

	UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” YOGYAKARTA BACHELOR'S DEGREE PROGRAMME				KODE DOKUMEN: RPS/xx/xx/yyyy/xxx RPS/S1 /[kode_prodi]/[tahun]/[No.UrutRPS]
RENCANA PEMBELAJARAN SEMESTER					
COURSE	CODE	Subject Cluster	Credit Point	Semester	Date of Preparation
Physical Education 1	100101	GENERAL COURSE	1 (1,6 ECTS)	1	1 August 2022
AUTHORIZATI ON	Development Lecturer Course Description		Head Of Cluster		PROGRAMME COORDINATOR
	1. Dr R Agung Purwandono Saleh, M.Pd 2. Dr Lilik Indriharta, MM 3. Sumintarsih, S.Pd., M.Or 4. Tri saptono, S.Pd., M.Or 5. Wahyu Wibowo E Y., S.Pd., MM., M.Or 6. Prijoto, S.Pd., M.Or 7. Hanafi Mustofa, S.Pd., M.Or		 Tri Saptono, S.Pd., M.Or NIDN 0507097002		Wakil Rektor Bid Akademik Dr Ir. Suharsono, MT NIDN 0023096210
Learning Outcomes (LO)	Graduate Learning Outcomes (GLOs) GLOs that are imposed on the COURSE PRODI that are imposed on this MK				
	A1	1. Apply religious, national, bela negara, and professional ethics values independently and in a group setting. (LO 1)			
	GS3	2. Work collaboratively in maintaining working relationships with mentors, colleagues, and peers both within and outside their institution. (LO 4)			
	K5	3. Proficient in the principles and techniques of persuasive communication across organisations and cultures in the field of business. (LO 9)			

	SS5	4. Implement business theories into business case studies. (LO 14)
	Course Learning Outcomes (CLO)	
	CLO1	1. Able to explain the basic concepts of sports and non-sports movements
	CLO2	2. Able to explain physical fitness and basic components of physical fitness

	CLO3	3. Able to explain the basic principles of an exercise programme
	CLO4	4. Able to create an exercise programme with the FITT programme
	CLO5	5. Able to implement and practice the Rules of March
	CLO6	6. Able to practice the sports of Gymnastics, Football, Volleyball, Basketball and Basket Ball
	CLO7	7. Able to carry out a physical fitness test with the Multistage Fitness Test 7.
	End capability of each learning stage (Sub-CLO)	
	SUB CLO1	1. Students are able to explain the basic concepts of sports and non-sports movements.
	SUB CLO2	2. Students are able to explain the concept of physical fitness.
	SUB CLO3	3. Students are able to understand the Rules of Marching (UN)
	SUB CLO4	4. Students are able to practice marching rules.
	SUB CLO5	5. Students are able to practice aerobic mix-impact mass gymnastics 5.
	SUB CLO6	8. Students are able to practice low-impact aerobic gymnastics 8.
	SUB CLO7	9. Students are able to practice football with flat ball kicking technique 9.
	SUB CLO8	8. Students are able to explain the basic principles of exercise
	SUB CLO9	9. Students are able to make a physical fitness training programme
	SUB CLO10	10. Students are able to practice volleyball basic techniques of down passing and up passing
	SUB CLO11	11. Students are able to practice basketball with throwing and catching techniques and dribbling the ball
	SUB CLO12	12. Students are able to practice basket ball with throwing, catching, and shooting techniques.
	SUB CLO13	13. Students are able to practice aerobic mass gymnastics with low-impact and height-impact variations.
	SUB CLO14	14. Students are able to perform physical fitness tests
	Correlation of CLO to Sub-CLO	

		SUB CLO1	SUB CLO2	SUB CLO3	SUB CLO4	SUB CLO5	SUB CLO6	SUB CLO7	SUB CLO8	SUB CLO 9	SUB CLO10	SUB CLO11	SUB CLO12	SUB CLO13	SUB CLO14
	A1	V	V	V	V	V	V	V	V	V	V	V	V	V	V
	GS3						V	V			V	V	V		
	K5				V	V	V	V			V	V	V	V	V
	SS5				V	V	V	V			V	V	V	V	V
Short Description Course		Sports I courses are delivered in the form of theory and practice, theoretical lectures are delivered 4 times face to face as an introduction and practical lectures are given 10 times face to face. Theoretical material: The concept of sports motion and non-sports motion, Physical Fitness, Basic principles of sports training, and training programmes. The next 2 face-to-face sessions were given the material of Marching Rules (PBB) and Flag Ceremony (TUB). Furthermore, sports practice is delivered through 5 sports, namely: Gymnastics, Football, Volleyball, Basketball and Basket Ball. Each branch is followed in rotation. Then students are expected to have physical fitness given a physical fitness test with a multistage fitness test.													
Material Study Material/Materia ls Learning															
Library		Reference sources or quotations come from books: 1. Alter Michael, 1996, Peregangan Olahraga, PT. Raja Grafindo Perkasa, Jakarta 2. Brewer, John , 1988. Multistage Fitness Test, Australian Coaching Council, Loughborough University. 3. Kravitz, Len , 2001. Panduan Lengkap Bugar Total, PT. Raja Grafindo Perkasa, Jakarta 4. Leo Rolex, 1997-2000, Peraturan permainan bola voli , PBVSI 5. Mansur , dkk , 1995. Olahraga dan Kebugaran Jasmani Untuk Mahasiswa, Yogyakarta . 6. PBPKSI,1990, Bola Keranjang, Jakarta 7. Rusli Lutan, dkk. 1997. Manusia dan Olahraga, ITB Bandung . 8. Sajoto, 1988. Peningkatan dan Pembinaan Kondisi Fisik dalam Olahraga , Effhan dan DaharaPrize, Semarang. 9. Soejono, 1984, Sepak bola taktik dan kerja sama,Yogakarta 10.Sodikun, Imam,1992, Bola basket PPTK Dirjen Dikti Depdikbud, Jakarta. 11.Mabes TNI 2004, Juklak PBB dan TUB, Jakarta													

Lecturer	1. Dr R Agung Purwandono Saleh, M.Pd 2. Dr Lilik Indriharta, MM 3. Sumintarsih, S.Pd., M.Or 5. Wahyu Wibowo E Y, S.Pd., MM., M.Or 6. Prijoto, S.Pd., M.Or 7. Hanafi Mustofa, S.Pd., M.Or 4. Tri saptono, S.Pd., M.Or
Prerequisite subjects	None

	Final capability	Assessment	Forms of Learning;		
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Meeting-	each learning stage (Sub CLO)	Indicator	Criteria and Techniques	Learning Method; Student Assignment		Learning material (Library)	Assessment Weight
(1)	(2)	(3)	(4)	Offline (5)	Online (6)	(7)	(8)
1	Students are able to explain the basic concepts of sports and non-sports movements	Accuracy in explaining sports movements. Accuracy in explaining non-sport movements.	Non-test Describe sports and non-sports movements		BP= lecture MP= lecture (1x50') PM= independent assignment (1x50') and structured assignment (1x50')	Introduction: a) Sports movement b) Non-sporting movements	3 %
2	Students are able to explain the concept of physical fitness	Accuracy in explaining the basic components of physical fitness	Non-test Describe the basic components of physical fitness		BP= lecture MP= lecture (1x50') PM= independent assignment (1x5 0') and	Basic components of physical fitness a. Strength b. Endurance c. Cardio-respiratory endurance d. Flexibility	3 %

					structured assignment (1x50')	b. e. Body composition	
3	Students are able to understand the Line of March (PBB)	Accuracy in implementing the theory of marching rules (UN)	Non-test Understanding the Rules Marching	- Introduction - Line Practice movement in place		Theory of Marching Rules	3,25 %
4	Students are able to practice marching rules (PBB).	Accuracy of implementation Practice of Line of Duty Marching Rules (UN)	Test Practising the Rules of <i>Baris-Berbaris</i>	- Introduction - Implementation Practise moving rows		Line of Duty Practice	3,25 %
5	Students are able to practice	Accuracy carrying out practice	Non-test Implement	- Introduction - Heating		a) Warm-up and stretching	3,5 %

	mix-impact aerobic mass training	mix- impact aerobic exercise	mix-impact aerobic exercise practice	- Core training - Cooling down		b) Aerobic exercise mix impact c) Cool down	
6	Students are able to practice low-impact aerobic exercises	Accuracy in carrying out low-impact aerobic exercise practice	Non-test Perform low-impact aerobic exercise practice	- Pengantar - Pemanasan - Latihan inti - Pendinginan		a) Pemanasan dan penguluran b) Senam aerobik low- impact Pendinginan	3,5 %
7	Students are able to practice football with flat ball kick techniques	Accuracy in carrying out the practice of	Non-test perform flat kick technique	- Introduction - Warm-up - Core training - Cooling		a) Warm-up and stretching b) Football practice with flat ball kick technique	3,5 %

						c) Cooling down	
8	MIDTERM EXAM						15%
9	Students are able to: explain the basic principles of exercise	Accuracy in explaining the basic principles of exercise	Non-test Describe the basic principles of exercise		BP= lecture MP= lecture (1x50') PM= independent assignment (1x5 0') and structured assignment (1x50')	Basic principles Exercise a. Readiness b. Individualised c. Adaptation d. Overload e. Progressive f. Specifications g. Reversibility	10 %
10	Students are able to create a physical fitness training programme	Accuracy in completing a physical fitness training programme	test Create a physical fitness exercise programme		BP= lecture MP= lecture (1x50') PM= independent assignment (1x5 0') and structured assignment (1x50')	Fitness Training Programme with FITT principles	3 %
11	Students are able to practice volleyball basic techniques of lower passing and upper passing	Accuracy in carrying out volleyball practice basic techniques lower passing and upper passing	Non-test Perform the basic techniques of lower passing and upper passing	- Introduction - Warm-up - Core training - Cooling		a) Warm-up and stretching b) Practice volleyball basic techniques of lower passing and upper passing c) Cooling down	3,5 %

12	Students are able to practice basketball with throwing catch and dribbling techniques	Accuracy in carrying out basketball practice throwing techniques catch and dribbling the ball	Non-test Perform the technique of throwing catch and dribbling the ball	- Introduction - Warm-up - Core training - Cooling		a) Warm-up and stretching b) Practice basketball throwing techniques a) catch and dribbling the ball c) Cooling down	3,5 %
13	Students are able to practice basket ball with throwing catch and shooting techniques	Accuracy in carrying out the practice of basket ball throwing catching and shooting techniques	Non-test Perform the following techniques throwing, catching and kicking	- Introduction - Warm-up - Core training - Cooling		a) Warm-up and stretching b) Practice basket ball throwing catching and shooting techniques c) Cooling down	3,5 %
14	Students are able to practice low-impact and height-impact aerobic mass gymnastics	Accuracy in carrying out low-impact aerobic exercise practice	Non-test Carry out aerobic exercise practice of low-impact and height-impact variations	- Introduction - Warm-up - Core training - Cooling		a) Warm-up and stretching b) Low-impact and high-impact aerobic exercises c) Cooling down	3,5 %
15	Students are able to perform physical fitness tests	The accuracy of carrying out the practical exam of the physical fitness test with multistage fitness test	Test Carry out the practice of physical fitness tests with multistage fitness test	- Introduction - Test Implementation Fitness		Carry out a physical fitness test	20%
16	END OF SEMESTER EXAM						15%

The assessment components and their weights are shown in the following table:

Elements	Component	Weight	Percentage	Description
<i>Hardskills</i>	End of Semester Exam (UAS)		15 %	
	Mid Semester Exam (UTS)		15 %	
	Practical Exam		20 %	
	Assignment		10 %	
<i>Softskills</i>	Creativity and liveliness		40 %	

Assessment reporting in the form of qualifications of student success in taking a course (final grade) which is expressed in the following range:

Number	Letter Grade	Value
$X \geq 85$	A	4
$80 < X < 85$	B+	3,5
$75 < X < 80$	B	3
$70 < X < 75$	C+	2,5
$60 < X < 70$	C	2
$50 < X < 60$	D	1
$X < 50$	E	0