

# **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:**  
Dr. Setyo Yanuartuti. M.Sc.

**Team:**  
Dr. Setyo Yanuartuti. M.Sc.  
dr. Jajuk Dwi sasanadjati, M.Hum.

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

## **CONTENTS**

- A. Learning Activities Plan and Course Assessment
- B. Course Evaluation and Development
  - 1. Calculation of Student Workload
  - 2. Learning Outcomes Program (PLO)
  - 3. Course Learning Outcomes (CLO)
  - 4. Assessment of PLO

### Appendices:

- 1. Assessment Rubric
- 2. Course Activity Records
  - a) Sample of Student Attendance
  - b) Course Logbook
  - c) Sample of Student Assignments
  - d) Sample of Mid-term and End-term Tests
  - e) Sample of Student's Answer to Assignment, Mid-term, and End-term Test

## A. Lesson Plan and Course Assessment

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

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. <b>[ 2 x 50 minutes]</b>		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 <b>[ 4 x 50 minutes]</b>		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 <b>[ 4 x 50 minutes]</b>		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 <b>[ 4 x 50 minutes]</b>		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 <b>[ 2x 50 minutes]</b>		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 <b>[ 4 x 50 minutes]</b>		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"> <li>1. Can do balance lifting one leg properly and correctly.</li> <li>2. Can do Candle Balance properly and correctly.</li> </ol>	Demonstrations and drills <b>[ 2 x 50 minutes]</b>		1 and 2	5
13-14	Perform movement techniques	Able to perform the motion technique of moving, melilputih: <ul style="list-style-type: none"> <li>- Trisik tiptoe straight</li> <li>- Trisik tiptoe bent</li> <li>- Exhausted</li> <li>- <i>Lumaksono</i></li> <li>- <i>Lumaksono dhodhok</i></li> <li>- <i>Kenser, and</i></li> <li>- Jump</li> </ul>	<ol style="list-style-type: none"> <li>1. Can do Trisik tiptoe straight properly and correctly</li> <li>2. Can do Trisik tiptoe bent properly and correctly.</li> <li>3. Can do Labas properly and correctly.</li> <li>4. Can do Lumaksono properly and correctly.</li> <li>5. Can do Lumaksono dhodhok properly and correctly.</li> <li>6. Can do Kengser properly and correctly.</li> <li>7. Can do jumps properly and correctly.</li> </ol>	Demonstrations and drills <b>[ 4 x 50 minutes]</b>		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 <b>[ 2x 50 minutes]</b>		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
----	-------------	---	---	-----------------------------------	--	-----------	----

## 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

original data :



LIST OF STUDENT VALUE

Course Subject: Traditional Dance Body Exercise

Class : 2018A

Academic Year: 2018/2019 Odd

##### 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.

No	NIM	Student name	Force	Presence	Part	Task	UTS	UAS	NA	Alphabete	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 SISKA	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	18020134079	AISYAH RAHMAWATI	2018	100%	88	88	87	88	87.8	A	1
22	18020134080	ALFRIDA DANNISA NINGRUM	2018	100%	88	85	86	85	85.8	A	1
23	18020134087	ANNISA DAMAYANTI	2018	100%	85	86	81	81	83.3	A-	1
24	18020134091	HALIMATUSSA' DIYAH AYUNINGTYAS	2018	93.33%	86	85	87	90	87,1	A	1
25	18020134095	ALVINDA YULIA RATRI KIRANA	2018	100%	85	88	79	81	83.5	A-	1
26	18020134097	NANDA ANNISA FERYANTARI	2018	100%	86	85	83	81	83.6	A-	1
27	18020134098	ELSA RISMA APRILIANA	2018	93.33%	82	86	80	79	81.9	A-	1
28	18020134099	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.

CL03 Have skills in performing traditional body techniques.

CL04 Have a responsible attitude by demonstrating traditional body movement techniques

**CLO-PLO  
CORRELATIONS**

	<b>PLO1</b>	<b>PLO2</b>	<b>PLO3</b>	<b>PLO4</b>	<b>PLO5</b>	<b>PLO6</b>	<b>PLO7</b>	<b>PLO8</b>	<b>PLO9</b>	<b>PLO10</b>	<b>PLO11</b>	<b>PLO12</b>
<b>CL01</b>	V										V	
<b>CL02</b>	V										V	
<b>CL03</b>	V										V	
<b>CL04</b>	V										V	

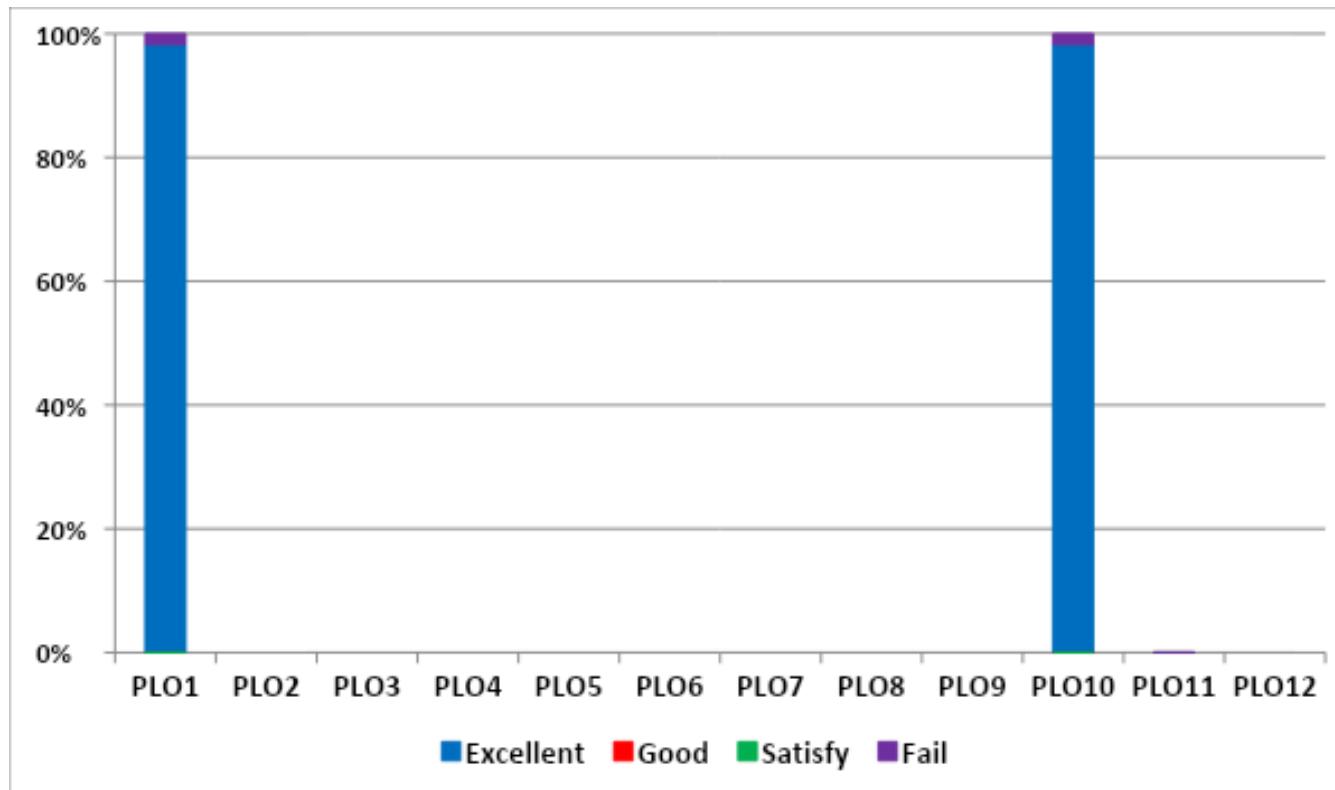
**PLAN ASSESSMENT**

	<b>PLO1</b>	<b>PLO2</b>	<b>PLO3</b>	<b>PLO4</b>	<b>PLO5</b>	<b>PLO6</b>	<b>PLO7</b>	<b>PLO8</b>	<b>PLO9</b>	<b>PLO10</b>	<b>PLO11</b>	<b>PLO12</b>
<b>CL01</b>	Assignment ,Mid-semest er test, Final semester test									Assignment ,Mid-semest er test, Final semester test		
<b>CL02</b>	Assignment ,Mid-semest er test, Final semester test									Assignment ,Mid-semest er test, Final semester test		
<b>CL03</b>	Assignment ,									Assignment ,		

	Mid-semest er test, Final semester test									Mid-semest er test, Final semester test		
<b>CLO4</b>	Assignment ,Mid-semest er test, Final semester test									Assignment ,Mid-semest er test, Final semester test		

#### STUDENTS' PERFORMANCE

	<b>PLO1</b>	<b>PLO 2</b>	<b>PLO 3</b>	<b>PLO 4</b>	<b>PLO 5</b>	<b>PLO 6</b>	<b>PLO 7</b>	<b>PLO 8</b>	<b>PLO 9</b>	<b>PLO10</b>	<b>PLO1 1</b>	<b>PLO1 2</b>
<b>Excellent</b>	98%									98%		
<b>good</b>	0%									0%		
<b>Satisfy</b>	0%									0%		
<b>File</b>	2%									2%		





## 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 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	Max. score
1	<b>Finding the financial data:</b> a. Data collected from reputable sources, ie Indonesian Capital Market ( <a href="http://www.idx.co.id">www.idx.co.id</a> ) (Excellent = 3, Good = 2, Fair = 1)	3

	<b>Finding the financial data:</b> b. Financial data is an audited Annual Report for the observed: (Excellent = 3, Good = 2, Fair = 1)	3
2	<b>Calculate data</b> a. Choose the correct formula (Excellent = 3, Good = 2, Fair = 1)	3
	<b>Calculate data</b> b. Correct calculation and result (Excellent = 3, Good = 2, Fair = 1)	3
3	<b>Description of the calculation result</b> Make a description about the calculated result and explain the meaning of the calculation result (Excellent = 3, Good = 2, Fair = 1)	3
4	<b>Conclusion</b> 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	<b>Assignment result paper</b> a. Systematic report (Excellent = 3, Good = 2, Fair = 1)	3
	<b>Assignment result paper</b> b. Language use (Excellent = 3, Good = 2, Fair = 1)	3
	<b>Assignment result paper</b> 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

## APPENDIX 2 COURSE ACTIVITIES RECORDS

### a. Sample of Student Attendance



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,  
RISET DAN TEKNOLOGI  
UNIVERSITAS NEGERI SURABAYA

Universitas Negeri Surabaya

Jl. Lidah Wetan, Surabaya - 60213  
Telepon :+6231-99424932  
Faksimile :+6231-99424932  
e-mail :bakpk@unesa.ac.id

#### PRESENSI KULIAH

Periode 2018/2019 Gasal

Mata Kuliah : Olah Tubuh Tari Tradisi

Dosen : Dr. Setyo Yanuartuti, M.Si.

Kelas : 2018A

Prodi : S1 Pendidikan Seni Drama, Tari Dan Musik

No	NIM	Nama Mahasiswa	Pertermuan Ke															
			1 20 Aug 18	2 27 Aug 18	3 03 Sep 18	4 10 Sep 18	5 17 Sep 18	6 24 Sep 18	7 01 Oct 18	8 08 Oct 18	9 15 Oct 18	10 22 Oct 18	11 29 Oct 18	12 05 Nov 18	13 12 Nov 18	14 19 Nov 18	15 26 Nov 18	%
1.	18020134006	AYU SOFVIYA PUSPITASARI	H	H	H	H	H	H	I	H	H	H	H	H	H	H	H	100 %
2.	18020134009	ERIN TRIANA DEWI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
3.	18020134011	SINDHI GALUGAWATI SISKA	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
4.	18020134031	RAHAYU ADYAKSARI	H	H	H	H	H	A	A	H	A	H	A	H	A	A	A	53,3 %
5.	18020134034	RENDI JAYA RISWANTO	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
6.	18020134047	ANISSA YULISETYOWATI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
7.	18020134051	ALDEWA RISKANADI	H	H	H	H	A	H	H	H	H	H	H	H	H	H	H	93,3 %
8.	18020134055	RORO AYU KUSUMANINGTYAS	H	H	H	H	H	H	H	H	H	H	H	H	A	H	H	93,3 %
9.	18020134057	NATASHA JULIAN PERMATASARI	H	H	H	H	A	H	H	H	H	H	H	A	H	H	H	86,7 %
10.	18020134059	GILANG ABIE PRASETYO	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
11.	18020134060	REGITA AYU APRININDRASARI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
12.	18020134061	NOVELLA NANDA MURTI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
13.	18020134062	KHARISMA	H	H	H	I	H	H	H	H	H	H	H	I	H	H	H	100 %
14.	18020134063	RIZAL PAHLEVİ	H	H	H	I	H	H	H	H	H	H	H	I	H	H	H	100 %
15.	18020134064	INDAH TRINULANDARI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
16.	18020134065	TONI ARDIANSYAH	H	H	H	H	H	H	H	H	H	H	H	I	H	H	H	100 %
17.	18020134066	GUNTUR AJIE PANGESTU	H	I	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
18.	18020134068	CAHYO BINTORO	H	H	H	H	H	H	H	H	H	H	H	I	H	H	H	100 %
19.	18020134075	NAIM MUSTHOFA	H	H	H	H	H	H	H	H	H	H	H	A	H	H	H	93,3 %
20.	18020134077	DELLA ULFIYA RAMADHANI	H	H	H	H	H	H	H	H	A	H	H	H	H	H	H	93,3 %
21.	18020134079	AISYAH RAHMAWATI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
22.	18020134080	ALFRIDA DANNISA NINGRUM	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
23.	18020134087	ANNISA DAMAYANTI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
24.	18020134091	HALIMATUSSA' DIYAH AYUNINGTYAS	H	H	H	H	H	H	H	H	H	H	H	A	H	H	H	93,3 %
25.	18020134095	ALVINDA YULIA RATRI KIRANA	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
26.	18020134097	NANDA ANNISA FERYANTARI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %
27.	18020134098	ELSA RISMA APRILIANA	H	H	H	H	A	H	H	H	H	H	H	H	H	H	H	93,3 %
28.	18020134099	ANDINI SEPTA ALMIRA	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	100 %

Tanda Tangan Dosen / Asisten

## b. Sample of Course Log Book

20/01/23 12.29	SIAKADU: Cetak Jurnal Perkuliahan					
	KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET, DAN TEKNOLOGI UNIVERSITAS NEGERI SURABAYA				Kampus Ketintang Jalan Ketintang, Surabaya 60231 T: +6231-8293484 F: +6231-8293484 laman: unesa.ac.id email: bakpk@unesa.ac.id	
<b>Aktivitas Perkuliahan</b>						
<b>Nama Matakuliah</b> : Olah Tubuh Tan Tradisi <b>Kelas</b> : 2018A <b>Jadwal &amp; Ruang</b> : T05.01.01 (13.00 - 14.40) R.				<b>Dosen</b> : SETYO YANUARTUTI (196901151993022001)		
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



