

	UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” YOGYAKARTA FACULTY OF SOCIAL SCIENCE AND POLITICAL SCIENCE STUDY PROGRAMME BUSINESS ADMINISTRATION S1			DOCUMENT CODE CUD/BUSINESS ADMINISTRATION/S1/1540413/2023
COURSE DESCRIPTION				
COURSE UNIT CODE: Sport 2		COURSE UNIT CLUSTER: Business Administration	ECTS CREDITS ALLOCATED: T = - P = 1.6	SEMESTER: 2nd
LANGUAGE OF INSTRUCTION: Bahasa Indonesia		COURSE UNIT TYPE: Compulsory	DATE CREATED: January 5 th 2022	Level of course unit (according to EQF): Level 6 First Cycle Bachelor
AUTHORIZED	LECTURER OF CUD CREATOR: Tri Saptono, M.Si.	Head of Cluster: -	 Head of Study Programme: Drs. Indro Herry Mulyanto, M.Sc	
Learning Outcome (LO)	Program Learning Outcome in Course Unit (PLO-CU)			
	A3	To contribute to the improvement of the quality of community life, nationhood, statehood, and the progress of civilization based on Pancasila.		
	GS1	To be able to apply logical, critical, systematic, and innovative thinking in the context of the development or implementation of science and technology, considering and applying humanistic values that are relevant to their field of expertise		

	K3	The process of formulating plans, implementing, monitoring, and developing communication programsThe process of formulating plans, implementing, monitoring, and developing communication programs.
	SS3	To be able to plan and implement a communication program collaboratively and sustainably

Course Description

This course provides an introduction to the field of sports science, covering various aspects of human physiology, psychology, and biomechanics related to sports performance. Students will gain an understanding of the scientific principles underlying athletic performance and the factors that influence it. The course will also explore the role of nutrition, exercise, and training in optimizing sports performance.

Learning Objectives

By the end of this course, students will be able to:

1. Explain the fundamental concepts and principles of sports science.
2. Understand the physiological and biomechanical factors that affect sports performance.
3. Analyze the impact of nutrition on athletic performance.
4. Apply scientific knowledge to design effective training programs.
5. Evaluate the psychological factors influencing sports performance.
6. Critically analyze research studies in the field of sports science.
7. Demonstrate effective communication skills in discussing sports science concepts.

Course Schedule

Week to	Topics	Readings

1	Introduction to Sports Science	- Chapter 1: Introduction to Sports Science
		- Article: "The Science of Sports Performance"
2	Anatomy and Physiology for Sports Science	- Chapter 2: Human Anatomy and Physiology
		- Article: "Muscle Structure and Function"
3	Biomechanics and Sports Performance	- Chapter 3: Biomechanics
		- Article: "Biomechanical Analysis of Sports Movements"
4	Nutrition and Sports Performance	- Chapter 4: Sports Nutrition
		- Article: "Nutritional Strategies for Optimal Performance"

Week to	Topics	Readings
5	Exercise Physiology and Training Principles	- Chapter 5: Exercise Physiology
		- Article: "Training Principles for Athletes"
6	Training Methods and Periodization	- Chapter 6: Training Methods
		- Article: "Periodization in Sports Training"
7	Psychology of Sports Performance	- Chapter 7: Sports Psychology
		- Article: "Mental Skills Training for Athletes"
8	Mid Semester Exam	Mid Semester Exama

		- Article: "Injury Prevention Strategies for Athletes"
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Weekto	Topics	Readings
9	Performance Analysis and Technology	- Chapter 9: Performance Analysis
		- Article: "Technology in Sports Performance"
10	Sports Medicine and Sports Science Careers	- Chapter 10: Sports Medicine
		- Article: "Careers in Sports Science"
11	Research Methods in Sports Science	- Chapter 11: Research Methods
		- Article: "Conducting Research in Sports Science"

12	Sports Science Case Studies	- Case Study 1: Optimizing Marathon Performance
		- Case Study 2: Enhancing Basketball Skills
Week to	Topics	Readings
13	Sports Science Case Studies	- Case Study 3: Preventing Soccer Injuries
		- Case Study 4: Improving Cycling Endurance
14	Sports Science Case Studies	- Case Study 5: Enhancing Golf Swing
		- Case Study 6: Training for Triathlon
15	Current Trends in Sports Science	- Article: "Emerging Technologies in Sports Science"

		- Article: "Advancements in Sports Nutrition"
16	Final Exam Review	- Review all course materials

Course Requirements

1. Attendance: Regular attendance is expected. Maximum absences allowed are [number] with valid reasons.
2. Class Participation: Students are expected to actively participate in class discussions and activities.
3. Assignments: There will be [number] assignments throughout the semester, which will contribute to the final grade.
4. Examinations: There will be a midterm exam and a final exam, covering the material discussed in class and the assigned readings.
5. Research Paper: Students will be required to complete a research paper on a selected topic related to sports science.
6. Case Studies: Students will be assigned case studies to analyze and present their findings in class.

Assessment

- Class Participation: 10%
- Weekly Assignments: 40%
- Group Projects: 30%
- Research Report and Presentation: 20%

Academic Integrity

Students are expected to adhere to the highest standards of academic integrity. Plagiarism, cheating, or any form of academic dishonesty will not be tolerated and may result in severe penalties, including failure in the course. It is essential to properly cite all sources used in assignments and research papers.

Accessibility Accommodations

If you require any accommodations due to a disability or any other reason, please contact the instructor at the beginning of the semester to discuss your needs and appropriate arrangements.

Course Policies

1. Late Submissions: Late submissions will be subject to a penalty of [penalty].
2. Make-up Exams: Make-up exams will only be granted in exceptional circumstances with appropriate documentation.
3. Communication: Regular communication is essential. Students are encouraged to reach out to the instructor via email or during office hours for any questions or concerns.
4. Respectful Environment: A respectful and inclusive environment will be maintained throughout the course. Disruptive behavior or harassment will not be tolerated.
5. Changes to the Syllabus: The instructor reserves the right to make changes to the syllabus if necessary. Any modifications will be communicated to the students in a timely manner.