

WORKLOAD ASSESSMENT TRADITIONAL DANCE BODY EXERCISE

DRAMA, DANCE AND MUSIC STUDY PROGRAM
FACULTY OF LANGUAGES AND ARTS
SURABAYA STATE UNIVERSITY

ASSESSMENT WORKLOADS
Traditional Dance Body Exercise
Academic Year 2019/2020

Coordinator:

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Team:

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dr. Jajuk Dwi sasanadjati, M.Hum.

DRAMA, DANCE AND MUSIC STUDY PROGRAM
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A. Lesson Plan and Course Assessment

 UNESA Universitas Negeri Surabaya	Surabaya State University Faculty of Languages and Arts Sendratasik Study Program					Document Code
Lesson Plans						
COURSE	code	Clusters	credits		Semester	Compilation Date
Traditional Dance Body Exercise	<....>	<....>	T=....	P=....	...	2020
AUTHORIZATION	Lesson Plan Developer		Coordinator		Head of Study Program	
	Dr. Setyo Yanuartuti, M.Sc		Dr. Setyo Yanuartuti, M.Sc		Dr. Anik Juwariyah, M.Sc	
Learning Outcome Program (PLO)	PLO					
	PLO1(S-1)	Responsibility and discipline in making decisions in groups or independently.				
	PLO10 (KK-8)	Skilled in presenting drama, dance and music works of art as well as applying performance knowledge.				
	Course Learning Outcome (CLO)					
	CLO1	Utilizing learning resources and ICT to support the competency of traditional dance sports including: the scope of warm-up, flexibility, resistance, balance.				
	CLO2	Having knowledge about traditional dance body.				
	CLO3	Have the skills to perform traditional dance body techniques.				
	CLO4	Have a responsible attitude by demonstrating traditional dance body movement techniques.				
Course Descriptions	Mastery of traditional dance body technique skills.					

Learning Materials/ Topics	Traditional dance body technique skills: <ul style="list-style-type: none"> - Warming up - Cooling - Basic flexibility techniques - resilience and - Balance 	
References	Primary	1. Paul Uram . 1986. <i>Latihan Pereganggan</i> . Jakarta : Akademika Presindo 2. Gerald Nierenberg & Henry H. Calero . 2009. <i>Membaca Gerakan Tubuh (Penerjemah Natalia Tri)</i> . Surabaya : Selasar Surabaya Publishing 3. Yoshi Oida & Lorna Marshall . 2012. <i>Ruang Tubuh Aktor</i> . Surabaya: Dewan Kesenian Jawa Timur
	Supplementary	
Lecturer(s)	Dr. Setyo Yanuartuti, M.Sc. dr. Jajuk Dwi Sasanadjati, M.Hum.	
Prerequisite	-	

week	Learning Objectives	Assessment		Learning Activities and Time Allocation		Learning Sources	scoring
		Indicators	Criteria/Forms/ type	Offline	On line		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand the meaning, purpose and function of the Tradition Body Exercise course	1. Able to understand the lecture contract 2. Able to explain the general description of the purpose and function of the course on traditional sports	1. Explain the meaning and knowledge about body exercise for dancers clearly and correctly. 2. Identify techniques for exercising as much as possible properly and correctly. 3. Work on and complete papers on time properly and correctly.	Lectures and Q&A. [2 x 50 minutes]		1	10
2-3	Do a warm up and cool down	Able to warm up and cool down.	1. Warm up properly and correctly. 2. Warm up properly and correctly.	Demonstrations and Drills [4 x 50 minutes]		1	10

4-5	Perform basic flexibility techniques	Able to perform basic flexibility techniques, including: 1. Kiss the knee sitting 2. Kiss standing knee. 3. Kiss open leg knee.	1. Can do Knee Kiss sitting properly and correctly. 2. Can do knee kiss standing properly and correctly. 3. Can do Knee kiss leg open properly and correctly	Demonstrations and drills. [4 x 50 minutes]		1 and 2	10
6-8	do resistance	1. Able to do leg resistance 2. Able to do abdominal resistance	1. Can do leg resistance properly and correctly. 2. Can do abdominal resistance properly and correctly.	Demonstrations and drills [4 x 50 minutes]		1 and 2	10
9	Midterm exam	Able to perform all body exercise techniques that have been learned, including: - Warming up - Cooling - Kiss the knee sitting - Kiss standing knee - Kiss open leg knee - Leg endurance - Abdominal endurance	Can do all techniques properly and correctly	Demonstrations, Practical Tests [2x 50 minutes]		1,2 and 3	10
10-11	Do strength	Being able to perform strength techniques includes: - Leg strength - Hand strength	1. Can do leg strength properly and correctly. 2. Can do hand strength properly and correctly.	Demonstrations and drills [4 x 50 minutes]		1 and 2	10

12	Do balance	Able to do the balance by lifting one leg and balance the candle.	<ol style="list-style-type: none"> 1. Can do balance lifting one leg properly and correctly. 2. Can do Candle Balance properly and correctly. 	Demonstrations and drills [2 x 50 minutes]		1 and 2	5
13-14	Perform movement techniques	<p>Able to perform the motion technique of moving, melilputih:</p> <ul style="list-style-type: none"> - Trisik tiptoe straight - Trisik tiptoe bent - Exhausted - <i>Lumaksono</i> - <i>Lumaksono dhodhok</i> - <i>Kenser</i>, and - Jump 	<ol style="list-style-type: none"> 1. Can do Trisik tiptoe straight properly and correctly 2. Can do Trisik tiptoe bent properly and correctly. 3. Can do Labas properly and correctly. 4. Can do Lumaksono properly and correctly. 5. Can do Lumaksono dhodhok properly and correctly. 6. Can do Kengser properly and correctly. 7. Can do jumps properly and correctly. 	Demonstrations and drills [4 x 50 minutes]		1 and 2	10
15	Performing body exercises with a series of warm-up, cool-down, flexibility, balance, resistance, strength and movement of places	Able to do a whole range of traditional dance exercises from warm-up to moving movement techniques.	Can do a series of warm-up, cool-down, flexibility, endurance, balance, strength, movement techniques to move places properly and correctly.	Demonstration, Drill and Practice [2x 50 minutes]		1 and 2	5

16	Final exams	Able to exercise a series of warm-up, cool-down, flexibility, balance, endurance, strength and movement in groups	Able to do a series of warm-up, cool-down, flexibility, endurance, balance, strength, movement techniques to move places in a group properly and correctly.	Practice Test [2x 50 minutes]		1,2 and 3	20
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B. Course Evaluation and Development**1. Calculation of Student Workload**

Credit Units (CU)	ECTS	Meeting Hours	structured Assignments	Independent Study
CU		hours	hours	hours

2. Learning Outcome Program (PLO)

PLO1 Responsibility and discipline in decision making group or independently

PLO10 Skilled in presenting drama, dance and music as well as implementing works of art performance science

3. Course Learning Outcomes

CLO1 Utilizing learning resources and ICT to support the achievement of competency in traditional sports including: the scope of warm-up, flexibility, resistance, balance.

CLO2 Have knowledge of traditional bodybuilding.

CLO3 Have the skills to perform traditional body techniques.

CLO4 Have a responsible attitude by demonstrating traditional body movement techniques

4. Assessment of PLO

ASSESSMENT OF PROGRAM LEARNING OUTCOMES (PLO)

COURSE : Traditional Dance Body Exercise
CREDIT : 2
STUDY PROGRAMS : Drama, Dance, and Music Education
PERIOD : 2018/2019(1)
CLASS : 2018A, 2018B
PARTICIPANTS : 57

STUDY PROGRAM S1 Education in Drama, Dance and Music

LIST OF STUDENT VALUE

Course Subject: Traditional Dance Body Exercise

Class : 2018A

Academic Year: 2018/2019 Odd

original data :



Information :

1. Only fill in the value components: Part, Assignments, UTS and UAS
2. Students' UAS scores with attendance below 73.3% (columns in red) will not be saved
3. Do not change anything in this document except for point number one above.
4. PPTI / BAAK does not accept grade files to be uploaded. The process of uploading grades is carried out by the lecturer concerned.

N o	NIM	Student name	Force	Presence	Part	Task	UTS	UAS	NA	Alphabe t	Use
1	1802013400 6	AYU SOFVIYA PUSPITASARI	2018	100%	89	87	86	89	87.8	A	1
2	1802013400 9	ERIN TRIANA DEWI	2018	100%	90	86	89	90	88.6	A	1

3	1802013401 1	SINDHI GALUGAWATI SISKI	2018	100%	89	85	87	89	87.4	A	1
4	1802013403 1	RAHAYU ADYAKSARI	2018	53.33%	25	5	5	0	7,5	E	1
5	1802013403 4	RENDI JAYA RISWANTO	2018	100%	85	87	81	84	84.5	A-	1
6	1802013404 7	ANISSA YULISETYOWATI	2018	100%	89	87	85	89	87.6	A	1
7	1802013405 1	ALDEWA RISKANADI	2018	93.33%	82	88	80	82	83,4	A-	1
8	1802013405 5	RORO AYU KUSUMANINGTYAS	2018	93.33%	86	88	82	84	85,2	A	1
9	1802013405 7	NATASHA JULIAN PERMATASARI	2018	86.67%	84	87	83	87	85.6	A	1
10	1802013405 9	GILANG ABIE PRASETYO	2018	100%	85	86	75	80	81.8	A-	1
11	1802013406 0	REGITA AYU APRINDRASARI	2018	100%	87	85	81	83	84	A-	1
12	1802013406 1	NOVELLA NANDA MURTI	2018	100%	89	87	85	89	87.6	A	1
13	1802013406 2	CHARISMA	2018	100%	87	87	84	88	86.7	A	1
14	1802013406 3	RIZAL PAHLEVI	2018	100%	87	86	89	90	88	A	1
15	1802013406 4	BEAUTIFUL QUARTERLY	2018	100%	86	87	85	85	85.8	A	1
16	1802013406 5	TONI ARDIANSYAH	2018	100%	89	88	88	85	87.3	A	1
17	1802013406 6	THUNDER AJIE PANGESTU	2018	100%	82	87	77	84	83,1	A-	1
18	1802013406 8	CAHYO BINTORO	2018	100%	87	86	84	84	85,2	A	1
19	1802013407 5	NAIM MUSTHOFA	2018	93.33%	87	85	86	87	86,2	A	1
20	1802013407 7	DELLA ULFIYA RAMADHANI	2018	93.33%	84	86	83	82	83.8	A-	1

21	1802013407 9	AISYAH RAHMAWATI	2018	100%	88	88	87	88	87.8	A	1
22	1802013408 0	ALFRIDA DANNISA NINGRUM	2018	100%	88	85	86	85	85.8	A	1
23	1802013408 7	ANNISA DAMAYANTI	2018	100%	85	86	81	81	83.3	A-	1
24	1802013409 1	HALIMATUSSA' DIYAH AYUNINGTYAS	2018	93.33%	86	85	87	90	87,1	A	1
25	1802013409 5	ALVINDA YULIA RATRI KIRANA	2018	100%	85	88	79	81	83.5	A-	1
26	1802013409 7	NANDA ANNISA FERYANTARI	2018	100%	86	85	83	81	83.6	A-	1
27	1802013409 8	ELSA RISMA APRILIANA	2018	93.33%	82	86	80	79	81.9	A-	1
28	1802013409 9	ANDINI SEPTA ALMIRA	2018	100%	85	86	80	78	82,2	A-	1

LEARNING OUTCOMES PROGRAM

PLO 1 Responsibility and discipline in making decisions in groups or independently

PLO 10 Skilled in presenting drama, dance, and music as well as applying performance knowledge

COURSE LEARNING OUTCOMES

CLO1 Utilizing learning resources and ICT to support the achievement of competency in traditional dance sports including: the scope of warm-up

CLO2 Has knowledge of traditional body sports.

CLO3 Have skills in performing traditional body techniques.

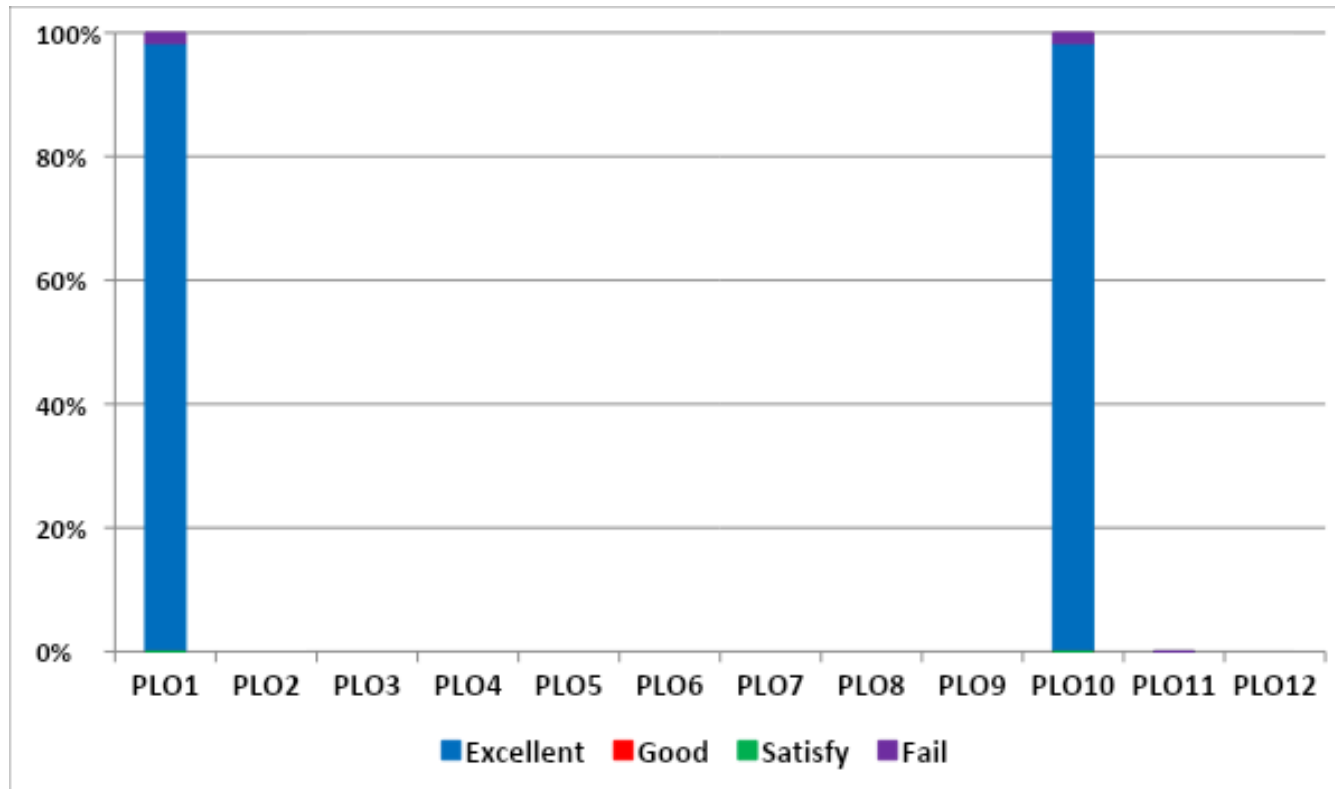
CLO4 Have a responsible attitude by demonstrating traditional body movement techniques

**CLO-PLO
CORRELATIONS**

	PLO1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO10	PLO1 1	PLO1 2
CLO1	V									V		
CLO2	V									V		
CLO3	V									V		
CLO4	V									V		

PLAN ASSESSMENT

	PLO1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO10	PLO1 1	PLO1 2
CLO1	Assignment , Mid-semester test, Final semester test									Assignment , Mid-semester test, Final semester test		
CLO2	Assignment , Mid-semester test, Final semester test									Assignment , Mid-semester test, Final semester test		
CLO3	Assignment ,									Assignment ,		



APPENDICES

APPENDIX 1 ASSESSMENT RUBRIC

Course Assessments

A. Assessment Rubric

1) Attitudes/Affective Domains

In this domain, the evaluation of student participation in class includes communication skills, discipline and responsibility. The rubrics used are as follows:

Criteria	score
Communicate effectively, appreciate others' opinions; always attend the class on time; always submit the assignment on time; and always participate in the completion of group assignments	$85 \leq SA \leq 100$
Communicate effectively, appreciate others' opinions; 80% of attendance; submit 90% of the assignment; and often participate in the completion of group assignments.	$70 \leq SA < 85$
Communicate ineffectively, appreciate others' opinions; 75% of attendance; submit the 70% of assignments on time; and participate in the completion of group assignments.	$55 \leq SA < 70$
Communicate ineffectively, don't appreciate it others' opinions; rarely attend classes; rarely submit the assignment; and seldom participate in the completion of group assignments	$\leq SA < 55$

2) Knowledge/Cognitive Domains

The students' knowledge is assessed through assignments (individual and group) and tests (mid-term and end-term tests).

a. Assignment Rubric

The criteria of assignment according to Assignment Rubrics:

No	Aspect s	Max. score
1	Finding the financial data: a. Data collected from reputable sources, ie Indonesian Capital Market (www.idx.co.id) (Excellent = 3, Good = 2, Fair = 1)	3

	Finding the financial data: b. Financial data is an audited Annual Report for the observed: (Excellent = 3, Good = 2, Fair = 1)	3
2	Calculate data a. Choose the correct formula (Excellent = 3, Good = 2, Fair = 1)	3
	Calculate data b. Correct calculation and result (Excellent = 3, Good = 2, Fair = 1)	3
3	Description of the calculation result Make a description about the calculated result and explain the meaning of the calculation result (Excellent = 3, Good = 2, Fair = 1)	3
4	Conclusion Make a conclusion including a suggestion for a better performance for the company according to the analysis (Excellent = 3, Good = 2, Fair = 1)	3
5	Assignment result paper a. Systematic report (Excellent = 3, Good = 2, Fair = 1)	3
	Assignment result paper b. Language use (Excellent = 3, Good = 2, Fair = 1)	3
	Assignment result paper c. Presentations (Excellent = 3, Good = 2, Fair = 1)	3

b) test (mid-term and end-term tests)

The criteria of mid-term and end-term tests in this course are:

1. The ability to give answers correctly according to the key and rubrics;
2. The ability to provide robust argumentation according to theory;
3. The ability to provide systematic explanations; and
4. The ability to apply the essential concepts in a particular situation comprehensively.

B. Surabaya State University's Grading System

University students are considered to be competent and pass if at least get 40% of the maximum End-term grade. The End-term grade (NA) is calculated based on the following weight:

Assessment Components	Percentages
Participation (including attitudes/affective)	20%
Assignments	30%
Mid-term test	20%
end-term test	30%

Scoring Conversion

Scoring Intervals (out of 100)	Point	Grade
$85 \leq NA \leq 100$	4.00	A
$80 \leq NA < 85$	3.75	A-
$75 \leq NA < 80$	3.50	B+
$70 \leq NA < 75$	3.00	B
$65 \leq NA < 70$	2.75	B-
$60 \leq NA < 65$	2.50	C+
$55 \leq NA < 60$	2.00	C
$40 \leq NA < 55$	1.00	D
$0 \leq NA < 40$	0	E

a. Sample of Student Attendance

PRESENSI KULIAH
Periode 2018/2019 Gasal


Mata Kuliah : Olah Tubuh Tari Tradisi
Kelas : 2018A
Prodi : S1 Pendidikan Seni Drama, Tari Dan Musik

Dosen : Dr. Setyo Yanuartuti, M.Si.

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b. Sample of Course Log Book

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SIKADU: Cetak Jurnal Perkuliahan



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET, DAN TEKNOLOGI
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F: +6231-8293484
laman: unesa.ac.id
email: bakpk@unesa.ac.id

Aktivitas Perkuliahan

Nama Matakuliah : Olah Tubuh Tari Tradisi **Dosen :** SETYO YANUARTUTI
Kelas : 2018A (196901151993022001)
Jadwal & Ruang : T05.01.01 (13.00 - 14.40) R.

No.	Tanggal	Pertemuan	Topik	Peserta	Status	Dosen
1	20-08-2018	Pertemuan ke 1	1. Kontrak perkuliahan. 2. Pengertian Olah Tubuh. 3. Tujuan dan fungsi olah tubuh	28	Terjadwal	Setyo Yanuartuti
2	27-08-2018	Pertemuan ke 2	1. Pemanasan. 2. Pendinginan.	27	Terjadwal	Setyo Yanuartuti
3	03-09-2018	Pertemuan ke 3	1. Pemanasan. 2. Pendinginan.	28	Terjadwal	Setyo Yanuartuti
4	10-09-2018	Pertemuan ke 4	1. Cium Lutut duduk. 2. Cium lutut berdiri. 3. Cium lutut kaki buka.	26	Terjadwal	Setyo Yanuartuti
5	17-09-2018	Pertemuan ke 5	1. Split kanan 2. Split kiri 3. keseimbangan angkat kaki kanan kiri	26	Terjadwal	Setyo Yanuartuti
6	24-09-2018	Pertemuan ke 6	1. Ketahanan kaki. 2. Ketahanan perut.	26	Terjadwal	Setyo Yanuartuti
7	01-10-2018	Pertemuan ke 7	1. Ketahanan kaki. 2. Ketahanan perut.	26	Terjadwal	Setyo Yanuartuti
8	08-10-2018	Pertemuan ke 8	1. Ketahanan kaki. 2. Ketahanan perut.	28	Terjadwal	Setyo Yanuartuti
9	15-10-2018	Pertemuan ke 9	1. Pemanasan. 2. Pendinginan. 3. Cium Lutut duduk. 4. Cium lutut berdiri. 5. Cium lutut kaki buka. 6. Ketahanan kaki. 7. Ketahanan perut.	26	Terjadwal	Setyo Yanuartuti
10	22-10-2018	Pertemuan ke 10	1. Kekuatan kaki. 2. Kekuatan tangan.	28	Terjadwal	Setyo Yanuartuti
11	29-10-2018	Pertemuan ke 11	1. Kekuatan kaki.	27	Terjadwal	Setyo Yanuartuti

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1/2

