



MINISTRY OF HIGHER EDUCATION, SCIENCE, AND
TECHNOLOGY

UNIVERSITAS NEGERI SURABAYA

FACULTY OF MATHEMATICS AND NATURAL SCIENCES
UNDERGRADUATE PROGRAM OF MATHEMATICS EDUCATION

Ketintang Campus, Jalan Ketintang, C8 C9 Building, Surabaya 60231

Phone: +62 895335466373, email: s1-pmat@unesa.ac.id

Website: <https://pendidikan-matematika.fmipa.unesa.ac.id/>

Undergraduate Program of Mathematics

Module Handbook

Module Name:	Physical Education/ Pendidikan Jasmani dan Kebugaran
Module Level:	Sarjana (S-1) / Undergraduate
Abbreviation, if applicable:	1000002047
Sub-heading, if applicable:	-
Course included in the module, if applicable:	-
Semester/term:	3 th / Second year
Module Coordinator(s):	Rizky Muhammad Sidik, S.Pd., M.Ed.
Lecturer(s):	Rizky Muhammad Sidik, S.Pd., M.Ed. University Team from The Faculty of Sport Science
Language:	Indonesia
Classification within the curriculum:	Compulsory course/ elective studies
Teaching format/class hours per week during the semester	Teaching format: lectures, tutorial assignment, and individual Study/ 2 x 170 minutes = 340 minutes = 5.7 hours lectures
Workload:	16 weeks per semester consisting of: <ul style="list-style-type: none">• 2 hours lectures (2 x 50 minutes) per week,• 2 hours assignments (2 x 60 minutes) per week,• 2 hours individual study (2 x 60 minutes) per week, Total workload: 16 x 2 x 170 minutes = 5,440 minutes = 90,67 hours = 3.1 ECTS*
Credit Point:	2
Requirements:	N/A
Learning Goals:	PLO-1: Demonstrate religious, national, and cultural values, as well as academic ethics, in carrying out assigned duties.



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	<p>PLO-2: Demonstrate resilience, collaboration, adaptability, innovation, inclusivity, lifelong learning, and an entrepreneurial spirit.</p> <p>PLO-3: Develop logical, critical, systematic, and creative thinking in carrying out specific work in their area of expertise and in accordance with the work competency standards of the relevant field.</p> <p>PLO-4: Pursue continuous self-development and collaborate with others.</p>																																								
Content:	<p>Physical Education is a course that provides students with an understanding of and mastery of the nature, functions, and objectives of physical education. It introduces students to and provides practical experience in various sports and game activities to increase their physical activity levels in accordance with recommendations from various research studies and the World Health Organization (WHO).</p> <p>In addition, students gain experience in designing physical education programs for themselves to improve and maintain their physical fitness. They also gain experience in measuring physical fitness levels using various assessment methods. Students develop an understanding of and practical experience in determining indicators of ideal body composition and measuring them using various methods. As an additional competency, students learn about sports management and competition systems.</p> <p>This course is expected to contribute to the achievement of the following Sustainable Development Goals (SDGs): No Poverty, Good Health and Well-being, Quality Education, Gender Equality, and Partnerships for the Goals.</p>																																								
Study/exam achievements	<ul style="list-style-type: none">Students are considered competent and pass if the final score is at least 55 or C.Final score is calculated as follows: <table><tr><th>Week</th><th>Course Learning Outcomes (CLO)</th><th>Programme Learning Outcomes (PLO)</th><th>Evaluation (%)</th></tr><tr><td>1</td><td>CLO-2</td><td>PLO-2</td><td>5</td></tr><tr><td>2</td><td>CLO-1</td><td>PLO-1</td><td>5</td></tr><tr><td>3</td><td>CLO-4</td><td>PLO-4</td><td>5</td></tr><tr><td>4</td><td>CLO-4</td><td>PLO-4</td><td>5</td></tr><tr><td>5</td><td>CLO-2</td><td>PLO-2</td><td>5</td></tr><tr><td>6</td><td>CLO-4</td><td>PLO-4</td><td>5</td></tr><tr><td>7</td><td>CLO-4</td><td>PLO-4</td><td>5</td></tr><tr><td>8</td><td>CLO-4</td><td>PLO-4</td><td>10</td></tr><tr><td>9</td><td>CLO-4</td><td>PLO-4</td><td>5</td></tr></table>	Week	Course Learning Outcomes (CLO)	Programme Learning Outcomes (PLO)	Evaluation (%)	1	CLO-2	PLO-2	5	2	CLO-1	PLO-1	5	3	CLO-4	PLO-4	5	4	CLO-4	PLO-4	5	5	CLO-2	PLO-2	5	6	CLO-4	PLO-4	5	7	CLO-4	PLO-4	5	8	CLO-4	PLO-4	10	9	CLO-4	PLO-4	5
Week	Course Learning Outcomes (CLO)	Programme Learning Outcomes (PLO)	Evaluation (%)																																						
1	CLO-2	PLO-2	5																																						
2	CLO-1	PLO-1	5																																						
3	CLO-4	PLO-4	5																																						
4	CLO-4	PLO-4	5																																						
5	CLO-2	PLO-2	5																																						
6	CLO-4	PLO-4	5																																						
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10	CLO-2	PLO-2	5
11	CLO-2	PLO-2	5
12	CLO-2	PLO-2	5
13	CLO-2	PLO-2	5
14	CLO-3	PLO-3	5
15	CLO-3	PLO-3	5
16	CLO-4	PLO-4	20

- Final index is defined as follows:

Index	Converted Score	Score Range
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	$0 \leq E < 40$

Forms of Media

Slides and LCD projectors, instructional videos, sports equipment and facilities, demonstrations and practical activities, Learning Management System (LMS)

Literature

1. Kristiyandaru, A., dkk. (2020). Pendidikan Jasmani Sadarkan Arti Hidupku. Sidoarjo: Zifatama Jawara.
2. Dinata, V. C., dkk. (2024) Pengembangan Kesehatan dan Kebugaran. Jakarta: Erlangga
3. 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>
4. Grier, 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.
5. 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>
6. Luís Grier, J., María Manzanares, J., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvado, J. (2007). Physical activity, energy balance and



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	<p>obesity. Public Health Nutrition, 10(10 A), 1194–1199. https://doi.org/10.1017/S1368980007000705</p> <p>7. Nurhasan, dkk. 2005. Petunjuk Praktis Pendidikan Jasmani (Bersatu Membangun Manusia yang Sehat Jasmani dan Rohani). Surabaya: Unesa University Press.</p> <p>8. 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</p> <p>9. SCY, Hartati, dkk. 2013. Permainan Kecil. Malang: Wineka Media.</p> <p>10. WHO. (2010). Global Recommendations on Physical Activity for Health. https://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979_eng.pdf</p> <p>11. World Health Organization. (2010). Global recommendations on physical activity for health. In WHO Press. Retrieved from http://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979_eng.pdf</p>
Note	<p>Based on the regulation of the minister of education and culture of Indonesia number 3 of 2020 concerning national higher education standards, it is state 1 CU equals to 170 minutes per week. Therefore, in one semester (16 weeks, including midterm a final exam) 1 CU = 170 X 16 = 2.720 minutes or 45.3 hours. Therefore, workhours in 144 CU x 45.3 hours = 6.523,2 hours. Unesa decided that 1 ECTS with 144 CU, $6.523,2/229$ ECTS = 28.48 hours, so that 1 CU = 1.59 ECTS</p>