

Module name:	Sport Education	
Module-level, if applicable:	Bachelor	
Code:	KU108	
Subheading, if applicable:	-	
Classes, if applicable:	-	
Semester:	2 nd	
Module coordinator:	Lecturers team of Sport Education	
Lecturer(s):	Lecturers team of Sport Education	
Language:	Bahasa Indonesia	
Classification within the curriculum:	Compulsory course / General Courses (MKU)	
Type of Teaching	Contact hours per week during the semester	Class Size
1. Lecture (expository, discussions, and practical methods). 2. Structured activities (Record physical fitness and physical activity) 3. Self-study (review the literature on physical fitness and physical activity)	100 minutes	35
Workload:	The total workload is 91 hours/5440 minutes (3.2 ECTS) per semester, consisting of 1400 minutes (0.82 ECTS) lectures, 840 minutes (0.49 ECTS) exercise, 840 minutes (0.49 ECTS) structured activities, 1680 minutes (0.99 ECTS) self-study per week for 14 weeks, 200 minutes (0.12 ECTS) for two exams, and 480 minutes (0.28 ECTS) for two exam preparations.	
Credit points:	3.2 ECTS (3 SKS), 1 SKS = 1.6 ECTS	
Prerequisites course(s):	None	
Course Learning Outcomes:	<p>After taking this course the students have the ability to:</p> <ul style="list-style-type: none"> ● CLO1. Analyse theoretical and practical concepts of physical fitness related to health and skills ● CLO2. Understand the importance of a healthy and active lifestyle and apply it in daily life ● CLO3. Apply lifestyle and healthy food consumption ● CLO4. Utilise technology to help implement a healthy and active lifestyle ● CLO5. Interact positively, and tolerantly, and respect others in completing various learning activities ● CLO6. Work together in completing learning activities during lectures and outside class hours ● CLO7. Evaluate physical fitness and daily physical activity ● CLO8. Practice one style of swimming ● CLO9. Design, interpret and perform physical activities to maintain daily health ● CLO10. Show a responsible attitude, mutual respect, and hard work through physical activities 	

Content:	Healthy and Active Lifestyle, Physical Fitness and Physical Activity, Evaluation of Physical Fitness and Physical Activity Level Status, Physical fitness related to health and pulse rate, Body Mass Index and physical fitness related to health, Warming, cooling and related physical fitness Health-related, Flexibility and fitness related to health, Nutrition Food and Physical fitness related to skills, Components of physical fitness related to skills, and Calories, Physical fitness related to skills and Activities Invasion Games, Physical fitness related to skills and Field/Net Games, Aquatic Activities, Creating personal fitness activity programs																									
Study/exam achievements:	<p>The final mark will be weight as follow:</p> <table border="1" data-bbox="667 562 1430 1563"> <thead> <tr> <th data-bbox="675 568 738 629">No</th> <th data-bbox="746 568 858 629">CLO</th> <th data-bbox="866 568 1082 629">Assessment Object</th> <th data-bbox="1090 568 1289 629">Assessment Techniques</th> <th data-bbox="1297 568 1422 629">Weight (%)</th> </tr> </thead> <tbody> <tr> <td data-bbox="675 633 738 1025">1</td> <td data-bbox="746 633 858 1025">CLO1-3</td> <td data-bbox="866 633 1082 1025">Social competences a. Individual assignments (physical fitness and physical activity) b. Exam a. Mid-exam b. Final exam</td> <td data-bbox="1090 633 1289 1025">Performance assessment Test</td> <td data-bbox="1297 633 1422 1025">20 30 20</td> </tr> <tr> <td data-bbox="675 1030 738 1216">2</td> <td data-bbox="746 1030 858 1216">CLO4-9</td> <td data-bbox="866 1030 1082 1216">Social competences (Physical fitness and physical activity)</td> <td data-bbox="1090 1030 1289 1216">Performance assessment</td> <td data-bbox="1297 1030 1422 1216">20</td> </tr> <tr> <td data-bbox="675 1220 738 1525">3</td> <td data-bbox="746 1220 858 1525">CLO10</td> <td data-bbox="866 1220 1082 1525">Social competences (Responsible attitude, mutual respect, and hard work through physical activities)</td> <td data-bbox="1090 1220 1289 1525">Performance assessment</td> <td data-bbox="1297 1220 1422 1525">10</td> </tr> <tr> <td colspan="4" data-bbox="675 1529 1289 1559" style="text-align: center;">Total</td> <td data-bbox="1297 1529 1422 1559" style="text-align: center;">100</td> </tr> </tbody> </table>	No	CLO	Assessment Object	Assessment Techniques	Weight (%)	1	CLO1-3	Social competences a. Individual assignments (physical fitness and physical activity) b. Exam a. Mid-exam b. Final exam	Performance assessment Test	20 30 20	2	CLO4-9	Social competences (Physical fitness and physical activity)	Performance assessment	20	3	CLO10	Social competences (Responsible attitude, mutual respect, and hard work through physical activities)	Performance assessment	10	Total				100
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Forms of media:	Board, LCD Projector, Laptop/Computer, Demonstration Equipment Package, LMS																									
Literature:	<ol style="list-style-type: none"> 1. Pratiwi, E. (2021). <i>Buku Ajar Strategi Pembelajaran Pendidikan Jasmani: Pedoman Guru Dalam Mengajar Penjas</i>. Bening Media Publishing. 2. Permana, R. (2020). <i>Teori dan Praktik: Pendidikan Jasmani di Perguruan Tinggi</i>. EDU PUBLISHER. 3. Hidayat, C., & Juniar, D. T. (2020). <i>Strategi Pembelajaran Pendidikan Jasmani</i>. Deepublish. 4. Hanafi, M., & Prastyana, B. R. (2020). <i>Metodologi Kepeleatihan Olahraga Tahapan & Penyusunan Program Latihan</i>. Jakad Media Publishing. 5. Houston, Jennifer, and Pamela Kulinna. (2014). <i>Health-Related Fitness Models in Physical Education</i>. 																									

