

MODUL HANDBOOK

Module Name	Physical Education
Module level	Bachelor
Abbreviation, if applicable	4520102219
Sub-heading, if applicable	-
Course included in the module, if applicable	-
Semester/term	1/First Year or 2/First Year
Module coordinator(s)	Dr. Advendi Kristiyandaru, S.Pd., M.Pd.
Lecturer(s)	<p>Dra. Sasmina Christina Yuli Hartati, M.Pd. Dr. Abdul Rahman Syam Tuasikal, M.Pd. Drs. Bambang Ferianto Tjahyo Kuntjoro, M.Pd. Dr. Advendi Kristiyandaru, S.Pd., M.Pd. Dr. Sapto Wibowo, S.Pd., M.Pd. Drs. Hari Wisnu, M.Pd. Vega Candra Dinata, S.Pd., M.Pd. Fifukha Dwi Khory, S.Pd., M.Pd. Dony Andrijanto, S.Pd., M.Kes. Dwi Lorry Juniarisca, S.Pd., M.Ed. Mochamad Ridwan, S.Pd., M.Pd. Andhega Wijaya, S.Pd.Jas., M.Or. Mochamad Arief Al Ardha, S.Pd., M.Ed. Bayu Budi Prakoso, S.Pd., M.Pd. Dr. Mochamad Purnomo, S.Pd., M.Kes. Kunjung Ashadi, S.Pd., M.Fis. Aghus Sifaq, S.Pd., M.Pd. Dr. Heri Wahyudi, S.Or., M.Pd. Hijrin Fitroni, S.Or., M.Pd. Indra Himawan Susanto, S.Or., M.Pd. Drs. Edy Riyanto, M.Pd.</p>
Language	Indonesian
Classification within the curriculum	Compulsory Course
Teaching format/class hours per week during the semester:	2 hours lecturers (50 min per hours)
Workload:	2 x 50 minutes lectures, 2 x 60 minutes structured activity, 2 x 60 minutes individual activity, 14 weeks per semester, 79,33 total hours per semester ~ 3.18 ECTS**
Credit points:	2 CU = 2 x 1.59 = 3.18 ECTS
Prerequisite course(s):	-
Targeted learning outcomes:	<p>CLO 1 Having a lifelong learning ability which is manifested in the ability to increase knowledge and be able to continue studies to a higher level.</p> <p>CLO 2 Able to apply transferable skills according to fields to develop ecopreneurship (eco-innovation, eco-</p>

	<p>opportunity, eco-commitment) in an effort to realize character: Jelita's Idaman</p> <p>CLO 3 Able to make physical education programs to improve and maintain personal physical fitness</p> <p>CLO 4 Able to make physical education programs to maintain ideal body shape</p> <p>CLO 5 Able to take simple fitness measurements</p>										
Content:	<p>This course provides understanding and mastery of the nature, function, and goals of physical education. Provide introduction and experience in carrying out various sports and game activities to be used in order to increase physical activity according to the recommendations of various researches and WHO. In addition, students can experience composing physical education programs for themselves in an effort to improve and maintain physical fitness. Students have experience in measuring the level of physical fitness using various measurement methods. Students have understanding and experience in determining indicators and measuring the ideal body shape based on various methods. As an additional competency, students learn in sports management and competition systems.</p>										
Study / exam achievements:	<p>Students are considered to complete the course and pass if they obtain at least 40% of maximum final grade. The final grade (NA) is calculated based on the following ratio:</p> <table border="1" data-bbox="619 1137 1430 1379"> <thead> <tr> <th>Assessment Components</th> <th>Percentage of contribution</th> </tr> </thead> <tbody> <tr> <td>Participation</td> <td>20%</td> </tr> <tr> <td>Assignment</td> <td>30%</td> </tr> <tr> <td>Mid-semester test</td> <td>20%</td> </tr> <tr> <td>Final semester test</td> <td>30%</td> </tr> </tbody> </table>	Assessment Components	Percentage of contribution	Participation	20%	Assignment	30%	Mid-semester test	20%	Final semester test	30%
Assessment Components	Percentage of contribution										
Participation	20%										
Assignment	30%										
Mid-semester test	20%										
Final semester test	30%										
Media:	<p><i>Power Point</i> slides, e-book file, and multimedia.</p>										
Learning Methods	<p>Student-centered approach, lecture and discussion, and presentations (structured activities)</p>										
Literature:	<ol style="list-style-type: none"> Hartono, S., Et al. 2013. Physical Education (An Introduction). Surabaya: Unesa University Press. Nurhasan, et al. 2005. Practical Instructions for Physical Education (United to Build a Human who is Physically and Spiritually Healthy). Surabaya: Unesa University Press. SCY, Hartati, et al. 2013. Small Game. Malang: Wineka Media. 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 Griera, J. L., Manzanares, J. M., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvadó, J. (2007). Physical activity, 										

	<p>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, energy balance and obesity. <i>Public Health Nutrition</i>, 10(10 A), 1194–1199. https://doi.org/10.1017/S1368980007000705</p>
Notes:	<p>*1 CU in learning process = three periods consist of: (a) scheduled instruction in a classroom or laboratory (50 minutes); (b) structured activity (60 minutes); and (c) individual activity (60 minutes) according to the Regulation of Indonesia Ministry of Research, Technology, and Higher Education No. 44 Year 2015 jo. the Regulation of Indonesia Ministry of Research, Technology, and Higher Education No. 50 Year 2018.</p> <p>**1 CU = 1,59 ECTS according to Rector Decree Of Universitas Negeri Surabaya No. 598/Un38/Hk/Ak/2019</p>