

MODULE HANDBOOK

Module Name:	Physical Education
Module Level:	Sarjana (S-1) / Bachelor
Abbreviation, if applicable:	
Sub-heading, if applicable:	-
Course included in the module, if applicable:	-
Semester/term:	3/ Second year
Module Coordinator(s):	University Team Leader
Lecturer(s):	University Team
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 = 5.6 hours lectures
Workload:	<p>15 weeks per semester consisting of:</p> <ul style="list-style-type: none"> ➤ 2 hours lectures (2 x 50 minutes) per week, ➤ 2 hours tutorial assignments (2 x 60 minutes) per week, ➤ 2 hours individual study (2 x 60 minutes) per week, <p>Total workload : 14x2x170 minutes = 4,760 minutes = 3.17 ECTS*</p>
Credit Point:	2
Requirements:	-
Learning Goals:	<p>SOCIAL</p> <p>CLO-1: Demonstrate social values and cultures as well as academic etiquette in doing professional tasks through pyhsical education</p>
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/exam achievements	<ul style="list-style-type: none"> ➤ Students are considered competent and pass if the final score calculated from the score of midterm exam, assignments, participation, and final exam is at least 55 or C. ➤ Final score is calculated as follows: ➤ 20% midterm exam + 30% assignments + 20% participation + 30% final exam ➤ Final index is defined as follow: <table border="1" data-bbox="662 569 1307 1052"> <thead> <tr> <th>Index</th> <th>Converted Score</th> <th>Score Range</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>4.00</td> <td>$85 \leq A \leq 100$</td> </tr> <tr> <td>A-</td> <td>3.75</td> <td>$80 \leq A- < 85$</td> </tr> <tr> <td>B+</td> <td>3.50</td> <td>$75 \leq B+ < 80$</td> </tr> <tr> <td>B</td> <td>3.00</td> <td>$70 \leq B < 75$</td> </tr> <tr> <td>B-</td> <td>2.75</td> <td>$65 \leq B- < 70$</td> </tr> <tr> <td>C+</td> <td>2.50</td> <td>$60 \leq C+ < 65$</td> </tr> <tr> <td>C</td> <td>2.00</td> <td>$55 \leq C < 60$</td> </tr> <tr> <td>D</td> <td>1.00</td> <td>$40 \leq D < 55$</td> </tr> <tr> <td>E</td> <td>0.00</td> <td>$0 \leq E < 40$</td> </tr> </tbody> </table>	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	$0 \leq E < 40$
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Forms of Media	Slides and LCD projectors, whiteboard																														
Literature	<p>[1] Hartono, S., Et al. 2013. Physical Education (An Introduction). Surabaya: Unesa University Press.</p> <p>[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.</p> <p>[3] SCY, Hartati, et al. 2013. Small Game. Malang: Wineka Media.</p> <p>[4] Dugan, S. A., Gabriel, K. P., Lange-Maia, B. S., & Karvonen-Gutierrez, C. (2018). Physical Activity and Physical Function: Moving and Aging. <i>Obstetrics and Gynecology Clinics of North America</i>, 45(4), 723–736. https://doi.org/10.1016/J.OGC.2018.07.009</p> <p>[5] Griera, J. L., Manzanares, J. M., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvadó, J. (2007). Physical activity, energy balance and obesity. <i>Public Health Nutrition</i>, 10(10A), 1194-1199.</p> <p>[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. <i>Jornal de Pediatria</i>, 95(3), 358–365. https://doi.org/10.1016/J.JPED.2018.04.003</p> <p>[7] Luís Griera, J., María Manzanares, J., Barbany, M., Contreras, J., Amigó, P., & Salas -Salvado, J. (2007). Physical activity,</p>																														

	energy balance and obesity. Public Health Nutrition, 10(10 A), 1194–1199. https://doi.org/10.1017/S1368980007000705
Note	*Total hours per 1 credit in 1 semester={ (1 credit x 170 minutes x 14 weeks) / 60 minutes } = 39,67 hours. Each ECTS equals with 25 hours therefore 1 credit in 1 semester equals 1,59 ECTS.