

Module Descriptions

Module designation	Physical Education and Fitness Pendidikan Jasmani dan Olahraga
Semester(s) in which the module is taught	4th Semester/Second Year
Person responsible for the module	Dr. Abdul Kholiq, S.Pd. M.Pd. Dr. Yoga Rifqi Azizan, M.Pd.
Language	Bahasa Indonesia (Regular Class) Bahasa Inggris (Internasional Class)
Relation to curriculum	Compulsory course
Teaching methods	Project-Based Learning, Case studies 2 workhours per week (2 x 170 minutes per week)
Workload (incl. contact hours, self-study hours)	1 CU for a bachelor's degree equals 170 minutes (50 minutes face-to-face, 60 minutes structured, 60 minutes independent learning) per week × 14 weeks, excluding mid and end-term exams. = 39.67 work hours per semester = 1.587 ECTS.
Credit points	2 Credit Units (CU) = 3,18 ECTS
Required and recommended prerequisites for joining the module	-
Module objectives/intended learning outcomes	<ol style="list-style-type: none"> 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.
Examination forms	Essay and Oral Presentation.

Study and examination requirements	<p>Study and Examination Requirements/Assessment:</p> <ol style="list-style-type: none"> 1. Individual Assignment: Case analysis report 2. Group Case Study and Discussion 3. Documentation and Presentation of Case Study Findings <p>Assessment Recap (Case Study-Oriented):</p> <ol style="list-style-type: none"> 1. Participatory Activities / Case Study Analysis: 52,5% 2. Project / Product Assessment: 25% 3. Portfolio: 7,5% 4. Test (Essay): 15% <p>Total: 100%</p>
Reading list	<ol style="list-style-type: none"> 1. Physical Education for Lifelong Fitness – American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). 2. Fitness & Wellness – Werner W.K. Hoeger & Sharon A. Hoeger. 3. Concepts of Physical Fitness – Charles B. Corbin et al. 4. Foundations of Sport and Exercise Psychology – Robert S. Weinberg & Daniel Gould. 5. World Health Organization (2020). <i>WHO Guidelines on Physical Activity and Sedentary Behaviour</i>. 6. Kementerian Pemuda dan Olahraga Republik Indonesia. Pedoman Pembinaan dan Manajemen Olahraga. 7. Relevant journal articles (Scopus / SINTA indexed) on physical fitness assessment, sports management, and physical education innovation.