Module Descriptions

Module designation	Physical Education *Pendidikan Olah Raga*
Course Code	1000002047
Semester/Term	2nd Semester
Person responsible for the module	University Team from The Faculty of Sport Science
Language	Bahasa Indonesia (Indonesian language)
Relation to curriculum	Compulsory course
Teaching methods	Lecture
Workload	2 x 50 minutes lectures, 2 x 60 minutes structured activity, and 2 x 60 minutes individual activity per week, 14 weeks per semester 79.33 total hours per semester ~ 3.18 ECTS**
Credit Point	2 CU(3.18 ECTS)
Required and recommended prerequisites for joining the module	-
Module Objectives/intended learning outcomes	After taking this course, students will be: 1. Able to demonstrate religious values and national culture, as well as academic ethics in carrying out professional duties. *(Attitude)* 2. Work collaboratively in understanding the nature, function, and goals of physical education. *(Special Competence)* 3. Have social sensitivity in various sports and game activities*(Special Competence)* 4. Bring a change to a techno-ecopreneurship community through the increasing of the level of physical fitness using various measurement methods, indicators and measuring the ideal body shape based on various methods, sports management and competition systems. *(Special Competence)*
Content	The nature, function, and goals of physical education, various sports and game activities, physical education programs, the level of physical fitness using various measurement methods, indicators and measuring the ideal body shape based on various methods, sports management and competition systems.

Study and examination requirements and forms of examination	Students are eligible for the final semester test if they have at least 75% attendance in class. The final grade (NA) is calculated based on the following ratio: {assessment table} Grade Conversion of 0-100 scale into 0-4 scale is set as below: {grade table}

Assessment table:

Assessment Components	Percentage of contribution
Participation	20%
Assignment	30%
Mid-semester test	20%
Final semester test	30%

Grade Conversion table:

Letter	Number	Grade interval
A	4.00	$85 \leq A \leq 100$
A-	3.75	$80 \leq A- < 85$
B+	3.50	$75 \leq B+ < 80$
B	3.00	$70 \leq B < 75$
B-	2.75	$65 \leq B- < 70$
C+	2.50	$60 \leq C+ < 65$
C	2.00	$55 \leq C < 60$
D	1.00	$40 \leq D < 55$
E	0.00	$0 \leq E < 40$

Reading List	1. Hartono, S., Et al. 2013. Physical Education (An Introduction). Surabaya: Unesa University Press. 2. Nurhasan, et al. 2005. Practical Instructions for Physical Education (United to Build a Human who is Physically and Spiritually Healthy). Surabaya: Unesa University Press. 3. SCY, Hartati, et al. 2013. Small Game. Malang: Wineka Media. 4. 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

	5. 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.
	6. 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
	7. 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. https://doi.org/10.1017/S1368980007000705