MINISTRY OF EDUCATION, CULTURE, RESEARCH, AND TECHNOLOGY
UNIVERSITAS NEGERI SURABAYA
FACULTY OF MATHEMATICS AND NATURAL SCIENCES
DEPARTMENT OF CHEMISTRY
Ketintang Campus, Jalan Ketintang, Surabaya 60231
Telephone : +6231- 8298761, email: kimia@unesa.ac.id, Laman : http://kimia.fmipa.unesa.ac.id

MODUL HANDBOOK

Module Name:	Physical Education
Module level:	Bachelor
Course Code :	4520102219
Abbreviation, 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):	Dra. Sasminta 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.
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 unit:	2 CU = 2 x 1.59 = 3.18 ECTS
Prerequisite course(s):	-

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Targeted learning outcomes:	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. CLO 2 Able to apply transferable skills according to fields to develop ecopreneurship (eco-innovation, eco-oppurunity, eco-commitment) in an effort to realize character: Jelita's Idaman CLO 3 Able to make physical education programs to improve and maintain personal physical fitness CLO 4 Able to make physical education programs to maintain ideal body shape CLO 5 Able to take simple fitness measurements
Content:	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.
Study / exam achievements:	The final grade (*NA*) is calculated based on the following ratio:

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

Grade conversion of 0-100 scale into 0-4 scale is set as below:

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	$55 \leq C < 60$

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<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>
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<tr><td>Media:</td><td>Power Point slides, e-book file, and multimedia.</td></tr>
<tr><td>Learning Methods</td><td>Student-centered approach, lecture and discussion, and presentations (structured activities)</td></tr>
<tr><td>Literature:</td><td>
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
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<tr><td>Notes:</td><td>*1 credit unit or sks 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.</td></tr>
<tr><td></td><td>**1 credit unit or sks = 1.59 ECTS according to Rector Decree Of Universitas Negeri Surabaya No. 598/UN38/HK/AK/2019</td></tr>
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