

Title of Module/Course on Sports Massage and Physical Rehabilitation																													
Module/Course Title (if used)	Student Workload 14 x (3 credits times (50 + 60 +50) minutes)	Credits (ECTS) 3 credits x 1.59	Semester 5 th Semester	Frequency 14	Duration 1 semester(s)																								
1	Course Type a) Lectures	Contact Hours 14 x 3 credits x 50 minutes	Structured assignments 14 x 3 credits x 60 minutes	Independent study 14 x 3 credits x 60 minutes	Class Size 40 students																								
2	Prerequisites for Participation (if applicable) Minimum Grade C in Sport Massage and Physical Rehabilitation																												
3	Course Learning Outcomes <ol style="list-style-type: none"> 1. Able to master the theoretical concepts of Sports Massage and Physical Rehabilitation 2. Able to understand theoretical concepts of Sports Massage and Physical Rehabilitation and practice 3. Able to apply and practice according to theory of Sports Massage and Physical Rehabilitation 4. Able to be responsible individually and in groups in applying the theory of Sports Massage and Physical Rehabilitation. 																												
4	Target Subject / content This course discusses the basics of Sports Massage and Physical Rehabilitation, the principles of handling in Sports Massage and Physical Rehabilitation, tools used in the recovery of Sports Massage and Physical Rehabilitation, exercise therapy for sports injuries, the basic program of Sports Massage and Rehabilitation Physical to sports activities, through lectures and discussions																												
5	Teaching Methods Scientific comprehension, scientific recollection, rememorization, humanistic performance																												
6	Assessment Methods Students are considered competent and graduate if they at least get a minimum exam score of 68 consisting of UTS, US, structured activities (assignments/T) and participation activities (P).. The final value (NA) is calculated according to the formula: $NA = \frac{(2xP)+(3xT)+(2xUTS)+(3xUS)}{10}$ Convert the scale value of 0 -100 to a scale of 0-4 and the letters are set as follows.																												
	<table border="1"> <thead> <tr> <th>Letter</th><th>Numbers</th><th>Interval</th></tr> </thead> <tbody> <tr> <td>A</td><td>4.00</td><td>85 A <100</td></tr> <tr> <td>A-</td><td>3.75</td><td>80 A- < 85</td></tr> <tr> <td>B+</td><td>3.50</td><td>75 B+ <80</td></tr> <tr> <td>B</td><td>3.00</td><td>70 B < 75</td></tr> <tr> <td>B-</td><td>2.75</td><td>65 B- < 70</td></tr> <tr> <td>C+</td><td>2.50</td><td>60 C+ < 65</td></tr> <tr> <td>C</td><td>2.00</td><td>55 C < 60</td></tr> </tbody> </table>					Letter	Numbers	Interval	A	4.00	85 A <100	A-	3.75	80 A- < 85	B+	3.50	75 B+ <80	B	3.00	70 B < 75	B-	2.75	65 B- < 70	C+	2.50	60 C+ < 65	C	2.00	55 C < 60
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	D	1.00	40 D < 55	
	E	0.00	0 E < 40	
7	This module is used in the study program in S-1 Coaching Education Sports			
8	Responsibilities for modules/courses Mandatory			
9	Other Information <ol style="list-style-type: none"> 1. Ardhi Mardianto Indra P. (2015). <i>Benefits of Swedish Massage for Fatigue Recovery in Athletes</i>. Effector's Journal 27, 1-11. 2. Bambang Trisno Wiyoto. 2011. <i>Remedial Massage: A Guide to Healing Massage for Physiotherapists, Practitioners, and Instructors</i>: Yogyakarta : Muha Medika. 3. Bambang Wijanarko et al. (2010). <i>Sport Massage Theory and Practice</i> : Surakarta : Yuma Pusaka. 4. Tommy Fondy. (2016). <i>Sport Massage Practical Guide Caring for and Repositioning Body Injury</i> : Jakarta : PT Gramedia Pustaka Utama Member of IKAPI. 			