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ACADEMIC PROGRAM BOOK

Undergraduate Programme of Physical
Health and Recreation Education

✉ pjkr.fikk.unesa.ac.id [@officialpjkrunesa](https://www.instagram.com/officialpjkrunesa) Surabaya, Indonesia



Universitas Negeri Surabaya



Learning Outcome

State University of Surabaya'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

Lecturer's Profile

1. Prof. Drs. Suroto, M.A., Ph.D. - Curriculum Design
2. Prof. Dr. Advendi Kristiyandaru, S.Pd., M.Pd. - Assessment Physical Education
3. Dr. Anung Priambodo, S.Pd., M.Psi.T. - Psychology
4. Dr. Heryanto Nur Muhammad, S.Pd., M.Pd - Learning Activity
5. Junaidi Budi Prihanto, S.KM., M.KM., Ph.D. - Public Health
6. Dr. Mochamad Ridwan, S.Pd., M.Pd. - Media and learning technology
7. Muchamad Arif Al Ardha, S.Pd., M.Ed., Ph.D. - Curriculum Design
8. Rahmawati Al Adha Nikmah, S.Pd., M.Ed. - Teaching Activity
9. Dr. Lucy Widya Fathir, S.Pd., M.Pd. - Sport Science

Accreditation and Certification

"Excellent" National Accreditation

Number 3754/SK/BAN-PT/Ak-KP/S/IV/2024

Accreditation Expiration Date: 12/28/2026



SERTIFIKAT AKREDITASI

Badan Akreditasi Nasional Perguruan Tinggi
berdasarkan Surat Keputusan Direktur Dewan Eksekutif BAN-PT No. 3754/SK/BAN-PT/Ak.KP/S/IV/2024, menyatakan
bahwa


Program Studi **Pendidikan Jasmani, Kesehatan & Rekreasi**, Pada Program Sarjana **Universitas Negeri
Surabaya, Kota Surabaya**
memenuhi syarat peringkat

Akreditasi Unggul

Sertifikat akreditasi program studi ini berlaku
sejak tanggal 16 - April - 2024 sampai dengan 28 - Desember - 2026

Jakarta, 16 - April - 2024




Prof. Ari Purbayanto, Ph.D.
Direktur Dewan Eksekutif

Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Sertifikasi Elektronik (BSrE), BSSN.

Agency for Quality Assurance through Accreditation of Study Programs (AQAS) International Accreditation

Number: 77073

Accreditation Expiration Date: 09/30/2028

Following a full programme review

AQAS

AGENTUR FÜR
QUALITÄTSSICHERUNG DURCH
AKKREDITIERUNG VON
STUDIENGÄNGEN E.V.

accredits the study programme

**PHYSICAL EDUCATION, HEALTH AND RECREATION (BACHELOR
OF EDUCATION)**

at

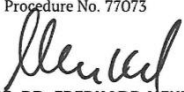
UNIVERSITAS NEGERI SURABAYA, INDONESIA

The accreditation procedure and the resolution are based on the Standards and Guidelines for Quality Assurance in the European Higher Education Area (ESG). The programme essentially complies with the AQAS Criteria for Programme Accreditation and is in compliance with the requirements defined by the ESG. The accreditation is implemented according to the resolution of the Standing Commission of May 16, 2022.

The accreditation is conditional and valid until September 30, 2028.

Procedure No. 77073

COLOGNE, MAY 19, 2022


PROF. DR. EBERHARD MENZEL
PRESIDENT


DR. VERENA KLOETERS
MANAGING DIRECTOR

AQAS e.V. is recognized by and/or member of the following organisations



Program's Profile

A Brief History

A. IDENTITAS PROGRAM STUDY

1	University	:	Universitas Negeri Surabaya
2	Implementatio of Learning Process		
	a. Faculty	:	Faculty of Sport Science and Health
	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	:	13633/SK/BAN-PT/Ak-PPJ/S/XII/2021
	c. Date Expired	:	December, 28 2026
	d. Rank	:	A
6	Graduate Degree	:	Bachelor of Degree
7	Number of Students	:	
8	Number of Lectures		9
9	Study Program Address		STATE UNIVERSITY OF SURABAYA Lidah Campus, Lidah Wetan street, Lakarsantri sub-district, Surabaya City, East Java 60213
10	Telephone Number		031-7532571
12	Study Program Website		https://pjkr.fikk.unesa.ac.id/

A. 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 State University of Surabaya 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.

B. VISSION

The Physical Education, Health and Recreation study program has a vision of becoming a strong, adaptive, and innovative educational study program based on entrepreneurship in the field of physical education.

C. MISSION

1. Organizing education in the field of physical education that is characterised by resilience, adaptability and innovation based on entrepreneurship;
2. Conducting research and improving the quality of science in the field of innovative and adaptive physical education;
3. Organizing community service and disseminating innovations in the field of entrepreneurship-based physical education;
4. Implementing effective, efficient, transparent and accountable governance that ensures sustainable quality; and
5. Organizing productive national and international cooperation in creating, developing, and disseminating innovations in the field of entrepreneurial-oriented physical education.

D. 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 – 2026) and the operational plan of State University of Surabaya, Faculty of Sport Science and Health, Physical Education Health and Recreation study program, are as follows:

1. Pamong 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 Faculty Of Sport Science And Health State University of Surabaya.
- c. Increase the promotion of Physical Education Health and Recreation Faculty Of Sport Science And Health State University of Surabaya 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, Faculty Of Sport Science And Health, State University of Surabaya 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 Directorate General of Higher Education 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 Faculty of Sport Science And Health, State University of Surabaya.
- 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 Intellectual Property Right/HAKI.

E. GRADUATE PROFILE

Graduates of Physical Education Health and Recreation Study Program State University of Surabaya 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.

CURRICULUM MAP AND COURSE FORMATION

[illegible]

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											
64	6014112068	Karate*	7	2											
65	6014112069	Wrestling*	7	2											
66	6014112070	Boxing*	7	2											
67	6014112071	Fencing*	7	2											
68	6014112072	Equestrian*	7	2											
69	2212010	FieldWork Practices	8	2											
70	6014112073	Sports Jurnalism*	8	2											
71	6014112074	Fitness Instructur & Spa Therapy Education*	8	2											



First Priority (Very strong)

Second Priority (Strong)

Third Priority (Medium)

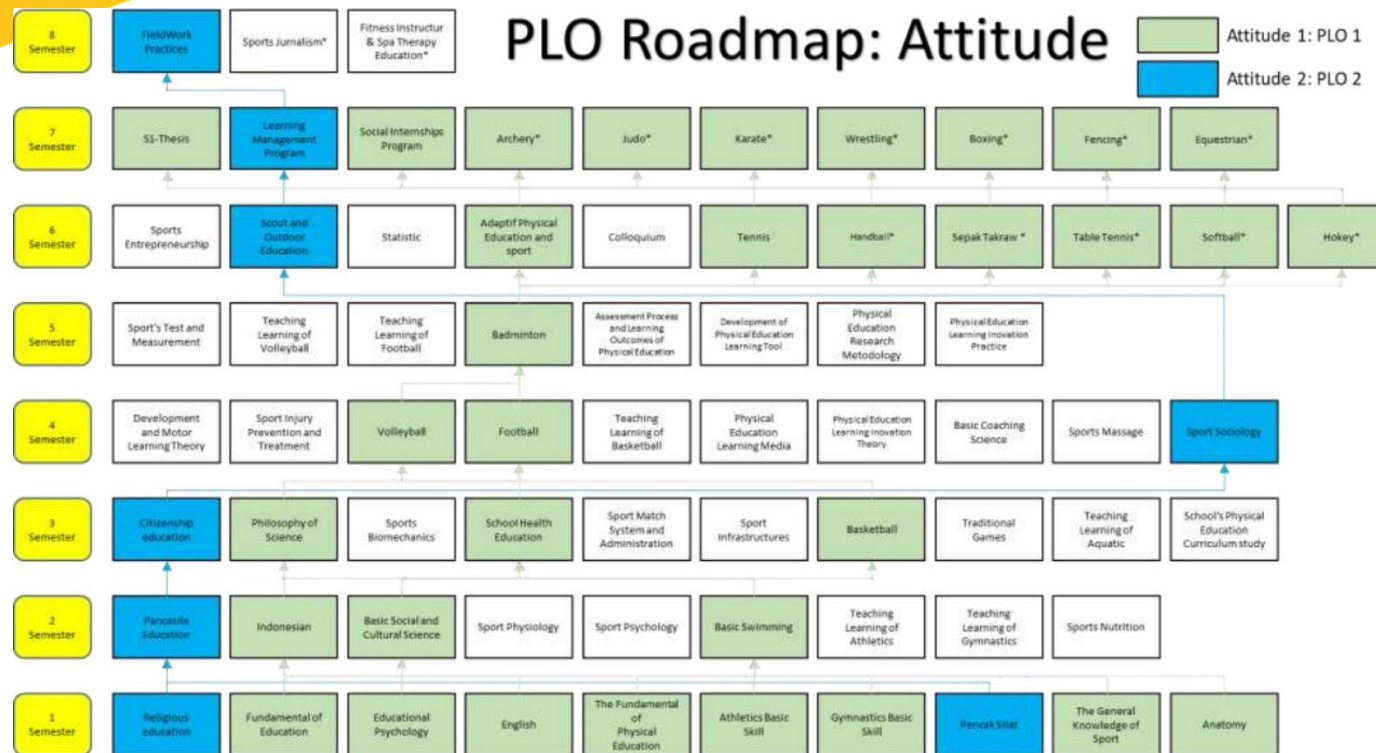
Fourth Priority (Low)

Fifth Priority (Very low)

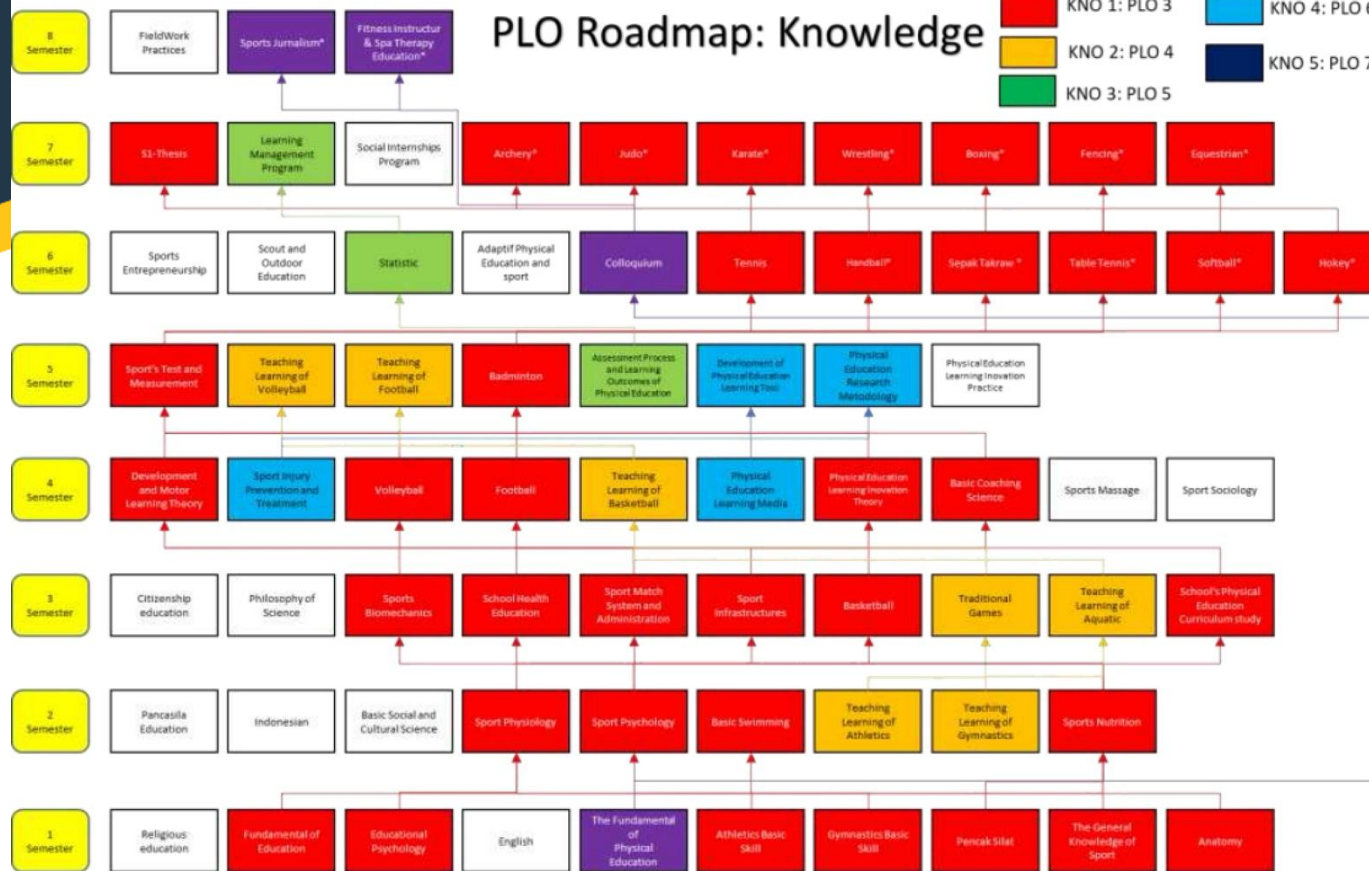
CU distribution per semester	CU	Compulsory	Elective
Semester 1	22	22	
Semester 2	20	20	
Semester 3	22	22	
Semester 4	22	22	
Semester 5	21	21	
Semester 6	23	13	10
Semester 7	26	12	14
Semester 8	6	2	4
Total available CU	162	134	28

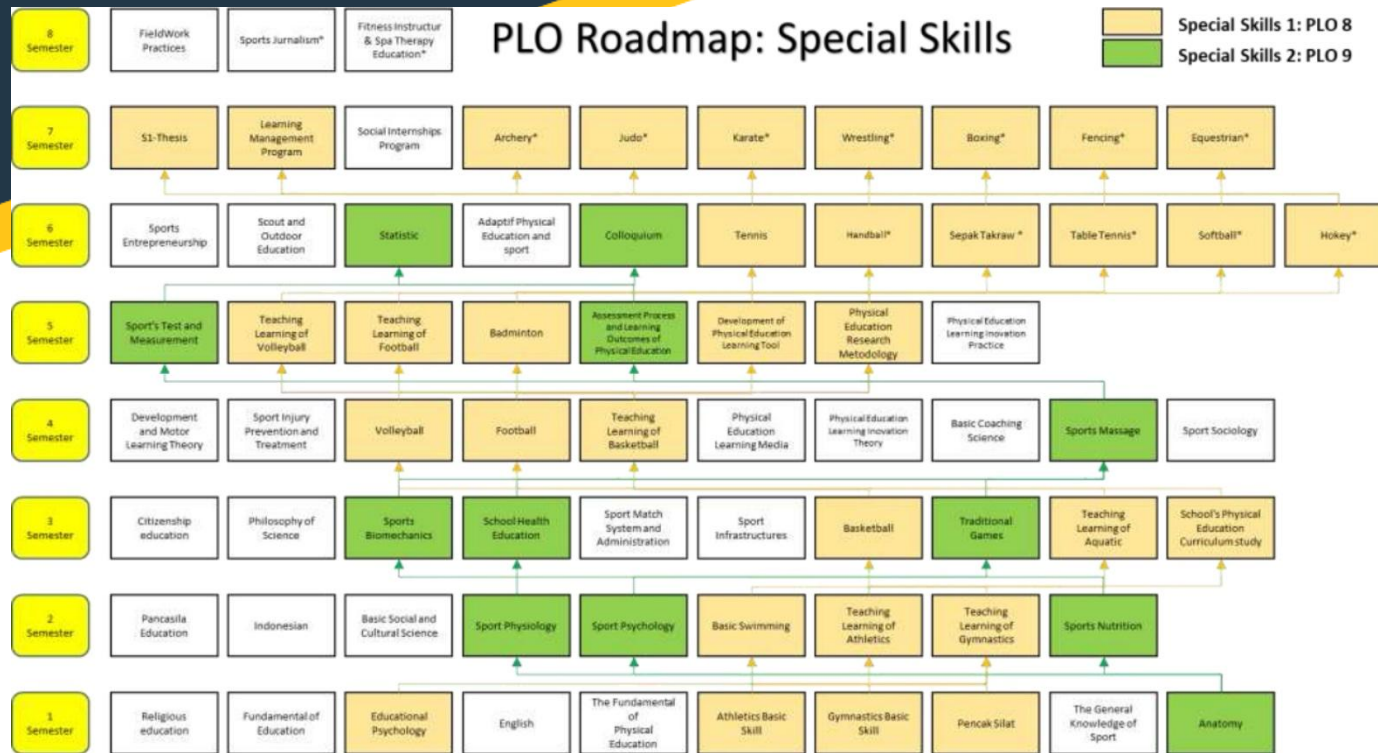
Notes: Students can be declared passed if they have taken a **minimum of 144 CU** with details of 134 CU from compulsory courses and the rest from elective courses (provided 28 credits of elective courses)

E. Course Roadmap with PLO and PEO



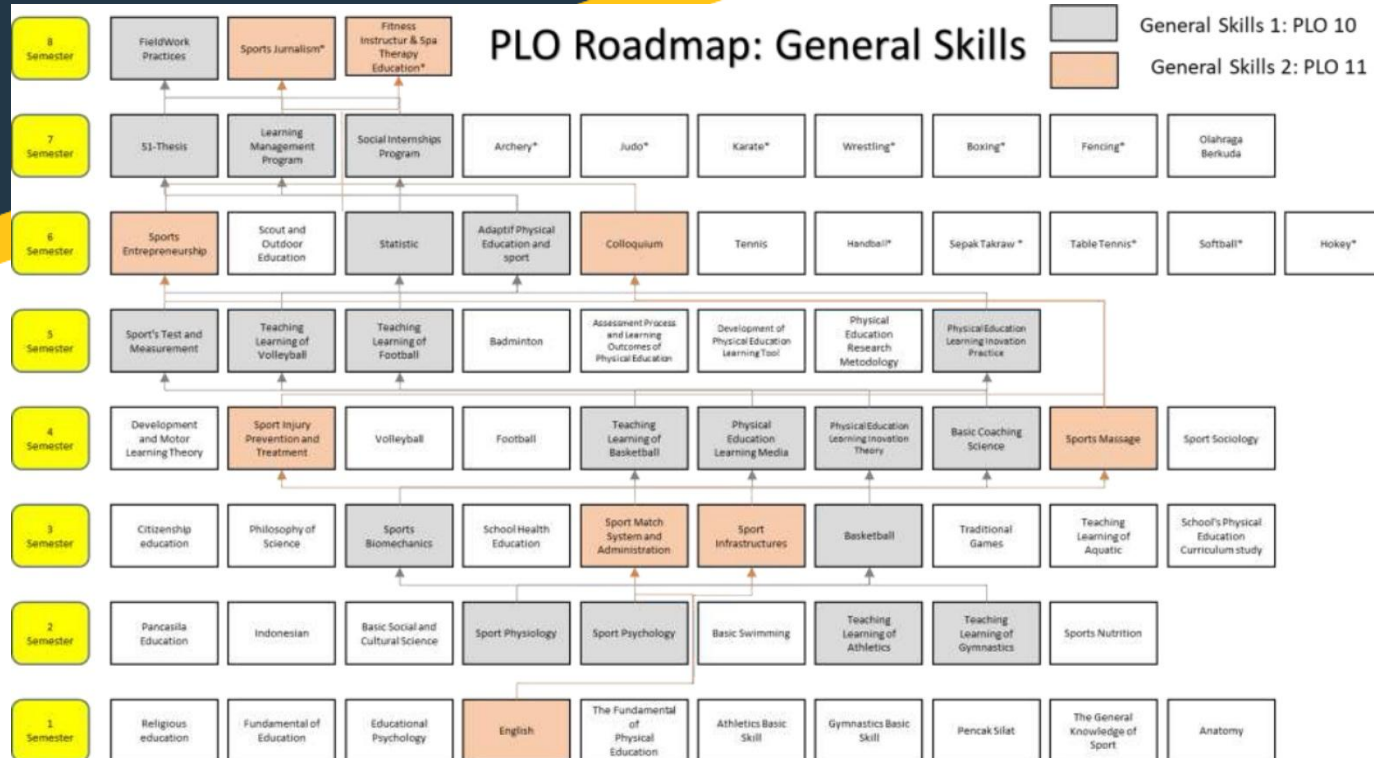
PLO Roadmap: Knowledge





PLO Roadmap: General Skills










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








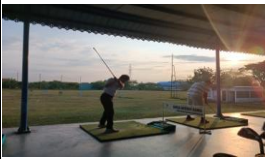




F. CONTINUES QUALITY IMPROVEMENT

In an effort to see the achievement of PLO in the course, the university made a policy through assessment 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.

Facilities

No.	Keterangan	Jumlah	Kapasitas	Gambar
1	Fasilitas Ruang Kelas			
	a. Ruang Kelas	64	40-80	
	b. Smart Class	1	20	
	c. Studio Class	1	90	
	d. Lab Komputer	2	40	
	e. Ruang Auditorium	1	200	
	f. Ruang Microteaching	1		
	g..Ruang Baca	1		
2	Fasilitas Laboratorium Olahraga			
	a. Lab. Fitnes	1		
	b. Lab Basket Outdoor	2		
	c. Lab Basket Indoor	1		

	d. Lab Futsal	1		
	e. Lab Volleyball	1		
	f. Lab Berkuda	1		
	g. Lab Petanque	1		
	h. Lab Sepakbola	1		
	i. Lab Atletik	1		
	j. Lab Tenis Lapangan (Indoor & Outdoor)	6		
	k. Lab Driving Golf	1		
	L. Lab Hoki Outdoor	1		
	m. Lab Soft ball	1		
	n. Lab Merdeka Belajar	1		

	o. Lab Renang , Polo air	1		
	p. Lab Tes & Measurment (SSFC)			
	q. Lab Terapi Olahraga (SSFC)			
	r. Lab Sport Massage			

International Collaboration

Country	Affiliated Partners
Malaysia	Universiti Pendidikan Sultan Idris (UPSI)
Malaysia	Universiti Malaya
Philippines	University Saint Louis Tuguegarao, Philippines
Philippines	Mariano Marcos State University, Philippines
Uzbekistan	Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand Branch
China	Zhengzhou Information Engineering Vocational College
United Kingdom	Tranmere Rovers Fc Academy
Thailand	Faculty of Education Slipakorn University



1. Proof of collaboration with Universiti Pendidikan Sultan Idris (UPSI), Malaysia

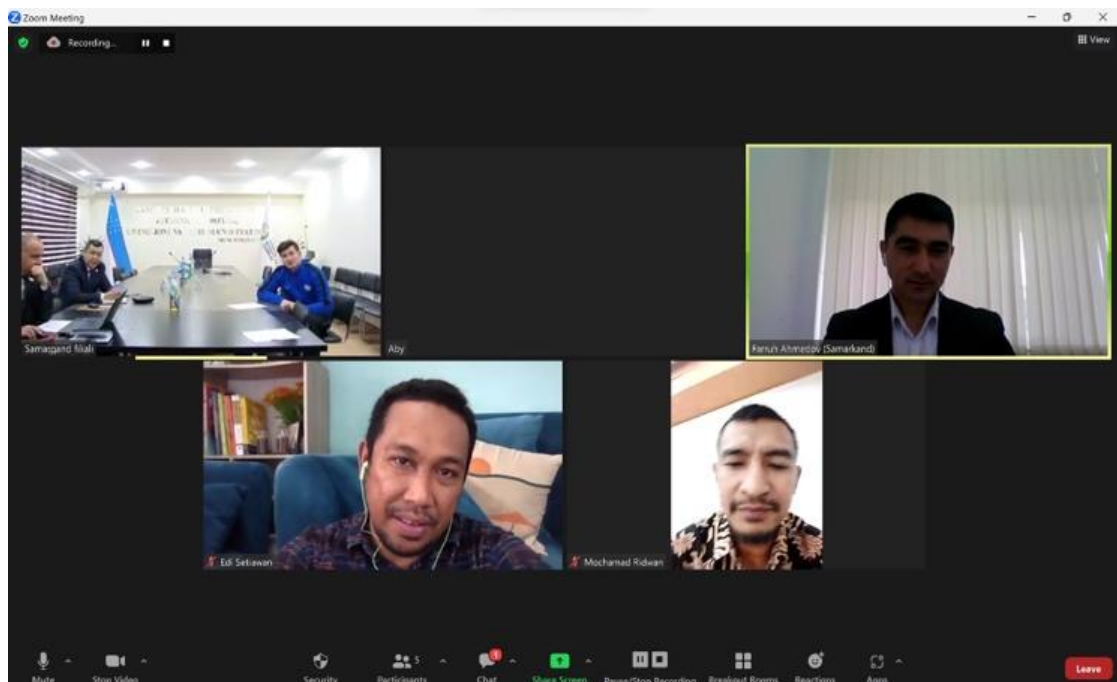




3. Proof of collaboration with University Saint Louis Tuguegarao, Philippines



4. Proof of collaboration Mariano Marcos State University, Philippines



5. Proof of collaboration with Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand Branch, Uzbekistan



6. Proof of collaboration with Zhengzhou Information Engineering Vocational College, China



7. Proof of collaboration with Tranmere Rovers Fc Academy, United Kingdom



8. Proof of collaboration with Faculty of Education Slipakorn University, Thailand

Contact

Faculty of Sport Science and Health

U2 Building

STATE UNIVERSITY OF SURABAYA Lidah Campus, Lidah Wetan street, Lakarsantri sub-district, Surabaya City, East Java 60213

Phone: 031-7532571 Fax. : 031-7532759

Head of Study Program Physical Education, Health and Recreation

Muchamad Arif Al Ardha, S.Pd., M.Ed., Ph.D.,

Email: muchamadalaridha@unesa.ac.id

Phone: +62 853-9180-5999

Instagram: al_ardha_

Facebook: Muchamad Arif Al Ardha

Quality Assurance Unit (UPM) of Study Program Physical Education, Health and Recreation

Rahmawati Al Adha Nikmah, S.Pd., M.Ed

Email: rahmawatinikmah@unesa.ac.id

Phone: +62 858-5837-7770

Instagram: rahmawatialadha

Facebook: Rahmawati Al Adha Nikmah