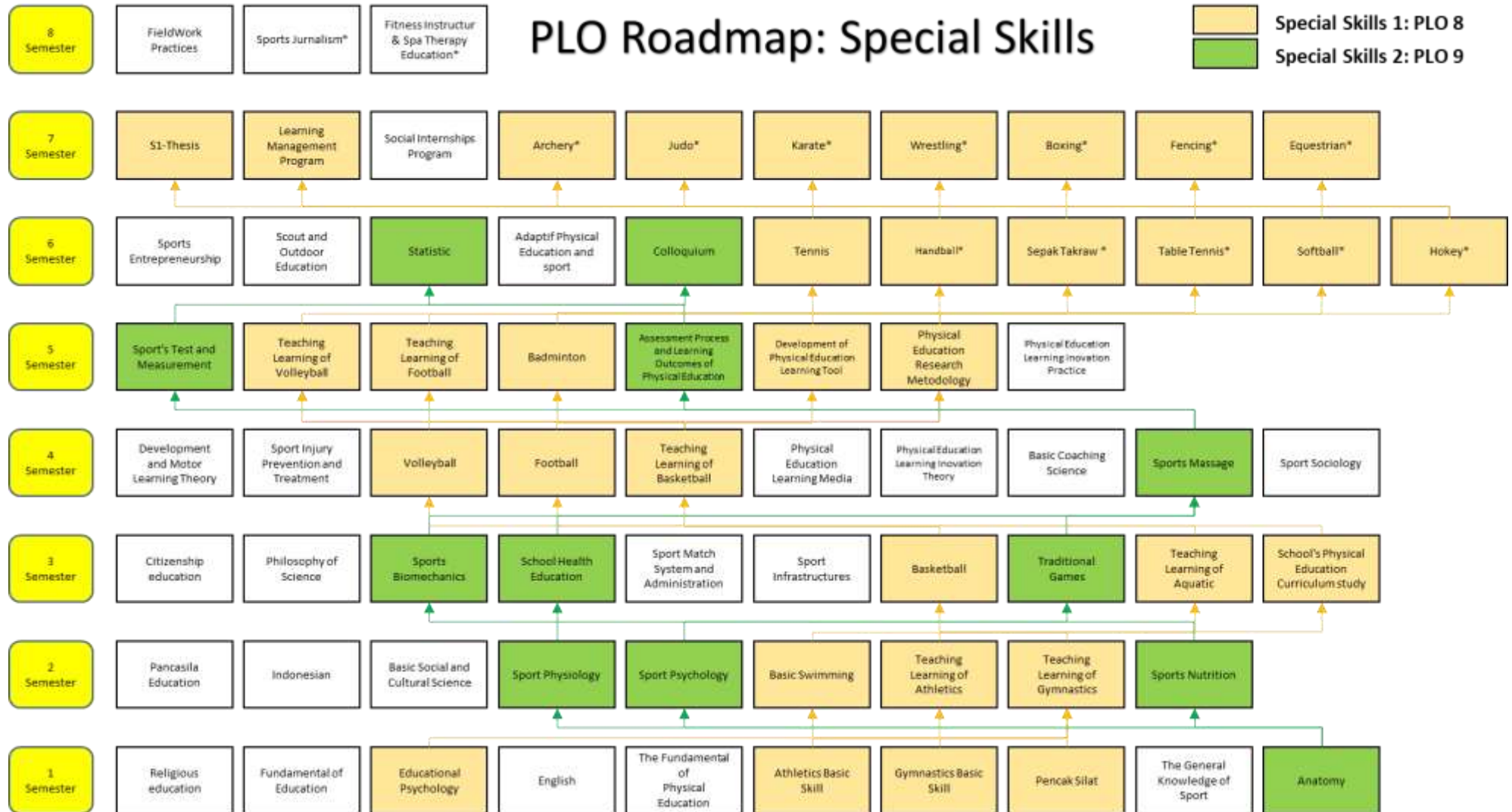
PLO Roadmap: Knowledge

KNO 1: PLO 3
 KNO 2: PLO 4
 KNO 3: PLO 5
 KNO 4: PLO 6
 KNO 5: PLO 7



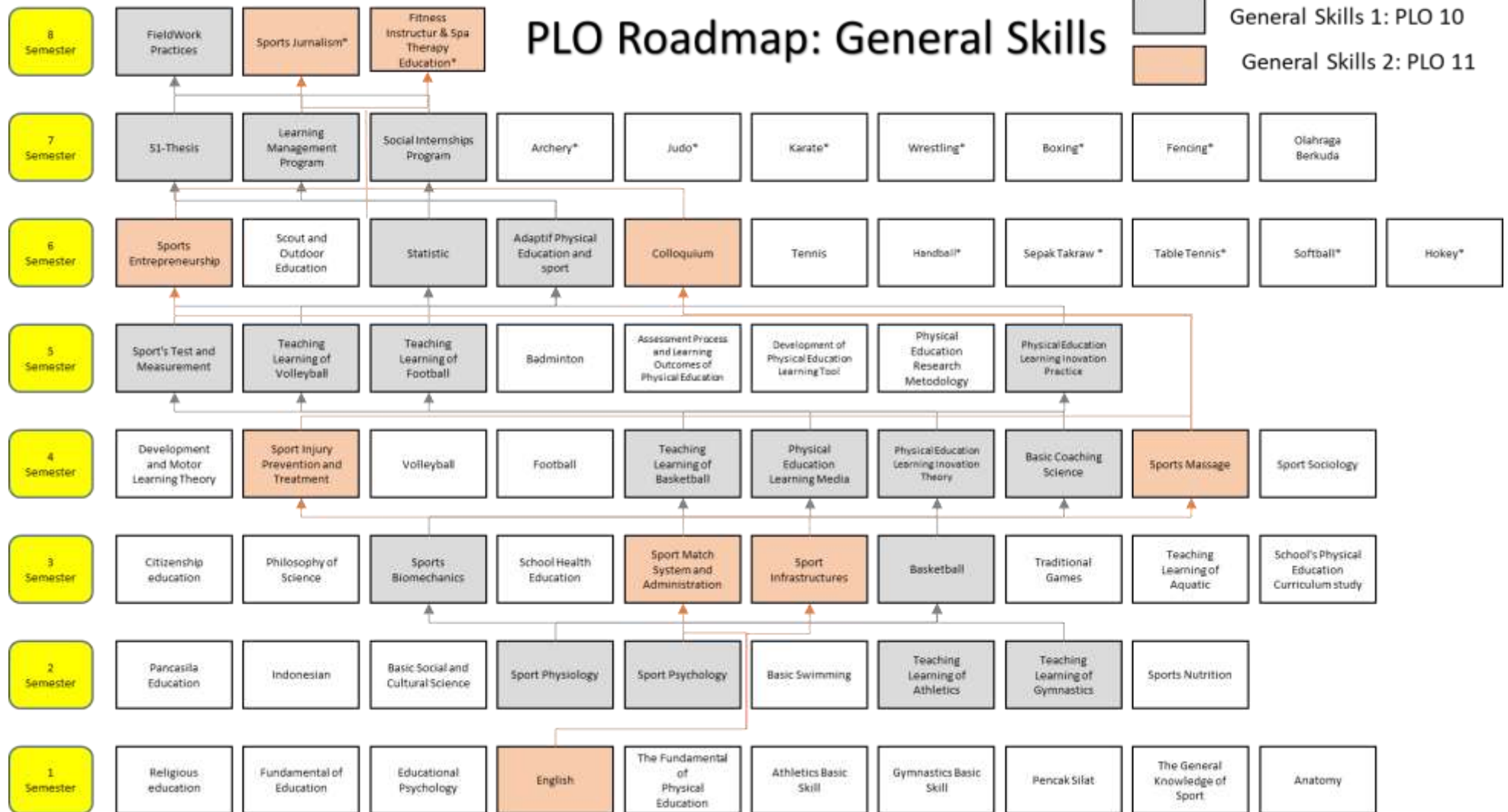
PLO Roadmap: Special Skills

Special Skills 1: PLO 8
 Special Skills 2: PLO 9



PLO Roadmap: General Skills

General Skills 1: PLO 10
 General Skills 2: PLO 11



F. CONTINUES QUALITY IMPROVEMENT

In an effort to see the achievement of PLO in the course, the university made a policy through assessment of courses related to PLO. The assessment includes assessment components in the lecture process, namely: participation (20%), tasks (30%), mid-exam test (20%) and final-exam test (30%) (example attachment 7). These results are used to improve the quality of the lecture process and the achievement of PLO study programs.

G. Course Identify

1. Courses/Credits: The Fundamental of Physical Education/2 CU

Course Code: 6014212010

Prerequisite Courses: -

Lecturer: Drs. Suroto, MA. Ph.D.

Heryanto Nur M, S.Pd., M.Pd.

Vega Candra Dinata

Course learning achievements/ Competencies

- Know globally about the foundations and foundations of Physical Education and Sports.
- Know some of the perspectives of the sponsors in terms of pedagogy, history, sociology, psychology, philosophy and biomechanics.
- Have a responsible and intelligent attitude in analyzing the learning process of physical education in schools.

description:

Theoretical understanding and assessment of the basics of penjasor include: philosophy, history, sociology, paedagogy, biomechanics, health and the foundation of psychology in physical education and sports. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

Abdulkadir Ateng, 1992, *Azas and the foundation of Pendjaskes*, Jakarta: Ministry of Education Dirjendikti.

Adang Suherman, 2000, *Basics penjaskes*, Jakarta. The Ministry of Education.

Manners, Hazel Kathleen dan Carroll, Margaret E., 2004. *A Framework for Physical Education in the Early Years*. London. Falmer Press.

Hardman, Ken dan Green, Ken, 2011, *Contemporary Issues In Physical Education : International Perspectives*. United Kingdom. Meyer & Meyer Sport.

Lavin, Jim, 2008. *Creative approaches to physical education : helping children to achieve their true potential*. Oxon, Routledge.

Grout, Harvey dan Long, Gareth. 2009. *Improving Teaching and Learning in Physical Education*. Maidenhead, McGraw-Hill Open University Press

Rahl, Riva L., 2010. *Physical activity and health guidelines : recommendations for various ages, fitness levels, and conditions from 57 authoritative sources*. Champaign-IL. Human Kinetics.

2. Courses/Credits: Athletics Basic Skills/3 CU

Course Code: 6014213011

Prerequisite Courses: -

Lecturer: Drs. Suroto, M.A., Ph.D.

Drs. Bambang Ferianto Tj. K.

Vega Candra Dinata, S.Pd.

Course learning achievements/ Competencies

- Know the basic techniques of running, jumping and throwing numbers.
- Master the basic techniques of 3 athletic numbers (running, jumping, and throwing).
- Have a responsible and intelligent attitude in managing athletic learning in schools.

description:

Understanding and mastery of basic athletic techniques that include running numbers, jump numbers and throw numbers. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Rules/regulations of athletics competition 2002-2003. IAAF-RDC Jakarta

IAAF Level I; *Athletic techniques and teaching stages*. Municipal Stadium, 1993. Jakarta

PB PASI. 1988. *Athletic Development Development Development Program - Guidance for trainers, physical education teachers and athletes*. Jakarta-PB PASI.

- Department of Education and Culture.1982. *How to teach running, jumping, throwing and mobility exercises, as a guide for teachers*. Jakarta. Department of Education
- Morelli, Jason A. dan Velez, Oscar D., 2011. *Coaching And Management Techniques In Athletics - Sports And Athletics Preparation, Performance, And Psychology*, New York,Nova Science Publishers, Inc.
- France, Robert C., 2011. *Introduction to Sports Medicine and Athletic Training* Second Edition. Delmar, Cengage Learning.
- Miller, Michael G. dan Berry, David C., 2011. *Emergency response management for athletic trainers*. Baltimore, Lippincott Williams & Wilkins

3. Courses/Credits:*Gymnastics Basic Skills/2 CU*

Course Code: 6014212012

Prerequisite Courses: -

Lecturer: Drs. Sudarso, M.Pd.

Irma Febriyanti, S.Or., M.Kes.

Course learning achievements/ Competencies

- Understand and analyze and dare to try to do basic movements of floor gymnastics
- practicing basic gymnastics movements in the form of simple circuits by preparing various means of safety.
- Have a responsible and intelligent attitude in carrying out gymnastics learning in school.

description:

This course discusses the understanding of history, understanding gymnastics in general as well as elements of physical conditions that support the basic techniques of floor gymnastics, as well as the creation of simple circuits and how to help with *safety first principal*. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- FIG, 2013. *Code Of Points de Gymnastics Artistic*. Available from : <http://www.fig-gymnastics.com/site/index.php>
- Internet website : *Safety First for Gymnast in Gymnasium*.
- Mahendra, 2000. *Gymnastics*. Directorate general of primary and secondary education part of the junior high school teacher management project equivalent to D-III. DEPDIBUD
- Sholeh, 1992. *Sports Choice Gymnastics*. Directorate general of higher education project coaching education personnel. DEPDIBUD
- Soewandi, 1998. *Development of Basic Gymnastics*. Unipress Unesa
- Jemni, Monèm, Et All. 2011. *The Science Of Gymnastics*. Oxon. Routledge.
- Werner, Peter H., Williams, Lori H., dan Hall. Tina J., 2012. *Teaching children gymnastics - 3rd edition*. Champaign - IL, Human Kinetics.

4. Courses/Credits: *Pencak Silat/ 2 CU*

Course Code: 6014212013

Prerequisite Courses: -

Lecturer: Hamdani, M.Pd.

Course learning achievements/ Competencies

- Have the ability to utilize learning resources and ict-based learning media in understanding the historical culture of pencak silat, perception of pencak silat as a spritual foundation, culture, arts and sports,
- Practicing the ethical ordinances of bersilat, tides, horses, step patterns, hand and foot attacks, tanking and hindrance, falls, strokes, cutouts,
- Stringing the basic martial arts movements pencak silat and basic techniques of playing the category of match,
- Understand match rules, refereeing systems, match simulations, single-handed and hand-to-hand matches.
- Have a responsible attitude to the work of individuals and groups in collaboration to learn the basic skills of Pencak Silat both theory and practice.

description:

This course discusses the understanding and mastery of theoretical and sports practitioners of martial arts pencak silat. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Atok et al. *Pencak Silat*. Jakarta: Ministry of Education Director General of Education Development Project
H. Subagyo. 2012. *Pencak Silat For General Students*. Surabaya: UNESA University Press
Johansyah et al. 2014. *Pencak Silat second edition*. Jakarta: PT Raja Grafindo Persada
Munas IPSI. 2013. *Explanation of The Rules of Inter-National Pencak Silat Competition*. Jakarta: PB IPSI
R. Kotot. Slamet Riyadi. *Basic Techniques of Silat Tanding Penk*. 2003. Jakarta: PT. Dian Rakyat.

5. Courses/Credits: General Knowledge of Sport / 2 CU**Course Code: 6014212014****Prerequisite Courses: -****Lecturer:** Dr. Nanik Indahwati, M.Or.

Advendi Kristyandaru, S.Pd., M.Pd.

Andhega Wijaya, S.Pd.Jas., M.Or.

Learning achievements of courses / Competencies:

- Understanding about definition, history, various major thoughts of sports philosophy.
- Understand about these types of sports.
- Understand about the characteristics of exercise
- Able to understand the philosophical differences between play, games, and sports
- Have a responsible attitude towards the task of analyzing the scope of the sport.

description:

This course discusses the knowledge of sports, which includes definitions, history, philosophy and general knowledge of sports. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

Lutan, Rusli. (2001). *Sports and Ethics Fair Play*. Ditjora & Mendiknas: Jakarta.
Pramono, Made. (2003). *Philosophical Fundamentals of Sports Science (An Introduction)*. Journal of Philosophy, Vol. 34, No. 2.
McNamee, Mike. 2005. *Philosophy and the Sciences of Exercise, Health and Sport: Critical perspectives on research methods*. LONDON: Routledge 2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN
Heather Bateman, Katy McAdam, Howard Sargeant . 2006. *Dictionary of Sport and Exercise Science*. Italy: Rotolito Lombarda
Malcolm, Dominic. 2008. *The SAGE Dictionary of Sports Studies*. London: SAGE Publications Ltd
Mallon, Bill & Heijmans, Jeroen. 2011. *Historical Dictionary of the Olympic Movement*. United Kingdom: Scarecrow Press, Inc

6. Course/Weight: Anatomy / 2 CU**Course Code: 6014212058****Prerequisite Courses: -****Lecturer:** drg. Juanita DHN., M.S

dr. Endang Sri Wahyuni, M.Kes

Course learning achievements/ Competencies

- Giving understanding and mastery of knowledge about the structure of the human body include: Bones, Joints, Muscles and Nerves as a human body movement system in conjunction with various sports activities.
- Mastering the relationship of bones – joints – muscles and nerves as a system of movement.
- Have a responsible attitude to the task of making human anatomy analysis.

description:

This course examines the knowledge of human body structure including: Bones, Joints, Muscles and Nerves as a human body movement system in relation to various sports activities. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

- Evelyn Pearce. 1999. *Anatomy of Physiology for Paramedics*. Jakarta: EGC Medical Book Publisher
- Fox, Bowers, Foss, 1988. *The Physiological Basis of Physical Education and Athletics*. US : Human Kinetics
- Yunusul. *Sports Physiology*
- Van De Graaff, Morton, David A, & Crawley, John L. 2011. *A Photographic atlas for the Anatomy and Physiology Laboratory*. United States of America: Morton Publishing Company
- Whyte, Gregory. 2006. *The Physiology of Training*. United Kingdom. Elsevier.
- Graaff, Kent M. Van De dan Morton, David A., 2011. *Photographic Atlas For The Anatomy And Physiology Laboratory Seventh Edition*. Englewood, Morton Publishing.

7. Courses/Credits: Sports Physiology/ 3 CU

Course Code: 6014212059

Prerequisite Courses: -

Lecturer: Dr. dr. Endang Sri Wahyuni, M.Kes
Arifah Kaharina, S.Pd., M.Kes.

Course learning achievements/ Competencies

- Understand muscle physiology, energy metabolism, recover origin, temperature and altitude and exercise, warming-up and cooling down physiology, cardiorespiratory system, VO2max
- Understanding the knowledge and function of human organs at rest and physical practice.
- Have a responsible attitude to the task of making analysis of human anatomy and physiology.

description:

This course examines muscle physiology, energy metabolism, recovering origin, temperature and altitude and exercise, warming-up and cooling down physiology, cardiorespiratory system, VO2max in conjunction with various sports activities. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

- Evelyn Pearce. 1999. *Anatomy of Physiology for Paramedics*. Jakarta: EGC Medical Book Publisher
- Fox, Bowers, Foss, 1988. *The Physiological Basis of Physical Education and Athletics*. US : Human Kinetics
- Yunusul. *Sports Physiology*
- Van De Graaff, Morton, David A, & Crawley, John L. 2011. *A Photographic atlas for the Anatomy and Physiology Laboratory*. United States of America: Morton Publishing Company
- Whyte, Gregory. 2006. *The Physiology of Training*. United Kingdom. Elsevier.
- Graaff, Kent M. Van De dan Morton, David A., 2011. *Photographic Atlas For The Anatomy And Physiology Laboratory Seventh Edition*. Englewood, Morton Publishing.

8. Courses/Credits: Sports Psychology/ 2 CU

Course Code: 6014212019

Prerequisite Courses: -

Lecturer: Dr. Ali Maksum, S.Pd., M.Si.
Anung Priambodo, S.Pd., M.Psi. T
Nanang Indriarsa, S.Pd., M.Psi.T

Course learning achievements/ Competencies

- Have an understanding and able to explain the concept of sports psychology.
- Understanding the meaning of sports psychology in developing the social aspect of emotional (empathy), development of cognitive aspects, attitudes, self-concept, motivation in physical education learning.
- Understanding the moral aspect of developing, the process of group building through physical education learning activities.

- Have the understanding and ability to analyze, and can practice Psychological Skills Methods and Exercises (MLKP) such as anxiety management, concentration exercises, mental imagery / visualization.
- Have a responsible and intelligent attitude in analyzing the psychological problems of athletes in the field.

description:

Understanding and mastery of the principles of learning psychology and its application in motion learning through physical education. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

M.L.Kamlesh, 1983, *Psychology of Physical education and Sport*, New Delhi: Metropolitan Book Co.
 Mellalieu, Stephen D. dan Hanton, Sheldon, 2009. *Advances in Applied Sport Psychology - A Review*, Oxon: Routledge
 Luiselli, James K. dan Reed, Derek D. 2011. *Behavioral Sport Psychology Evidence-Based Approaches to Performance Enhancement*, New York: Springer.

9. Courses/Credits: Basic Swimming Skills/ 2 CU

Course Code: 6014212020

Prerequisite Courses: -

Lecturer: Drs. Setyo Hartoto, M.Kes.

Fifukha Dwi Khory, S.Pd.

Learning achievements of courses / Competencies:

- Able to do freestyle swimming, backstroke, chest style and butterfly style with correct style techniques.
- Swimming a minimum distance of 50 meters from each swimming style.
- Have the ability to utilize learning resources and ICT-based learning media in optimizing the results of learning pool.
- Understand the history of swimming, swimming style, organization and administration of swimming competitions.
- Responsible for individual work and group work especially safety and security issues in carrying out swimming learning

description:

Understanding and mastering the basic skills of swimming theory and practice of freestyle, chest, back, butterflies and the basics of beautiful jumps as well as the organization of the match. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Soebali Heru, *swimming I* : FIK UNESA
 Kahpi, Agus, 1986. *Medical Sports* : Karunika Jakarta
 James, E. Cousi8lman. 1968. *The Science of Swimming*. New Jersey. Englewood Cliffs.
 Lucero, Blythe, 2013. 100 more swimming drills. Maidenhead-UK. Meyer & Meyer Sport.
 Lawton, John, 2013. Complete guide to primary swimming, Champaign - IL, Human Kinetics.

10.Courses/Credits: Teaching Learning of Athletics/ 3 CU

Course Code: 6014213021

Prerequisite Courses: Pass Basic Athletic Skills

Lecturer: Drs. Suroto, M.A., Ph.D.

Drs. Bambang Ferianto Tj.K.

Vega Candra Dinata, S.Pd.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing athletic learning both in theory and practice at elementary, junior high, and senior high school students.
- Know the duties and functions of each position in the structure of the athletic race organizers.
- Able to draw up an athletic competition plan book for elementary, junior high, and senior high school students.

- Responsible for the task of organizing athletic competitions for elementary, junior high, and senior high school students.

description:

Understanding and mastery of the organization of athletic competitions which includes discussion about the organizational structure of athletic competitions, duties of directors, race managers, technical managers, judges, judges etc., requirements of tools and fields for the competition and practice of organizing athletic competitions. The viewing is carried out with presentations and discussions, practices, project taCU, and reflections.

reference:

Rules/regulations of athletics competition 2002-2003. IAAF-RDC Jakarta
 IAAF Level I; *Athletic techniques and teaching stages*. Municipal Stadium, 1993. Jakarta
 Athletic Development Development Development Program. 1988. *Guidance for coaches, physical education teachers and athletes*. PB PASI. Jakarta
How to teach running, jumping, throwing and mobility exercises, as a guide for teachers. Department of Education and Culture. 1982. Jakarta
 Morelli, Jason A. dan Velez, Oscar D., 2011. *Coaching And Management Techniques In Athletics - Sports And Athletics Preparation, Performance, And Psychology*, New York, Nova Science Publishers, Inc.
 France, Robert C., 2011. *Introduction to Sports Medicine and Athletic Training Second Edition*. Delmar, Cengage Learning.
 Miller, Michael G. dan Berry, David C., 2011. *Emergency response management for athletic trainers*. Baltimore, Lippincott Williams & Wilkins

11. Courses/Credits: Teaching Learning of Gymnastics and Rhythmic Activity) / 3 CU

Course Code: 6014213022

Prerequisite Courses: Pass Basic Gymnastics Skills

Lecturer: Drs. Sudarso, M.Pd.

Irma Febriyanti, S.Or.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing gymnastics learning and rhythmic activities at the elementary, junior high and high school levels
- Able to explain and teach the theory and skills of gymnastics and rhythmic activities in learning in school
- Skilled in rhythmic gymnastics, aerobics and rhythmic activities as well as creative in creating rhythmic motion sequences with various step patterns, maat (repetition of movements) and rhythms.
- Responsible both individually and in groups in the creation of gymnastics series of motion projects and rhythmic activities

description:

Fundamental understanding of the concept of advanced artistic and rhythmic gymnastics techniques, mastery of artistic gymnastics skills and rhythmic wasitan, judging, officiating, organization with its application and mastery of materials in the learning process. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

DR. Syamsul Syahara, MA., 2004. *Gymnastics learning and rhythmic activities*,
 Hugnes, Eric, 1998. *Gymnastic for Men*,
 Loken, Newton C. and J. Wellough, 1986. *Gymnastics Complete Instructions*
 Jemni, Monèm, Et All. 2011. *The Science Of Gymnastics*. Oxon. Routledge.
 Werner, Peter H., Williams, Lori H., dan Hall. Tina J., 2012. *Teaching children gymnastics - 3rd edition*. Champaign - IL, Human Kinetics.

12. Courses/Credits: Sports Nutrition/ 2 CU

Course Code: 6014212023

Prerequisite Courses: -

Lecturer: dr. Endang Sri Wahyuni, M.Kes
Faridha Nurhayati, S.Pd., M. Kes.
Junaidi Budi Prihanto, S.KM., M.KM

Course Learning Achievements/Competencies:

- Able to understand various nutrients, sources and consequences of their advantages and disadvantages
- Able to analyze the digestive process of food, absorption and metabolism of nutrients
- Able to measure nutritional status
- Able to master the role of nutrition for sports coaching achievement and health
- Able to understand the impact of food, beverages and supplements on physical performance
- Able to review nutrition problems in Indonesia
- Able to work smart, cooperate in groups and be responsible for their duties.

description:

This course will discuss the basics of nutrition science, energy metabolism processes and the application of nutritional regulation in sports activities. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

- Sunita Almatsier, 2003. *Basic Principles of Nutrition Science*. T Gramedia Pustaka Tama Jakarta
Nutrition Of Football Athletes. www.gizi.net
Nutrition for sports achievements. www.gizi.net
Irianto, Djoko Pekik, 2007. *Complete Nutrition Guide for Families and Sportsmen*. Yogyakarta: Andi Offset
Supariasa, et al. 2002. *Nutritional Status Check*. Jakarta: EGC Medical Book Publisher
P. Hills, Andrew, King, Neil A. dan Byrne, Nuala M., 2007. *Children, Obesity and Exercise - Prevention, treatment and management of childhood and adolescent obesity*, Oxon: Routledge
Jeukendrup, Asker, 2010. *Sport Nutrition-From Lab to Kitchen*, Maidenhead: Meyer & Meyer Sport
Gropper, Sareen S. and Smith, Jack L. 2013. *Advanced Nutrition and Human Metabolism*, Wadsworth: Cengage Learning
Lamprecht, Manfred, 2015. *Antioxidants in Sport Nutrition*, New York: CRC Press

13. Courses/Credits: Sports Biomechanics/ 2 CU

Course Code: 6014212026

Prerequisite Courses: -

Lecturer: Dwi Cahyo Kartiko, S.Pd., M.Kes
Bambang Ferianto T.K., S.Pd., M.Pd.

Course learning achievements/ Competencies

- Understand biomechanics, their purpose and benefits and rationale for humans.
- Understand and master the analysis of human gestures in accordance with the sport.
- Understanding and mastering the knowledge of Balance: understanding, influencing factors, various balances, and laws of stability, as well as their application in various sports.
- Understanding and mastering the knowledge of Gaya: understanding, the cause of style, the magnitude of the style, its influence on movement and its application in various sports.
- Understand and master the knowledge of Newton's Law, Leverage, Style Moments, Centrifugal and Centripetal Styles, and Sliding Styles and their applications in various sports.
- Understanding and mastering the knowledge of Labor, Energy, Straight Motion, Parabolic Motion, Spinning Motion, Air Hambat Style, and Hambat Sir Style and its application in various sports.
- Have a responsible attitude to the task of analyzing biomechanical motion in sports.

description:

Understanding and mastery of human gesture analysis through the application of kinesiology knowledge, anatomical knowledge (urai science) and mastery of the principles and functions of human gestures as a system based on the concept of mechanics and its application in various forms / kinds of sports activities. Lectures are conducted with presentations and discussions, project

assignments, and reflections.

reference:

- Clayne, Jensen R., 1997. *Applied Kinesiology and Biomechanics*, New York. Mc Graw Hill Book.
- Director General of Higher Education, 1983. *Biomechanics Sports*, Jakarta. Department of Education.
- O.T. Lukman, *Body Mechanics*, FPOK-IKIP Surabaya
- Soedarminto, 1991. *Kinesiology*, Jakarta. Director General of Dikti-Depdikbud.
- Bartlett, Roger, 2007. *Introduction to Sports Biomechanics 2nd Edition – Analysing Human Movement Pattern*, Oxon: Routledge.
- Chapman, Arthur E., 2008. *Biomechanical analysis of fundamental human movements*, Champaign-IL. Human Kinetics.
- Pitkin, Mark R. 2011. *Biomechanics for Life - Introduction to Sanomechanics*. Heidelberg. Springer.

14. Courses/Credits: School Health Education/2 CREDITS

Course Code: 6014212027

Prerequisite Courses: -

Lecturer: Dr. dr. Endang Sri Wahyuni, M.Kes.
Junaidi Budi Prihanto, S.KM., M.KM.

Course learning achievements/ Competencies

- Understanding the basics of health education which includes factors that affect health, signs of a healthy body, infectious-non-communicable diseases, efforts to maintain health as well as the meaning, purpose, implementation and benefits of health education in schools.
- Understanding Personal *Hygiene*, mental health, reproductive health, nutrition and healthy diet, Healthy Clean Lifestyle (PHBS), first aid and first aid and application in schools
- Understand safety education that includes knowledge of potential hazards and causes of accidents in daily life, as well as procedures for saving yourself and evacuating from disasters.
- Able to conduct basic basic health checks on students both initial examination (*screening*) and routine to ensure optimal health conditions in following learning and avoid the spread of infectious diseases in schools.
- Understanding the Objectives, Objectives, Governance, Programs and Services of School Health Business (UKS) so as to be able to manage these activities in schools
- Have a responsible attitude towards the task of analyzing the activities of UKS in schools.

description:

This course will discuss the basics of health education which include Personal Health, Nutrition Issues, Environmental Health, Disease, Reproductive Health, PHBS, as well as the implementation of UKS in Schools. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

- Sarwoto, Bambang Soetedjo. 1993. *Health Education and P3P*, Ministry of Education Jakarta
- Lutan, Rusli et al. 2000. *Health Education*, Ministry of Education Jakarta.
- P. Hills, Andrew, King, Neil A. dan Byrne, Nuala M., 2007. *Children, Obesity and Exercise - Prevention, treatment and management of childhood and adolescent obesity*, Oxon: Routledge
- Sportsdarrumidi. 2010. *Natural Disasters and Anthropogene Disasters*, Kanisius Yogyakarta
- Notoatmodjo, Soekidjo. 2011. *Public Health Sciences and Arts*, Rineka Cipta Jakarta.
- Kusmiran, Eny. 2011. *Reproductive Health of Adolescents and Women*, Salemba Medika Jakarta
- St John Ambulance, St Andrew's First Aid dan The British Red Cross Society, 2011. *First Aid Manual – Revised 9th Edition*, London: Dorling Kindersly.

15. Courses/Credits: *Sport Match System and Administration*)/ 2 CU

Course Code: 6014212028

Prerequisite Courses: -

Lecturer: Advendi Kristiyandaru, S.Pd., M.Pd.

Dr. Bernard Djawa, S.Pd., M.Pd.

Dony Andrijanto, S.Pd., M.Kes.

Course learning achievements/Competencies:

- Able to draw up a simple rule,
- understand the definition of management,
- understanding the concept of physical education and the concept of sports,
- able to explain various management functions,
- able to organize a match/race and determine the match/race chart to be used.
- Have a responsible attitude and smart in completing the task of creating a match system.

description:

Understanding and mastery of principles, concepts, techniques and procedures in organizing and supplying skills in organizing and drafting general patterns conducted in the organization and the application of management in schools and outside schools. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

Bucher, C.A. and Krotee, M.L. 1997. *Management of Physical Education and Sport*. McGraw-Hill Companies.

Handoko, T. Hani. 2003. *Management. Ed. Second*. Yogyakarta: BPFE

Hasibuan, Malayu S.P. 2004. *Management: Basics, Understanding, and Problems*. Ed. Revision, Cet.3. Jakarta: Bumi Aksara.

Ranupandojo, Heidjrachman. 1996. *Management Basics*. Yogyakarta: UPP-AMP YKPN.

Siswanto, H.B. 2009. *Introduction to Management*. Jakarta: PT Bumi Aksara.

16.Courses/Credits: *Sport Infrastructures*/ 2 CU

Course Code: 6014212029

Course Prerequisites: -

Lecturer: Drs. Hari Wisnu, M.Pd.

Afifan Yulfadinata, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Students can understand the problems of sports facilities and infrastructure and physical education.
- Students can plan physical education tools for learning.
- Students can do ways of maintaining and managing facilities and infrastructure well.
- Students can find out the various field constructions.
- Have a responsible attitude and smart in analyzing the availability of facilities and infrastructure in the campus environment.

description:

Understanding and mastery of sports facilities and infrastructure and physical education, including; planning, management, maintenance and construction. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

Soebali heru, 2000: *Facilities and Infrastructure; Physical Education and Recreation*. FIK UNESA.

Soepartono DR. 2000: *Facilities and Infrastructure*; Ministry of Education, Director General of Education and Education division of the junior high school teacher management project equivalent to D-III.

IOC Olimpic Solidarity, 1980: *Sports Facilities and Planning Issues*, Jakarta.Ditjenor.

Culley, Peter dan Pascoe, John, 2009. *Sports facilities and technologies*. New York. Routledge.

Stewart, V.I., 2005. *Sport Turf Science, Construction and Maintenance*. E & FN SPON

Fried, Gil, 2010. *Managing sport facilities*, Champaign-IL, Human Kinetics.

17.Courses/Credits: Basketball Basic Skills/ 2 CU

Course Code: 6014212030

Course Prerequisites: -

Lecturer: Drs. Abd. Rachman S. T., M.Pd

Drs. Sudarso, M. Pd.

Dwi Cahyo Kartiko, S.Pd., M.Kes.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in mastering the theory, history and development patterns of national basketball.
- Understand the concepts, basic techniques of basketball history and rules in the learning process in college.
- Able to apply the basic concepts and techniques of basketball learning process in school.
- Able to develop basketball in the community
- Have a responsible attitude to the work of individuals and groups in collaboration to learn the basic skills of basketball both theory and practice.

description:

A fundamental understanding of the basic technical concepts of basic basketball, the history of basketball game rules and refereeing. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Pat Summit, *Complete Guide to Basketball for Women*, 1997

Howard Marcus, *Basket Ball Basic*, 1991

PB Perbasi, *Basketball Rules*, 2004

Donovan, Mick, 2010. *Youth Basketball Drills*. London. A & C Black Publishers Ltd

Wissel, Hal, 2012. *Basketball : steps to success*. Champaign-IL. Human Kinetics.

18.Courses/Credits: Traditional Games/ 2 CU

Course Code: 6014212032

Prerequisite Courses: -

Lecturer: Dra. Sasminta Christina Yuli Hartati, M.Pd.

Dr. Anung Priambodo, S.Pd., M.Psi.T.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in mastering the theory of small games in the form of the essence, type and benefits of games
- Understand the understanding of the values contained in the small game,
- Have a responsible attitude to the work of individuals and groups in cooperation to practice small games with tools, small games without tools, and competitive games.

description:

Understanding and mastery of techniques, rules, teaching and learning processes, and the application of small game theory and practice. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Hartati, Sasminta Christina Yuli, et al. 2012. *Small Games (How to Effectively Develop Physical, Motor, Social and Emotional Skills)*. Malang : Wineka Widya.

19. Courses/Credits: *Teaching Learning of Aquatic* / 2 CU

Course Code: 6014212032

Prerequisite Courses: Pass Basic Swimming Skills

Lecturer: Drs. Setyo Hartoto, M.Kes.
Fifukha Dwi Khory, S.Pd.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing Aquatic learning at the elementary, junior high and high school levels
- Able to explain and teach the theory and skills of swimming and aquatic activities in learning in school
- Skilled in providing swimming lessons and aquatic and creative activities in creating a variety of aquatic activities for learning in schools.
- Responsible both individually and in groups in aquatic learning especially safety factors.

description:

Understanding and mastery of theory and skills in aquatic activities, distance swimming, the basics of water polo, the learning process of teaching swimming and swimming help (first aid), so skilled in designing, teaching and evaluating aquatic activity learning at the elementary, junior high and high school level. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

Soebali Heru, *swimming I* : FIK UNESA
Kahpi Agus 86. *Medical Sports* : Karunika Jakarta
James, E. Cousi8lman. 1968. *The Science of Swimming*. New Jersey. Englewood Cliffs.
Lucero, Blythe, 2013. *100 more swimming drills*. Maidenhead-UK. Meyer & Meyer Sport.
Lawton, John, 2013. *Complete guide to primary swimming*, Champaign - IL, Human Kinetics.

20. Courses/Credits: *Education Curriculum study* / 2 CU

Course Code: 6014213033

Prerequisite Courses: -

Lecturer: Drs. Suroto, M.A., Ph.D.
Dr. Nanik Indahwati, M.Or
Heryanto Nur Muhammad, S.Pd., M.Pd.
Fifukha Dwi Khory, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Have the ability to utilize learning resources and ICT-based learning media in studying the curriculum.
- Have knowledge about the development of the school curriculum, the principles of curriculum analysis and master the concepts of physical education and its learning including misconceptions and coping strategies
- Have the skills to perform curriculum analysis to find competency indicators, select materials including breadth and depth
- Have a responsible attitude that is reflected in the results of critical and thorough curriculum studies

description:

Study of curriculum understanding, school curriculum development, curriculum analysis that includes analysis of taCU and materials, formulation of objectives and indicators of achievement, essential concepts and learning, misconceptions and countermeasures strategies by utilizing ICT. Lectures are conducted with a system of case study analysis (curriculum, learning, and misconceptions), presentations and discussions, project assignments, and reflections.

reference:

Quay, John, dan Peters, Jacqui. 2012. *Creative physical education : integrating curriculum through innovative pe projects*. Champaign-IL, Human Kinetics.

21. Courses / Credits: *Development and Motor Learning Theory* / 3 CU

Course Code: 6014213034

Prerequisite Courses: -

Lecturer: Nanik Indahwati, S.Pd, M.Or.
Anung P. S.Pd, M.Psi.T
Andhega Wijaya, S.Pd.Jas., M.Or.

Prerequisites : -

Learning achievements of courses / Competencies:

- Understanding the definition of motion and various classifications (types) of motion
- Understanding the stages of development of children's movements from infants to adolescents
- Understanding the factors that affect human motion development
- Understand the principles of learning motion skills
- Develop learning models to improve the quality of motion
- Have a responsible attitude in developing motor movement skills in school.

description:

Understanding and mastery of the nature of human movement development, involvement of elements that support the achievement of mastery of motion and its improvement towards motion skills (Skill) to further be able to develop training models in penjas that are able to improve the quality of motion. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

- Lutan, Rusli, 1988, *Learning Motor skills: Introduction to Theory and Methods*, Jakarta: P2LPTK, Ministry of Education
- Mak'mun, Amung and M. Saputra, Yudha 2000. *Development of Motion and Learning motion*. Jakarta. Ministry of Education directorate general of Dikdasmen.
- Magil, Richard A, 2001 : *Motor Learning : Concepts and Applications*
- Kathleen M. H & Nancy Getchell. 2009. *Life Span Motor Development*. United States of America: Human Kinetics Publisher.
- Richard A. Schmidt & Timothy D. Lee. 2011. *Motor Control and Learning: A Behavioral Emphasis*. United States of America: Human Kinetics Publisher.
- Dale N. Le Fevre. 2012. *Best New Games*. United States of America: Human Kinetics Publisher.
- Kelly, Luke et all. 2010. *Everyone can! : skill development and assessment in elementary physical education*. Champaign-IL. Human Kinetics.

22.Course/Weight: Sport Injury Prevention and Treatment) / 2 CU

Course Code: 6014212035

Prerequisite Courses: -

Lecturer: drg. Juanita Hasiane Nasution, M.S.
dr. Endang Sriwahjuni, M.Kes.
Taufiq Hidayat, S.Pd., M.Kes
Dony Andrijanto, S.Pd., M.Kes.

Course learning achievements/ Competencies

- Have the knowledge and ability to prevent possible injury
- Skilled in early treatment of sports injuries in the arena or in the process of physical education learning
- Have a responsible attitude and smart in handling sports injuries.

description:

This course discusses the principles and factors of injury prevention in sports as well as mastering treatment procedures or first aid in sports injuries. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

- Wibowo, P. 1994. *Prevention and management of Sports Injuries*, EGC.
- Hamid T, et al.1994. *Sports Injuries*. PERDOSRI. Surabaya
- Bundy, Mike dan Leaver, Andy, 2010. *A Guide to Sports And Injury Management*. Edinburgh: Churchill Livingstone Elsevier.
- Bytomski, Jeffrey R., Moorman, Claude T., dan MacAuley, Domhnall, 2010. *Oxford American handbook*

- of sports medicine*, New York: Oxford University Press Inc.
- France, Robert C., 2011. *Introduction to Sports Medicine and Athletic Training, Second Edition*. Delmar: Cengage Learning.
- Farelli, Anthony D., 2011. *Sport Participation, Health Benefits, Injuries And Psychological Effects*. New York. Nova Science Publishers, Inc.
- Bytomski, Jeffrey R., Moorman, Claude T. dan MacAuley, Domhnall, 2010. *Oxford American Handbook of Sports Medicine*, New York. Oxford.
- Diduch, David R. dan Brunt, L. Michael, 2014. *Sports Hernia and Athletic Pubalgia*, Heidelberg. Springer.
- France, Robert C., 2011. *Introduction to Sports Medicine and Athletic Training Second Edition*. Delmar, Cengage Learning.
- Miller, Michael G. dan Berry, David C., 2011. *Emergency response management for athletic trainers*. Baltimore, Lippincott Williams & Wilkins

23. Courses/Credits: Volleyball/ 2 CU

Course Code: 6014212036

Prerequisite Courses: -

Lecturer: Dr. Nanik Indahwati, S.Pd., M.Or.
Taufiq Hidayat. S.Pd., M.Kes.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in mastering general knowledge about bolavoli sports.
- Have skills in practicing basic techniques Bolavoli technique service techniques, passing, blocks and smash.
- Having intelligence, toughness and never give up on the application of tactics and strategy bolavoli game team to obtain victory while upholding the value of sportsmanship.
- Have a responsible attitude to the work of individuals and groups in collaboration to learn the basic skills of Volleyball both theory and practice.

description:

Understanding the basic knowledge of bolavoli includes: history, organization, basic techniques in practical mastery of basic techniques of playing bolavoli. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Bolavoli beginnerlevel*, 2000, translation: Monti, Jakarta : PT. Grafindo Persada
- Sport of choice Bola Voli*, 1992: M. Yunus, Ministry of Education, Directorate General of Higher Education, PPLPTK
- Coaching Volleyball Succesfully*, 1990: Neville, William, Illionis, Leisure Press.
- Reynaud, Cecile dan American Sport Education Program, 2011. *Coaching volleyball technical and tactical skills*. Champaign-IL. Human Kinetics, Inc.
- Hebert, Mike, 2014. *Thinking volleyball*. Champaign-IL. Human Kinetics, Inc.
- Waite, Pete. 2009. *Aggressive volleyball*. Champaign-IL. Human Kinetics, Inc.

24. Courses/Credits: Football / 2 CU

Course Code: 6014212037

Prerequisite Courses: -

Lecturer: Nanang Indiarasa, S.Pd.M.Psi.T
Mochamad Ridwan, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Have the ability to utilize learning resources and ICT-based learning media in mastering the theory, history and development patterns of national football.
- Understand the theory of the basic techniques of the game of football.
- Understand the rules of the game of football.
- Able to perform and master basic technical practices and football correctly.

- Have intelligence, toughness and never give up on the application of tactics and strategies football game team to obtain victory while upholding the value of sportsmanship.
- Have a responsible attitude to the work of individuals and groups in collaboration to learn the basic skills of Football both theory and practice.

description:

Understanding and Mastery of theory, and basic football practices include the history, concepts of Indonesian football, basic techniques and rules of the game of football. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Soendoro, 1980, *Football I*, FPOK IKIP Surabaya
- Soendoro, 2000. Basic football techniques. Unesa.
- PSSI, 2004, *Game Rules and Referees*, Football Association of Indonesia.
- Sutiyono J Alis, 1980. National football coaching pattern. PSSI
- Miller, Jay, 2014. *Attacking Soccer*. Champaign-IL. Human Kinetics.
- Hyballa, Peter dan Poel, Hans-Dieter te, 2012. *Dutch Soccer Secrets Playing and Coaching Philosophy – Coaching – Tactics – Technique*. Maidenhead. Meyer & Meyer Sport.
- Snow, Sam, dan American Sport Education Program. 2012. Coaching youth soccer. Champaign-IL, Human Kinetics.

25.Courses/Credits: Teaching Learning of Basketball/2 CU

Course Code: 6014212038

Prerequisite Courses: Basketball

Lecturer: Drs. Sudarso, M. Pd.

Drs. Abd. Rachman S. T., M.Pd

Dwi Cahyo Kartiko, S.Pd., M.Kes.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing basketball learning at the elementary, junior high and high school levels
- Able to explain and teach the theory and skills of Basketball which includes attack and defense strategies as well as understanding the rules on learning in schools
- Mastering the theory and practice on the material of regulation, refereeing and organizing football matches.
- Able to act as a referee and official who is smart, honest, objective, fair and resistant to pressure on match situations.
- Responsible both individually and in groups in the learning and practice of organizing basketball matches.

description:

Mastery of techniques, tactics and game strategies, officiating, refereeing, organization and application of basketball learning process. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Pb. Perbasi, 1999/2000 Basketball Rules, Jakarta
- Zsolt, 2004. Basketball for everyone. Fiba Publishied.
- www.fiba.com. Rule of the game. Page. 1-88
- Donovan, Mick, 2010. *Youth Basketball Drills*. London. A & C Black Publishers Ltd
- Wissel, Hal, 2012. *Basketball : steps to success*. Champaign-IL. Human Kinetics.

26.Courses/Credits: Physical Education Learning Media)/ 2 CU

Course Code: 6014212039

Prerequisite Courses: -

Lecturer: Drs. Suroto, M.A., Ph.D

Junaidi Budi Prihanto, S.KM., M.KM.

Vega Candra Dinata, S.Pd., M.Pd.

Andhega Wijaya, S.Pd.Jas., M.Or.

Course learning achievements/ Competencies

- Integrating ICT in physical education learning as its source and learning medium and utilizing it to support the implementation of learning
- Mastering the understanding, type / classification, functions, and basics of learning media development
- Designing, selecting and producing physical education learning media by utilizing the surrounding environment (contextual) and/or ICT-based
- Have a responsible attitude in developing physical education learning media that is practical, efficient and safe for students

description:

Study of understanding, type / classification, function, basics of media development, and can choose, design, and produce learning media by utilizing the surrounding environment (contextual) and ICT. Lectures are conducted with presentations and discussions, media creation project taCU (ict-based and props), and reflections.

reference:

- Smaldino, Sharon E., Lowther, Deborah L. and Russell, James D., 2011. *Learning Technology and Media for Learning*. Jakarta. Kencana – Prenada Media Group.
- Sukirman, 2012. *Learning Media Development*. Yogyakarta. Pedagogia – Insan Madani.
- Asyhar, Rayandra, 2012. *Creatively Developing LearningMedia*. Jakarta. Jakarta reference.
- Munadi, Yudi, 2012. *Learning Media-A New Approach*. Jakarta. Echo Persada Press.
- Mahiri, Jabari, 2011. *Digital Tools in Urban Schools Mediating a Remix of Learning*, Michigan. The University of Michigan Press

27. Courses/Credits: Physical Education Learning Inovation / 3 CU

Course Code: 6014213040

Prerequisite Courses: Pass Curriculum Study, Educational Psychology, Educational Foundation,

Lecturer: Drs. Abdulrachman Syam T, M.Pd.

Drs. Suroto, M.A., Ph.D.

Heryanto Nur Muhammad, S.Pd., M.Pd.

Mochamad Ridwan, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Utilizing learning resources and ICT to support the design and implementation of innovative physical education learning relevant to achieve student competence
- Have knowledge of the characteristics of physical education learning models that belong to the group Innovative Learning I
- Making decisions in designing and implementing innovative physical education learning relevant to competencies, characteristics of subject matter, and characteristics of students in *a peer teaching* format
- Have a responsible attitude by applying learning relevant to the competence and characteristics of students

description:

Study of learning models with *directinstruction,concept attainmentmodel,meaningful learning*,and *discussion(discussion model of learning)*,SET-oriented learning, and learning strategies. The assessment was conducted through the presentation of concepts, presentation of operational examples of each learning model in the form of learning devices, workshops to design learning devices by students oriented to each model and learning strategies. The assessment activity ended with the implementation of certain learning models by each student in the *peer teaching* forum followed by discussion and reflection activities as well as cognitive internships in Junior High School.

reference:

- Arends, Richard I. (2012). *Learning To Teach sixth Edition*. New York: McGraw-Hill Book Company.
- Nur, Mohamad. (2000). *Learning Strategies*. Surabaya: School Science and Mathematics Center.
- Nur, Mohamad, Kardi Soeparman. (2000). *Direct Learning*. Surabaya: School Science and Mathematics

Center.

Grout, Harvey dan Long, Gareth. 2009. *Improving Teaching and Learning in Physical Education..* Maidenhead, McGraw-Hill Open University Press.

Lavin, Jim, 2008. *Creative approaches to physical education : helping children to achieve their true potential.* Oxon, Routledge.

Quay, John, dan Peters, Jacqui. 2012. *Creative physical education : integrating curriculum through innovative pe projects.* Champaign-IL, Human Kinetics.

28.Courses/Credits:Basic Coaching Science/2 CU

Course Code: 6014212041

Prerequisite Courses: -

Lecturer: Drs. Sudarso, M. Pd.

Dra. Sasminta C. Y. H., M.Pd.

Taufiq Hidayat, S.Pd., M.Kes.

Hamdani, S.Pd., M.Pd.

Course Learning Achievements/Competencies:

- Mastering the concepts, principles and applications of the basics of coaching in various sports training activities in order to improve achievements.
- Understanding coach profiles, talent monitoring, sports coaching at an early age, the influence of psychological factors in performance, the biological basis of muscle performance, and the nutritional fulfillment of athletes.
- Skilled in training and developing effective training programs that can be applied in schools and outside schools.
- Able to make the right decisions based on studies based on the results of theoretical analysis and data in the field.
- Able to plan, manage and analyze a job that requires expertise in education and sports.
- Have an attitude of responsibility towards the task of making an exercise program.

description:

Understanding and mastery of principles, concepts, techniques, procedures, systems, training load norms, training cycles in basic training methodologies as well as the supply of skills in training and developing training programs applied in schools and outside schools. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

Harsono, *Coaching and Psychological Aspects in Coaching*, 1988

Suharno HP, *Training Methodology* 1999

Pate Rotela Dkk, *Scientific Fundamentals of Coaching*, 1993

Lee, Martin, 1993, *Coaching Children in Sport : Principles and Practice*, New York, Routledge.

Jones, Robyn L., Hughes, Mike and Kingston, Kieran, 2008, *An Introduction to Sports Coaching : From Science and Theory to Practice*, New York, Routledge.

McMahon, Gladeana and Archer, Anne, 2010, *101 Coaching Strategies and Techniques*, New York, Routledge.

Watts, Frank, 2011, *Coaching Kids All Team Sports*, Chicago, Price World Publishing.

29.Courses/Credits:Sports Massage/ 2 CU

Course Code: 6014212042

Prerequisite Courses: Passing The Anatomy and Physiology of Sports

Lecturer: Drs. Hari Wisnu, M.Pd.

Drs. Setiyo Hartoto, M.Kes.

Faridha Nurhayati, S.Pd., M.Kes.

Course Learning Achievements/Competencies:

- Mastering the history of masase, basic concepts, principles, kinds and uses and benefits in sports.
- Understand and master the professional ethics that a maseur should uphold.

- Mastering manipulation techniques in massage and its benefits performed during training, before competing/ racing, during and after the competition / race including injury treatment.
- Have a smart attitude in making decisions and responsible with duties as masseur / masseuse.

description:

This course discusses the understanding and application of theory and practice of sports massage which includes the concept of massage, various massage and its uses, professional ethics, objectives and manipulation techniques performed during the training period, before competing / racing, during and after the competition / race including injury treatment. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

- Director General of Youth and Sports, 1980, *Sport massage*, Jakarta, Depdikbud.
- Cael, Christy, 2010, *Functional Anatomy : Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists*, Baltimore, Lipincott Williams & Wilkins.
- Johnson, Jane, 2011, *Deep Tissue Massage, Hands-on Guides for Therapists*, Champaign-United State, Human Kinetics
- Simancek, Jeffrey A., 2013, *Deep Tissue Massage Treatment 2nd Edition*, St. Louis-Missouri, Mosby.

30. Courses/Credits: Sports Sociology/ 2 CU

Course Code: 6014212043

Prerequisite Courses: -

Lecturer: Prof. Dr. Ali Maksum, S.Pd., M.Si.
Fifukha Dwi Khory, S. Pd., M. Pd.
Andhega Wijaya, S.Pd.Jas., M.Or.

Course Learning Achievements/Competencies:

- Able to have knowledge related to the social phenomena of sports and a number of theories of sports sociology.
- Able to have the skills to analyze the social phenomena of sports based on a number of sociological theories.
- Being able to have a positive attitude and awareness that sport has become an agent of social change.
- Have a responsible and intelligent attitude in analyzing social phenomena in society.

description:

This course discusses the phenomenon of sports in a social context; ways in which people construct, adapt, and appreciate sports; and how sports in the school environment and society are used as a vehicle for the formation of values. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

- Coakley, J. (2001). *Sport in society* (7th edition). Boston: McGraw-Hill International.
- Yiannakis, A. & Greendorfer, S.L. (Editors), (1992). *Applied sociology of sport*. Champaign, Illinois: Human Kinetics.
- Laker, A. (2000), *Beyond the boundaries of physical education : educating young people for citizenship and social responsibility*, New York: RoutledgeFalmer.
- Freeman, W., (2001). *Physical education and sport in changing society*. Boston: Allyn and Bacon.

31. Courses/Credits: Test and Measurement/ 3 CU

Course Code: 6014213044

Prerequisite Courses: -

Lecturer: Sapto Wibowo S.Pd.M.Pd
Taufiq Hidayat, S.Pd.M.Kes

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in understanding globally the principles, objectives and domains of test and measurement activities in the field of physical education and sports

- Able to make decisions based on the analysis of information and data in selecting, using, and interpreting test results in sports.
- Have a responsible attitude to the work of individuals and groups in cooperating to conduct tests and measurements.

description:

Understanding and mastery of the functions and objectives of measurement tests in the form of physical ability tests and skills of various sports both theory and practice including using the norms of assessment. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Margareth J. Safrit, 1981, *Evaluation in Physical education*.
 Frank M. Verducci, Ed. D. 1980. *Measurement Concepts in Physical Education*.
 Nurhasan, 1986, *Sports Test and Measurement*, Open University
 Winnick, Joseph P., dan Short, Francis X., 2014. *Brockport physical fitness test manual : a health-related assessment for youngsters with disabilities*. Champaign-IL, Human Kinetics.
 Severini, Thomas A., 2015. *Analytic Methods In Sports Using Mathematics and Statistics to Understand Data from Baseball, Football, Basketball, and Other*. Boca Raton. CRC Press Taylor & Francis Group.

32. Courses/Credits: Teaching Learning of Volleyball/2 CU

Course Code: 6014212045

Prerequisite Courses: Pass Basic Bolavoli Skills

Lecturer: Dr. Nanik Indahwati, S.Pd., M.Or.

Taufiq Hidayat. S.Pd., M.Kes.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing Bolavoli learning at elementary, junior high and high school level
- Able to explain and teach Bolavoli theory and skills which include attack and defense strategies as well as understanding the rules of learning in schools
- Mastering the theory and practice on the material of regulation, refereeing and organizing bolavoli matches.
- Responsible both individually and in groups in the learning and practice of organizing Bolavoli matches.

description:

Strengthening the mastery of basic techniques of playing bolavoli and mastery of officiating (refereeing) as well as the development of teaching methods in schools. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Bolavoli* beginner level, 2000, translation: Monti, Jakarta : PT. Grafindo Persada
 Volleyball's preferred sport, 1992: M. Yunus, Ministry of Education, Directorate General of Higher Education, PPLPTK
 Coaching *Volleyball Succesfully*, 1990: Neville, William, Illionis, Leisure Press.
 Waite, Pete. 2009. *Aggressive volleyball*. Champaign-IL. Human Kinetics, Inc.
 Reynaud, Cecile dan American Sport Education Program, 2011. *Coaching volleyball technical and tactical skills*. Champaign-IL. Human Kinetics, Inc.
 Hebert, Mike, 2014. *Thinking volleyball*. Champaign-IL. Human Kinetics, Inc.

33. Courses/Credits: Teaching Learning of Football/ 2 CU

Course Code: 6014212046

Prerequisite Courses: Football

Lecturer: Nanang Indiarso, S.Pd.M.Psi.T

Mochamad Ridwan, S.Pd., M.Pd.

Learning achievements of courses / Competencies:

- Have the ability to utilize learning resources and ICT-based learning media in providing football learning at the elementary, junior high and high school levels
- Able to explain and teach football theories and skills that include attack and defense strategies as well as understanding rules on learning in schools
- Mastering the theory and practice on regulatory materials, refereeing and organizing football matches.
- Able to act as a referee and official who is smart, honest, objective, fair and resistant to pressure on match situations.
- Responsible both individually and in groups in the learning and practice of organizing football matches.

description:

Understanding and mastery of advanced football theory and practice includes tactics, systems and strategies, officiating and learning football Physical education. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- PSSI, 2002. *Rules of the game and the privatization of football*.
 Soendoro, 2000. *Modify the game of football*. Digutentis.
 Soetjipto et al, 2000, *Football Jakarta*, Ministry of Education Director General of Dikdasmen.
 Soendoro 1999. *Modification of football learning*, Jakarta: Dikgutentis, Dikdasmen.
 Soendoro, 2000, *Football System, Tactics and Strategy*, FIK Unesa.
 PSSI, 2000, *Football Match Rules*, PSSI
 Miller, Jay, 2014. *Attacking Soccer*. Champaign-IL. Human Kinetics.
 Hyballa, Peter dan Poel, Hans-Dieter te, 2012. *Dutch Soccer Secrets Playing and Coaching Philosophy – Coaching – Tactics – Technique*. Maidenhead. Meyer & Meyer Sport.
 Snow, Sam, dan American Sport Education Program. 2012. *Coaching youth soccer*. Champaign-IL, Human Kinetics.

34.Course/Weight: Badminton

Course Code: 6014212047

Prerequisite Courses: -

Lecturer: Prof. Dr. Nurhasan, M.Kes
 Andhega Wijaya, S.Pd.Jas., M.Or.

Course learning achievements/ Competencies

- Have the knowledge, skills, and ability to perform basic badminton techniques
- Have the ability to design and train badminton with a pattern of batting technique exercises for early childhood and beginners
- Have a responsible and intelligent attitude in designing badminton learning in schools or sports associations

description:

Understanding and mastery of the theory and practice of learning basic techniques, tactics and strategies in badminton games, as well as knowledge of badminton development, as well as the rules of the game. Face-to-face lectures, demonstrations, practices and assignments.

reference:

- J.C. Downey, 1975. *Better Badminton For all*.
 Hari Setijono, Nurhasan, 1996 *Belajar playing Badminton* Surabaya, Unipres
 Grice, Tony. 2008. *Badminton : steps to success*. United States of America: Human Kinetics

35. Courses/Credits: Assessment Process and Learning Outcomes of Physical Education) / 3 CU

Course Code: 6014213048

Prerequisite Courses: -

Lecturer: Advendi Kristiyandaru, S.Pd., M.Pd.
 Faridha Nurhayati, S.Pd, M.Kes.

Course learning achievements/ Competencies

- Able to explain the meaning of tests, measurements, assessments and evaluations,
- Able to identify various assessments and aspects of assessment,

- Able to identify assessment techniques, instrument forms and assessment criteria,
- Able to apply the assessment and determination approach of KKM,
- Able to make and process the results of assessment on pjok mapel,
- Able to develop enrichment and remedial learning.
- Have a responsible attitude and smart in processing the results of pjok assessment.

description:

This course discusses the techniques, procedures, processing, and utilization of the results of the evaluation of penjasorkes learning in schools. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

- Arikunto, Suharsimi. 2003. *Basics of Educational Evaluation*. Jakarta: Bumi Aksara
- Haryanti, Mimin. 2007. *Model and Assessment Techniques at the Education Unit Level*. Jakarta: Gaung Persada Press
- Purwanto, Ngalm. 2006. *Teaching Evaluation Principles and Techniques*. Bandung: PT. Teen Rosdakarya
- Sukardjo, Nurhasan. 1991. *Evaluation of Physical Education and Health Teaching*. Jakarta: Ministry of Education Director General of Higher Education PPTK
- , 2007. *Physical Sports and Health Subject Group Assessment Guide*. Jakarta: BSNP Ministry of Education
- Permendikbud No. 64 year 2013. About Assessment Standards Curriculum Socialization Materials 2013, Ministry of Education
- Carroll, Bob, 2005. *Assessment in Physical Education – A Teacher’s Guide to the Issues*, London : The Falmer Press.
- Kelly, Luke et all. 2010. *Everyone can! : skill development and assessment in elementary physical education*. Champaign-IL. Human Kinetics.

36. Courses/Credits: Development of Physical Education Learning Tool / 3 CU

Course Code: 6014213049

Prerequisite Courses: -

Lecturer: Dr. Nanik Indahwati, M.Or.

Drs. Abdul Rahman Syam Tuasikal, M.Pd.

Mochamad Ridwan, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Utilizing learning resources and ICT to support the design and implementation of school-based management, clinical supervision, *micro teaching* and *peer teaching*
- Knowledge of school-based management, clinical supervision, *micro teaching* and learning planning
- Making decisions about school-based management, clinical supervision based on case analysis as well as the design, implementation, evaluation of *micro teaching* and *peer teaching*
- Have a responsible attitude by applying learning relevant to the competence and characteristics of students

description:

This course discusses the system, objectives, and instructional planning in penjasor learning. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

- Dick, W. And Carey, Lou 1985. *The systematic Design of Instructional 2. nd Ed.*. Glenview, Illinois : Scot Foresman and Company
- 2008. *Introduction to Teaching Planning for Physical Education in Sports and Health*. Surabaya : FIK Unesa.
- _____. 2013. *Clinical Supervision Guide*. Jakarta: Directorate General of Primary Education, Directorate of Junior High School Development.
- _____. 2014. *Permendikbud RI Number 103 Year 2014 on Learning in Primary and Secondary Education*. Jakarta: Ministry of Education and Culture of the Republic of Indonesia.

_____. 2014. *Permendikbud RI No. 104 year 2014 on Assessment of Learning Outcomes by Educators in Primary and Secondary Education*. Jakarta: Ministry of Education and Culture of the Republic of Indonesia.

37. Courses/Credits: *Physical Education Research Metodology*/3 CU

Course Code: 6014213050

Prerequisite Courses: -

Lecturer: Prof. Dr. Ali Maksum

Drs. Setiyo Hartoto, M.Kes.

Dr. dr. Endang Sri Wahyuni, M.Kes.

Dr. Anung Priambodo, S.Pd., M.Psi.T.

Junaidi Budi Prihanto, S.KM., M.KM.

Andhega Wijaya, S.Pd.Jas., M.Or.

Dwi Lorry Juniarisca, S.Pd.,M.Ed

Course learning achievements/ Competencies

- Utilizing ICT to obtain information / references related to physical education research, health and recreation and communicate it.
- Mastering the concepts, principles, and procedures of research in physical education, health and recreation research.
- Plan and solve the research problems of physical education, health and recreation based on the principles and procedures in the research methodology.
- Able to make decisions in applying research methods to find alternative solutions in solving problems in the field of physical education, health and recreation in the form of research proposals.
- Have a responsible attitude towards the resulting research proposals.

description:

Understanding and mastery of the basic theory of scientific research methods, techniques and steps and procedures for the implementation of physical education and sports research. Lectures are conducted with presentations and discussions, practices in the field, project taCU and reflections.

reference:

Max, Ali, 2012. *Methodology of Research in Sports*, Surabaya. Unesa University Press
Thomas & Nelson, *Research Method in Physical Activity 2nd ed.*, Champaign, IL: Human Kinetics, 1990.
Clarke & Clarke, 1984. *Research Processes in Physical Education 2nd ed.*, New Jersey: Prentice Hall, Inc.,
Kerlinger. 1986. *Foundations of Behavioral Research, 3rd ed.* , New York: Harcourt Brace Publishers.
Creemers, Bert P.M., Kyriakides, Leonidas, dan Sammons, Pam. 2010. *Methodological advances in educational effectiveness research*. Oxon, Routledge.

38. Courses/Credits: *Physical Education Learning Inovation II* / 3 CU

Course Code: 6014213051

Prerequisite Courses: Innovative Learning of Physical Education I

Lecturer: Drs. Abdulrachman Syam T, M.Pd.

Drs. Suroto, M.A., Ph.D.

Dr. Nanik Indahwati, M.Or.

Heryanto Nur Muhammad, S.Pd., M.Pd.

Learning achievements of courses / Competencies:

- Utilizing science and technology to explore information and learning resources that support the design and implementation of innovative learning relevant to student competence
- Mastering the facts and concepts of physical education and having knowledge of the characteristics of learning models included in the Group of Innovative Learning II
- Making decisions in designing and implementing innovative learning relevant to the competencies, characteristics of the subject matter, and karaktristic students in *a peer teaching* format
- Have a responsible attitude by applying learning relevant to the competence and characteristics of students

description:

Study of learning models: scientific approach-oriented learning such as: *problem-based learning*, *inkuiri-diskoveri learning* and contextual learning and project-based learning. The assessment was conducted through the presentation of concepts, presentation of operational examples of each learning model in the form of learning devices, workshops to design learning devices by students oriented to each model and learning strategies. The assessment activity ended with an exercise in implementing certain learning models by each student in a peer *teaching* forum followed by discussion and reflection activities.

reference:

- Arends, Richard I. (2012). *Learning To Teach sixth Edition*. New York: McGraw-Hill Book Company.
- Nur, Mohamad. (2000). *Learning Strategies*. Surabaya: School Science and Mathematics Center.
- Nur, Mohamad, Kardi Soeparman. (2000). *Direct Learning*. Surabaya: School Science and Mathematics Center.
- Grout, Harvey dan Long, Gareth. 2009. *Improving Teaching and Learning in Physical Education..* Maidenhead, McGraw-Hill Open University Press.
- Lavin, Jim, 2008. *Creative approaches to physical education : helping children to achieve their true potential*. Oxon, Routledge.
- Quay, John, dan Peters, Jacqui. 2012. *Creative physical education : integrating curriculum through innovative pe projects*. Champaign-IL, Human Kinetics.

39.Courses/Credits: SportsEntrepreneurship/ 2 CU**Course Code: 2212008****Prerequisite Courses: -****Lecturer:** Prof. Dr. Nurhasan, M.Kes.

Heryanto Nur Muhammad, S.Pd., M.Kes.

Sapto Wibowo, S.Pd., M.Pd.

Dwi Cahyo Kartiko, S.Pd, M.Kes.

Course learning achievements/ Competencies

- Understanding and mastering the concept of entrepreneurial challenges in a global context, especially the main challenges of human resource development.
- Understanding and mastering the concept of Entrepreneurship, which relates to business planning, among others: able to plan a business, able to create products or services, able to market, able to manage business and able to hold partnerships.
- Understand the importance of honest, independent, creative, hard-working, and unyielding character in entrepreneurship

description:

This course includes discussion of the concept of entrepreneurship in the business of fostering the development of entrepreneurial spirit, namely the ability to motivate themselves to be able to sense business opportunities, create services, production, marketing, partnership and management, and be able to improve problem solving skills in business. Lectures are conducted with a system of discussions, project taCU, and reflections.

reference:

- Tim, 2000. *Entrepreneurship (interpreunership)*, Surabaya. UNESA.
- Suryana, 2004. *Entrepreneurship*, Jakarta. Salemba Four.
- Wiratmo Masykur, Drs., M.Si., *Introduction to Entrepreneurship*, BPFE, Yogyakarta, 2001
- Other references, *Papers*, penataran results
- Greene, Cynthia L., 2011. *21st Century Business Entrepreneurship-2nd Edition*, South-Western Mason USA, Cengage Learning.
- Bill, Frederic, Bjerke, Björn dan Johansson, Anders W. 2010. *(De)Mobilizing the Entrepreneurship Discourse - Exploring Entrepreneurial Thinking and Action*, Cheltenham UK, Edward Elgar Publishing Limited.
- Scherdin, Mikael dan Zander, Ivo. 2011. *Art Entrepreneurship*. Cheltenham. Edward Elgar Publishing Limited.

40. Courses/Credits: Scouting and Outdoor Education/ 2 CU

Course Code: 6014212053

Prerequisite Courses: -

Lecturer: Drs. Bernard Djawa, S.Pd., M.Pd.
Hamdani, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Mastering general knowledge and foundation of the Scout Movement, Articles of Association and Bylaws of the Scout Movement.

Mastering the Practice and theory of Standby Coaching, Fundraising, Enforcement and Pandega.

- Mastering the theory and practice of Scout education media
- Mastering camp theory and practice.
- Mastering the theory and practice of front cluster administration.
- Graduated in a Basic Advanced Course (KMD)
- Have a responsible attitude and smart in planning activities outside the classroom.

description:

Scouting Education Courses provide provisions to students about the general knowledge of the Scout Movement, guidance on coaching, preparation of scout programs pandega enforcement, knowledge and practice of making scouting education media, have competence as a Basic Advanced Coach, and master the Administration of the Front Group. Lectures are conducted with presentations and discussions, project assignments, and reflections.

reference:

- AD & ART Scout Movement, (Presidential Decree No. 34, Year 1999 and Kep. Ka. Kwarnas No. 107 year 1999, Kwarnas, Jakarta.
- Atma Sulistya, Endy R., Drs. H., et al, Practical Guide to Scouting, Kwarda DKI Jakarta, 1995.
- De Porter, Bobbi & Mike Hemacki, Quantum Learning.
- Efendi, Anas H., Terminology/Terminology in Scouting, Kwarda DKI Jakarta.
- Guidelines for The Implementation of The Front Cluster, PP No. 137 of 1987. Kwarnas, Jakarta. 1987.
- Powel, Lord Baden, Guide For Son, Kwarnas Scout Movement, Jakarta, 1998.
- Implementation Instructions for Scout Unit Administration, PP No. 041 of 1995, Kwarnas, Jakarta, 1995, Scouting an Educational System. WSB. Geneva.
- Harrison, Geoff dan Erpelding, Mat, 2012. Outdoor program administration : principles and practices. Champaign-IL, Human Kinetics.
- Perry, Jane, 2001. Outdoor Play: Teaching Strategies with Young Children. New York. Teachers College Press - Columbia University.
- Quay, John dan Seaman, Jayson, 2013. *John Dewey and Education Outdoors Making Sense of the 'Educational Situation' through more than a Century of Progressive Reforms.* Rotterdam. Sense Publishers.

41. Courses/Credits: Statistics/ 3 CU

Course Code: 6014213054

Prerequisite Courses: Physical Education Methodology

Lecturer: Dr. Ali Maksum, S.Pd, M.Si.
Junaidi Budi Prihanto, S.KM, M.KM.

Course learning achievements/ Competencies

- Mastering theoretical concepts in statistics related to data collection, presentation, and processing.
- Skilled in using the concept of Statistics in the process of processing data of research results that include descriptive statistics (*Central Tendency*, Variability, Frequency Distribution, Standard Score, and Graph), Inferential Statistics (Different Tests and Bivariate Relationship Tests both parametric and non-parametric and Normality Test)
- Skilled in processing data both descriptive and inferential statistics using SPSS
- Have a responsible attitude to the work of individuals and groups in collaboration to learn the skills of processing statistical data.

description:

This course discusses theoretical understanding and mastery of skills to apply descriptive and inferential statistics in the processing and drawing of conclusions to research data. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Maksum, Ali, 2009, *Teaching Book statistics in Sports*, Department of Sports Education-Unesa, Surabaya
- Sabri, Luknis and Hastowo, Sutanto Priyo, 2006, *Health Statistics*, Jakarta, Raja Grafindo Press
- Hastowo, Sutanto Priyo, 2006, *Data Management and Analysis*, Faculty of Public Health-UI, Depok
- Boslaugh, Sarah and Watter, Paul Andrew, 2008. *Statistics in a Nutshell : A Desktop Quick Reference*, Sebastopol Canada, O'Reilly
- Field, Andy, 2009. *Discovering Statistic Using SPSS*, London. SAGE Publication.
- Mann, Prem S., 2010. *Introductory Statistics 7th*, Hoboken-USA. John Wiley & Sons, Inc.

42. Courses/Credits: Adaptive Physical Education and Sport/ 2 CU

Course Code: 6014212055

Prerequisite Courses: -

Lecturer: Drs. Abdulrachman Syam Tuasikal, M.Pd.
Drs. Bambang Ferianto, M.Pd.

Course learning achievements/ Competencies

- Understanding the characteristics of Children with Special Needs
- Understanding Physical Education and Adaptive Sports and Inclusion Education
- Understanding the characteristics of the Deaf and with special learning difficulties (Learning Disability), Blind and Speech Deafness, Deafness and Cerebral Palsy (CP), and the deaf
- Mastering about sports modifications for ABK
- Mastering about athletic sports and games for ABK
- Able to make game forms for athletic sports and games for ABK.

description:

Understanding and studying various aspects of adaptive physical education, as well as practicing learning models in ALB. Lectures are conducted with presentations and discussions, practices, project assignments, and reflections.

reference:

- Arheim, Daniel, D Sinclair, William A, 1985 *Physical Education For Special populations, a developmental Adapted and Remedial Approach*, Englewood Cliffs, new Jersey: prentice hall, Inc.
- Bailey, Steve, 2008. *Athlete First - A History of the Paralympic Movement West Sussex-England*: John Wiley & Sons Ltd UK.
- Fitzgerald, Hayley, 2009. *Disability and Youth Sport*, Abington-Oxon : Routledge
- Thomas, Nigel dan Smith, Andy, 2009. *Disability, Sport and Society – an introduction*, London : Routledge.
- Sullivan, Teresa [et all], 2012. *Build It So They Can Play – Affordable Equipment for Adapted Physical Education*, Champaign –IL: Human Kinetics.
- Winnick, Joseph P., dan Short, Francis X., 2014. *Brockport physical fitness test manual : a health-related assessment for youngsters with disabilities*. Champaign-IL, Human Kinetics.

43. Courses/Credits: Colloquium / 2 CU

Course Code: 6014212056

Prerequisite Courses: -

Lecturer: Drs. Hari Wisnu, M.Pd.
Drs. Bambang Ferianto CK.

Course Learning Achievements/Competencies:

- Students have knowledge and skills on how to organize and conduct scientific seminars.
- Students have skills in making scientific papers (proposals) and the skills to present their ideas in scientific seminars.

- Students have a critical attitude and open to the thoughts and opinions of others, and are responsible for their duties.

description:

These courses include discussing the management of scientific seminars and the preparation of scientific papers. Knowledge and skills in expressing and maintaining opinions, both in the form of writing and oral menajdi main discussion. Lectures are conducted with presentations and discussions, project assignments and reflections.

reference:

Shelia L Murray, *how to organize and organize seminars*
 Research Method in Physical Activity, 2nd ed., Thomas & Nelson, Champaign, IL: Human Kinetics, 1990.
 Research Processes in Physical Education, 2nd ed., Clarke & Clarke. New Jersey: Prentice Hall, Inc., 1984
 Strawson, Hannah. 2012. 53 interesting things to do in your seminars and tutorials. Cambs-UK. The Professional and Higher Partnership.

44.Course/Weight: Tennis/2 CU

Course Code: 6014212057

Prerequisite Courses: -

Lecturer: Drs. Setiyo Hartoto, M.Kes.

Dr. Anung Priambodo, S.Pd., M.Psi.T.

Advendi Kristiyandaru, S.Pd., M.Pd.

Sapto Wibowo, S.Pd., M.Pd.

Course learning achievements/ Competencies

- Able to explain correctly about the brief history of tennis courts in the world and Indonesia.
- Students are able to practice the basic techniques of playing tennis court
- Students are able to understand the rules of the game and the refereeing of tennis courts.
- Have a responsible attitude and smart in analyzing the game of tennis court.

description:

Describe the facilities and infrastructure allowed in playing tennis court and able to briefly explain the technique of ball introduction for novice players. Lectures are conducted with lectures, practices, project assignments, and reflections.

reference:

Hoskins, Tina. 2003. *The Tennis Drill Book*. United State: Human Kinetics
 ITF. 2001. *Coaching Manual*. Canada: Wiz Middleton.
 Jim Brown. 2001. *Entry Level Tennis*. Jakarta: PT RajaGrafindo Persada.
 American Sport Education Program. 2009. *Coaching tennis technical and tactical skills*. Champaign-IL, Human Kinetics.
 Giampaolo, Frank. 2013. *Championship tennis*. Champaign-IL. Human Kinetics.

45.Course/Weight:Handball

Course Code: 6014112058

Prerequisite Courses: -

Lecturer: Drs. Hari Wisnu

Course learning achievements/ Competencies

- Understand and master the basic techniques of handball.
- Understand and master handball tactics and strategies
- Understand and master the rules of the game
- Understand and master the refereeing in the game Bolatangan.
- Have a responsible attitude towards the task

description:

Understanding and mastery of the concept of bolatangan game techniques, game rules and refereeing techniques. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

Clanton, Reita E. & Dwight, Mary Phyl. 1997. *Team Handball: Steps to Success*. United States of America: Human Kinetics

46. Courses/Credits: Sepak Takraw / 2 CU

Course Code: 6014112059

Prerequisite Courses: -

Lecturer: Drs. Sudarso, M.Pd.

Course Learning Achievements/Competencies:

- Understanding the concept of sepak takraw techniques,
- Get to know the history of sepak takraw
- Mastering the rules of sepak takraw in the learning process in college and applying the learning process in school.
- Able to develop sepak takraw and organize matches (**officiating**) sepak takraw in the community.
- Have a responsible attitude towards the task of learning and officiating sepak takraw.

description:

Understanding of the basic concepts of sepak takraw techniques, the history of sepak takraw regulations and their application in the learning process of teaching sepak takraw. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

- Base, Penghulu.1992. *Sepak Takraw*. Jakarta. Dikti
Perpetiation.1999. *Play Sepak Takraw*. Jakarta
Koni.2005. *The Development of Sepak Takraw and its Rules*. www.koni.co.id
SSA. 2005. *The World History of Sepak Takraw*. www.takrawscotland.com
TSF.2005. *How To Play Sepak Takraw*. www.takrawthailand.com

47. Course/Weight: Table Tennis

Course Code: 6014112060

Prerequisite Courses: -

Lecturer: Heryanto M. Nur S.Pd

Dony Andriyanto, S.Pd.M.Kes

Dwi Cahyo Kartiko, S.Pd., M.Kes.

Course Learning Achievements/Competencies:

- Able to teach table tennis to students,
- Understanding the techniques of mindfulness
- Implementing table tennis match management
- Have a responsible attitude towards the task of learning table tennis in schools or sports associations.

description:

Understanding and mastery of table tennis theory and practice, basic techniques, tactics and strategies, rules and learning on table tennis games. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

- Herry Moestamar, Nurhasan. 1996. *Learn table tennis effectively*. Surabaya Unipres
McAfee, Richard. 2009. *Table Tennis: Steps to Success*. United States of America: Human Kinetics.
Geske, Klaus-M. dan Mueller, Jens , 2010. *Table Tennis Tactics Your Path to Success*. Maidenhead. Meyer & Meyer Sport.

48. Courses/Credits: Softball/ 2 CU

Course Code: 6014112061

Prerequisite Courses: -

Lecturer: Dra. Sasminta Christina Yuli Hartati, M.Pd

Advendi Kristiyandaru, SPd., M.Pd.

Course Learning Achievements/Competencies:

- Mastering the general knowledge and basics of softball games
- Master the basic techniques of throwing, catching, hitting, running between bases, defending, attacking

- Mastering how to record value and privatization,
- Get to know the organization of softball matches.
- Have a responsible attitude and smart to the task of organizing softball matches.

description:

Understanding and mastery of techniques, tactics, rules, teaching and learning processes, refereeing, and their application in teaching in the field. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

- Bethel, D. 1987. *Complete instructions of softball and baseball games*. Dahara Prize
 Drs. Parno. 1992. *Sports softball options 2002-2005. Official rules of softball*
 2005. *Official rules of baseball*
 Chick, Loren. 1979. *Coaching and power hitting*
 Bench, J. 1975. *Coaching winning softball*
 Bethel, D. 1979. *Coaching winning baseball*
 Noren, Rick, 2005. *softball Fundamentals*. Champaign-IL, Human Kinetics.
 Cross, Rod. 2011. *Physics of Baseball & Softball*. London: Springer New York Dordrecht Heidelberg
 Garman, Judi and Gromacki, Michelle. 2011. *Softball skills & drills*. United States of America: Human Kinetics.

49.Course/Weight: Hockey / 2 CU

Course Code: 6014112062

Prerequisite Courses: -

Lecturer: Drs. Abdul Rachman Syam T., M.Pd.
 Heryanto Nur S.Pd, M, S.Pd.

Course Learning Achievements/Competencies:

- Get to know the history and general knowledge of hockey
- Mastering basic hockey techniques
- Mastering basic attack and defense strategies
- Mastering the theory and practice of wasitan
- Get to know the organization of the games
- Have a responsible attitude to the task of organizing hockey matches.

description:

Understanding and mastery of techniques, strategies, rules and their application in the teaching and learning process both field hockey and hockey room. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

- FIH. 2005. *The Rules of Hockey Field*. www.fihockey.org
 Ivan Spedding. 1994. *Coaching Hockey, The Australian Way*.
www.fihockey.org
www.grays-int.com
 Walter, Ryan & Johnston, Mike. 2010. *Hockey Plays and Strategies*. United States of America: Human Kinetics

50.Course/Weight: Archery / 2 CU

Course Code: 6014112066

Prerequisite Courses: -

Lecturer: Faridha Nurhayati, S.Pd., M.Kes.

Course Learning Achievements/Competencies:

- Understanding the history and philosophy of archery
- Understanding archery rules Ronde FITA, National, Traditional
- Understanding archer equipment and race equipment
- Mastering the mindfulness and teaching method of teaching/practicing archery

- Mastering the archery skills of the National Round of 30 meters
- Have a responsible attitude towards the task of organizing archery competitions.

description:

This course discusses the history of archery, mastery of techniques, tactics, rules, teaching and learning processes as well as archery in the field. Lectures are conducted lectures, practices, project assignments and reflections.

reference:

Harsono, *Basic Archery Techniques*

Jean A. Barret, 1990, *Archery Sports*

Perpani, 1994, *Archery Competition Rules*

Getting to know Archery Sports, 2001, Surabaya, Unesa University Press.

Understanding the Philosophy of Archery Sports, 2001, Surabaya, Unesa University Press.

Archery, USA, 2012. *Archery*, Champaign-IL: Human Kinetics.

Haywood, Kathleen and M., Lewis, Catherine F., 2013. *Archery Steps To Success*, Champaign-IL: Human Kinetics.

51. Courses/Credits: Judo/ 2 CU

Course Code: 6014112067

Prerequisite Courses: -

Lecturer: Drs. Hari Wisnu

Course Learning Achievements/Competencies:

- Understand and master the basic techniques of judo.
- Understand the tactics and strategies of judo matches.
- Understand and master the rules of judo games.
- Understand and master judo.
- Have a responsible attitude towards the task of judo refereeing.

description:

Understanding and mastery of judo theory and practice include history, techniques, tactics, rules of the game / organizing as a provision of teaching / training in schools and sports gatherings. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

Pb. PJSI 1990, *My Judo Sports, my spirit*. Jakarta

Pb. PJSI, 1994 *Judo Match Rules*. Jakarta

Neil Adams. 1987. *Judo Invaluable Lessons and inside Information from the Former World Champion*. London

Kazuo Kudo, 1985, *Judo In Action*. Japan Publication Trading Japan.

52. Courses/Credits: Karate (Karate) / 2 CU

Course Code: 6014112068

Prerequisite Courses: -

Lecturer: Drs. Hari Wisnu

Course Learning Achievements/Competencies:

- Understanding the History of Karate Martial Arts Development, Ethics and Philosophy in Karate Martial Arts
- Mastering basic techniques in karate martial arts
- Have a responsible attitude towards karate learning in school or sports associations.

description:

Develop practical skills on various methods of karate training to improve physical fitness accompanied by the concept of achievement and the concept of martial arts. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

Perry Paul. 1992. *Injury-free Karate*. Jakarta: Ghalia Indonesia.

Sujito J.B. 2006. *Oyama Karate Technique*. Jakarta: PT. Alex Media Komputindo.

Prayitno Kwat and P. Rahmadi Guruh. 2007. *Karate Word*. Jombang: K-Media.
Pardijono, and Yulfadinata Afifan (2014). *Sports Facilities and Infrastructure Teaching Book Issue 1*.
Surabaya: Unesa University Press.

53. Courses/Credits: Wrestling/ 2 CU

Course Code: 6014112069

Prerequisite Courses: -

Lecturer: Drs. Hari Wisnu

Course Learning Achievements/Competencies:

- Understand wrestling theories about the history, techniques, tactics and rules of the game
- Mastering the practice of wrestling techniques and tactics
- Have a responsible attitude towards the task of teaching wrestling in schools or sports associations.

description:

Understanding and mastery of wrestling theory and practice which includes history, techniques, tactics of match regulation / organizing as a provision of teaching in schools / sports associations. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

Pb. PGSI, 1999, Wrestling Match Rules, Jakarta

Pila. 1985, International Wrestling Rules, International Wrestling Rule Lausaune.

54. Courses/Credits: Boxing/ 2 CU

Course Code: 6014112070

Prerequisite Courses: -

Lecturer: Dr. Wijono, M.Pd.

Course Learning Achievements/Competencies:

- Understand and be able to carry out basic skills / basic techniques of boxing (various forms of punching, footwork, attack, defense),
- Applying the rules of the sport of boxing,
- Have an understanding in terms of boxing,
- Understand and be able to organize the organization of the boxing match system, as well as
- Able to make a plan of teaching the sport of boxing and apply it in the teaching process of the sport of boxing.
- Responsible for the task of creating boxing learning programs in schools.

description:

This course discusses the concept of basic skills/ basic techniques of boxing sports as well as the organization of the boxing match system and the creation of a plan for teaching boxing in schools. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

Pertina (1990, 2005). *Boxing Rules*. Jakarta: PB Pertina.

Oudshoorn (1988). *Amateur Boxing Technique Exercises*. Jakarta.

Owe, Thomas S. 2011. *Boxing Champs & Role Model*. United States of America: ABDO Publishing Company

55. Courses/Credits: Fencing/ 2 CU

Course Code: 6014112071

Prerequisite Courses: -

Lecturer: Rini Ismalasari, S.Pd., M.Kes. (Kep)

Course Learning Achievements/Competencies:

- Able to master general knowledge of fencing
- Able to master the basic practice of fencing
- Able to master the practice of hand-holding / tank Floret, Sabel Dan Degen.
- Able to master the practice of handling weapons Floret, Sabel and Degen.
- Able to master the practice of attacking weapons Floret, Sabel And Degen.

- Have a responsible attitude by applying fencing learning in the field.

description:

This course discusses the theory, techniques, tactics, history, and rules of the organization of fencing matches / referees and their application in the teaching and learning process. Lectures are conducted with lectures, practices, project assignments and reflections.

reference:

History of fencing development in Indonesia. Dr. Bernard Barth, Spor Verlag, Berlin 1975 *Latest FIE Regulations*
Cheris, Elaine. 2002. *Fencing: steps to success.* Champaign-IL, Human Kinetics

56.Courses/Credits: Internship/ 2 CU

Course Code: 2212010

Prerequisite Courses: -

Lecturer: TIM

Course Learning Achievements/Competencies:

- Able to apply and practice the knowledge and skills gained at the level of lectures in the world of work.
- Apply administrative skills, management and communication skills in interacting as a professional and gain insight into alternative problem solving strategies in the field.
- Gain real experience directly in the world of work related to the field of education and sports.
- Able to make the right decisions based on studies based on the results of theoretical analysis and data in the field.
- Able to plan, manage and analyze a job that requires expertise in education and sports.
- Have a responsible attitude towards internships in gyms or sports clubs.

description:

Supply and skills through hands-on experience practice in schools (extracurricular) and in sports associations on the object of SLB and sports education institutions. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

Cooper, Lesley and Briggs, Lynne, 2000, *Fieldwork in the Human Services*, St Leonards-Australia, Allen & Unwin.
Pkl Unesa Handbook, 2007. Surabaya, Unesa University Press.
Sweitzer, H Frederick dan King, Mary A., 2014, *The Successful Internship 4th Edition: Personal, Profesional and Civic Development in Experiential Learning*, Belmont-USA, Cengage Learning

57.Courses/Credits: Sports Journalism / 2 CU

Course Code: 6014112073

Prerequisite Courses: -

Lecturer: Faridha Nurhayati, S.Pd.M.Kes

Course Learning Achievements/Competencies:

- Identify the understanding, scope of discussion, history, and position of sports journalism
- Identifying types of media in journalism
- Analyzing the characteristics of journalistic language in news writing
- Identify news search techniques
- Doing news writing and views in journalism
- Identifying organizations and codes of conduct in journalism
- Have a sense of responsibility to the task of making news product writing as well as views.

description:

Introduction and understanding of journalistic fundamentals and mastery of the ability to write sports news and articles in mass and electronic media. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

Kustadi Suhandang, *Introduction to Journalism: About Organization, Products, & Code of Ethics*, 2010,

Jakarta: Nuances of Scholarly
Romli, Asep Syamsul M. 2003. *Practical Journalism for Beginners*. Bandung: Teen Rosdakarya.
Iswara, Luwi. 2005. *Basic Journalistic Notes*. Jakarta: Compass.
Sports Journalism: *An Introduction to Reporting and Writing*. 2010. Kathryn T. Stofer. United States of America: Rowman & Littlefield Publishers, Inc.

58. Courses/Credits: Fitness and Spa Therapy Education/ 2 CU

Course Code: 6014112074

Prerequisite Courses: -

Lecturer: Prof. Dr. Nurhasan, M.Kes.

Sapto Wibowo, S.Pd., M.Pd.

Taufiq Hidayat, S.Pd., M.Kes.

Course Learning Achievements/Competencies:

- Understand the concept of preparation, implementation, transition, load and repetitive fitness training program developed and designed according to the needs of *trainees*.
- Understand the theory and practice of use, type of exercise, and maintenance of fitness tools.
- Understand the knowledge of spa treatments that include Whirlpool, sauna and various forms of body treatments using aroma therapy.
- Have a responsible attitude to the task and smart in analyzing opportunities in the field.

description:

Understanding and mastery of theory and practice, how to use and maintain fitness equipment and knowledge of Spa treatments that include Whirlpool, sauna and various forms of body treatments using aroma therapy. Lectures are conducted with presentations and discussions, practices, project assignments and reflections.

reference:

Coker, Chuck. 1978. *New Comprehensive Training Manual*, California: USA

Sophine Bengé, 2000. *Asians Secrets of Health, Beauty and Relaxation*.

Sharkey, Brian J., 2011. *Fitness Illustrated*, Champaign-IL: Human Kinetics

59. Courses/Credits: Equestrian Sports/ 2 CU

Course Code: 6014112072

Prerequisite Courses: -

Lecturer: Dr. Setiyo Hartoto M.Kes.

Course Learning Achievements/Competencies:

- Understanding the history and philosophy of riding
- Understand the rules of equestrian sports
- Understanding equestrian facilities and infrastructure
- Mastering horseback riding techniques

description:

This course discusses the history, philosophy, rules, and infrastructures of riding equestrian sports as well as mastery of techniques, tactics, rules, teaching and learning processes and horse riding in the field. Lectures are conducted lectures, practices, project assignments and reflections

reference:

Luxmoore, Kate. 2008. *Introduction to equestrian sports*, Landlinks Press, Collingwood Australia

Hourdebaigt, Jean-Pierre. 2008. *Fitness evaluation of the horse*, Howell Book House, Wiley Publishing, Inc, Hoboken-New Jersey

Harris, Susan E., 2008. *Grooming to Win 3rd Edition*, Howell Book House, Wiley Publishing, Inc, Hoboken-New Jersey