

MODULE HANDBOOK

PHYSICAL EDUCATION AND FITNESS					
Module/Course Title	Student Workload	Credits	Semester	Frequency	Duration
1000002047	2 CU X 14 X 170' = 90,6618	2 CU 3.18 ECTS	1 ND	ONCE YEAR	1 SEMESTER
1	Types of courses LECTURES	Contact hours (2CU X 1,59 ECTS) X{(50:170')X 28,51 Workhours= 26,64	Independent Study (2CU X 1,59 ECTS) X{(60:170')X 28,51 Workhours= 31,96	Structured Study (2CU X 1,59 ECTS) X{(60:170')X 28,51 Workhours= 31,96	Class size MAX 30 STUDENTS
2	Prerequisites for participation (if applicable) There is not				
3	Program Learning outcomes				
	PLO 5 Able to demonstrate independent and collaborative performance that produces quality and measurable results				
	PLO 10 Apply academic values, norms, and ethics				
	CLO 5 Able to demonstrate independent and collaborative performance in fitness sports with quality and measurable results				
	CLO 10 Applying values, norms and ethics in fitness activities.				
7	This module/course is used in the following study programme/s as well -				
8	Responsibility for module/course COMPULSORY/ELECTIVE*				
9	Other information				

1. Kristiyandaru, A., dkk. (2020). Pendidikan Jasmani Sadarkan Arti Hidupku. Sidoarjo: Zifatama Jawara. B.U., Donny. Kerangka Literasi Digital Indonesia. Jakarta. 2012.
2. SCY, Hartati, dkk. 2013. *Permainan Kecil*. Malang: Wineka Media.
3. Hartono,S., dkk. 2013. *Pendidikan Jasmani (Sebuah Pengantar)*. Surabaya: Unesa University Press.
4. Nurhasan, dkk. 2005. *Petunjuk Praktis Pendidikan Jasmani (Bersatu Membangun Manusia yang Sehat Jasmani dan Rohani)*. Surabaya: Unesa University Press.
5. Dugan, S. A., Gabriel, K. P., Lange-Maia, B. S., & Karvonen-Gutierrez, C. (2018). Physical Activity and Physical Function: Moving and Aging. *Obstetrics and Gynecology Clinics of North America*, 45(4), 723–736.
<https://doi.org/10.1016/J.OGC.2018.07.009>
6. Griera, J. L., Manzanares, J. M., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvadó, J. (2007). Physical activity, energy balance and obesity. *Public Health Nutrition*, 10(10A), 1194-1199.
7. Lopes, V. P., Malina, R. M., Gomez-Campos, R., Cossio-Bolaños, M., Arruda, M. de, & Hobold, E. (2019). Body mass index and physical fitness in Brazilian adolescents. *Jornal de Pediatria*, 95(3), 358–365.
<https://doi.org/10.1016/J.JPED.2018.04.003>
8. Luís Griera, J., María Manzanares, J., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvado, J. (2007). Physical activity, energy balance and obesity. *Public Health Nutrition*, 10(10 A), 1194–1199.
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9. Sallis, J. F., McKenzie, T. L., Alcaraz, J. E., Kolody, B., Faucette, N., & Hovell, M. F. (1997). The effects of a 2-year physical education program (SPARK) on physical activity and fitness in elementary school students. *American Journal of Public Health*, 87(8), 1328–1334.
<https://doi.org/10.2105/AJPH.87.8.1328>