

Physical Education and Sports					
Course Code (KU 108)	Workload 2 x 50 minutes	Credit 2	Semester 4	Frequency Every even semester	Duration 1 semester
1	Type of Subject a) Theory	Number of Face-to-Face Meetings 14x @ 100 minutes	Independent study time 100 minutes	Number of Students 20 students	
2	Precondition				
3	Learning Outcome (CPMK) 1. Able to interact positively, tolerant and respect others in completing various learning activities (S1) 2. Able to work together in completing learning activities during lectures and outside lecture hours. (S2) 3. Able to show responsibility, mutual respect and hard work through physical activities. (S3) 4. Able to analyze theoretical and practical concepts of physical fitness related to health and skills (P1) 5. Able to understand the importance of a healthy and active lifestyle and apply it in everyday life (P2) 6. Able to utilize technology to help adopt a healthy and active lifestyle (KU1) 7. Able to apply a healthy lifestyle and consumption of food (KU2) 8. Able to evaluate physical fitness and daily physical activity (KK1) 9. Able to practice one of the swimming styles (KK1) 10. Able to design, interpret and perform physical activities to maintain daily health. (KK 2)				
4	Subject aims / Content 1. Healthy and Active Lifestyle - Understand the purpose, scope and procedures of the lecture (C1-Knowledge) - Describe a healthy and active lifestyle (C1-Knowledge) - Explain the importance of living a healthy and active life (C2-Understanding) - Classify healthy and active lifestyles (C3-Application) - Linking an active lifestyle to health (C5-Synthesis) 2. Physical Fitness and Physical Activity				

	- Identifying physical fitness related to health and skills (C2-Understanding) - Classifying the differences between the components of physical fitness related to health and skills (C3-Application) - Analyzing the differences between the components of physical fitness related to health and skills (C4-Analysis) - Defining the definition and benefits of regular physical activity (C3-Application) - Analyze how much physical activity is recommended for adults (C4-analysis) 3. Evaluation of Physical Fitness and Status of Physical Activity Level - Measure your physical fitness level (C3-app) - Measuring physical activity level using IPAQ (C3-application) - Record and analyze physical fitness data and physical activity levels of each individual (C4- analysis) 4. Physical fitness related to health and Pulse - Defining cardiovascular endurance activity for health (C2-Understanding) - Displaying cardiovascular endurance activity for health (C3-Application) - Analyzing the relationship of cardiovascular endurance activity to health (C5-Synthesis) - Determine pulse, rest, exercise and maximal (C3-Application) - Linking pulse, rest, exercise and maximum to physical activity (C5-Synthesis) 5. Body Mass Index and Physical Fitness related to health. - Able to calculate body mass index (C3-Application) - Examining a healthy and ideal body (C4-Analysis) - Classifying the health benefits of cardiovascular endurance activities (C3-Application) - Able to create cardiovascular endurance activities for health (C5-Synthesis) 6. Heating, cooling and physical fitness related to health, Students know and understand about the goals and cycles of educational innovation in schools. - Explain the benefits of heating and cooling during physical activity (C2-Understanding) - Applying heating and cooling during physical activity (C3-Application) - Identifying and defining muscular endurance activity (C2-Understanding)
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	- Be able to demonstrate muscle endurance activities for health (C3-Application) - Be able to analyze the relationship of muscle endurance activity to health (C4-Analysis) 7. Flexibility and fitness related to health. - Demonstrate the flexibility activity procedure safely (C3-Application) - Analyzing the health benefits of flexibility activities (C4-analysis) - Able to determine muscular strength activity (C3-Application) - Analyzing muscle strength activity (C4-Analysis) - Relating muscle strength activity to health (C5-Synthesis) 8. Food nutrition and physical fitness related skills - Describe the types and functions of the types and functions of carbohydrates, fats, proteins, vitamins, minerals, water (C1-Knowledge) - Classifying various food nutrients (C3-Application) - Demonstrates agility, speed and reaction. (C3-Application) - Linking skills obtained from physical fitness activities undertaken. (C4-Analysis) 9. Components of physical fitness related to skills, and Calories - Determine the components of balance, coordination and power (C3-Application) - Linking skills acquired from physical fitness activities undertaken (C4-Analysis) - Shows the number of calories produced by fibrous, carbohydrate, protein, fatty foods (C3-Application) - Types of fibrous, carbohydrate, protein, fatty foods and linking them to the number of calories needed for physical activity (C5-Symtosis) 10. Midterm Exam 11. Physical fitness related to Invasion Game Skills and Activities - Display critical thinking and problem solving skills in Invasion game activities (C3-Application) - Able to communicate, cooperate, and fairplay in invasion game activities (C3-Application) 12. Physical fitness related skills and Field / Net Games - Display critical thinking and problem solving skills in Field / Net game activities (C3- Application)
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	- Able to communicate, cooperate, and fairplay in sports games (C3-Application) 13. Aquatic Activities - Demonstrating one of the swimming styles (C3-Application) - Identifying and analyzing the differences in the four swimming styles (C4-Analysis) 14. Create a personal fitness activity program. - Applying the basic principles of a fitness activity program to a personal activity program (C3- Application) - Schematic of a personal physical activity program based on the basic principles of a fitness activity program (C4- Analysis) - Demonstrate personal fitness program activities according to the FITT formula (C3- Application) - Able to create personal fitness activities based on the FITT formula (C4-Analysis) - Able to design fitness activity programs to develop cardiovascular endurance, strength, muscular endurance, and ideal body composition (C6-kreasi) 15. Final Exams
5	Teaching methods 1. Purpose, scope, lecture procedures, an explanation of the assignments that must be done by students, exams that must be followed including the types of questions and how to complete / answer questions, and reference sources to explore this lecture. 2. Benefits for health by getting a healthy and active lifestyle Encounter 1 - Listening to the explanation from the Lecturer Team, - Asking Questions, Responding to Explanations 1. Physical fitness related to health and skills 2. Physical activity and classification of physical activity levels Encounter 2 - Asking Questions, Responding to Explanations
	1. Components of the physical fitness test using the Adult Fitness Test - Run / walk 1.5 miles

	- Push-Ups and Half Sit-Ups - Sit and Reach - Body Composition 2. Use and benefits of the IPAQ International Physical Activity Questioner) 3. Analyze physical fitness status and physical activity level Encounter 3 - Practice, - Discussion - Question and answer
	1. Components of physical fitness related to health - Cardiovascular endurance activities through running / walking activities. 2. Pulse of rest, exercise and maximum, Encounter 4 - Practice, - Discussion - Question and answer
	1. Body Mass Index (Body Mass Index) and BMI classification 2. Components of physical fitness related to health - Cardiovascular DT activity through aerobic exercise Encounter 5 - Practice, - Discussion - Question and answer
	1. Components of physical fitness related to health: Various activities of endurance strength (muscular endurance) 2. The benefits of heating and cooling during physical activity Encounter 6 - Practice, - Discussion - Question and answer - Tugus
	1. Static, dynamic and PNF flexibility activities (individual-pair)

	2. Components of physical fitness related to health: Muscle strength activity using various media. Encounter 7 - Practice, - Discussion - Question and answer
	1. Components of physical fitness related to skills - Through sprint game activities, reaction games and continuous running 2. Agility, speed and reaction - Types and functions of carbohydrates, fats, proteins, vitamins, minerals, water Encounter 8 - Practice, - Discussion - Question and answer
	1. Components of physical fitness related to skills - Through park jumping activities, jumping rope and jumping activities using various media. - Gymnastic activity 2. Balance, coordination and power 3. Calories and physical activity Encounter 9 - Practice, - Discussion - Question and answer
	<i>MIDTERM EXAM</i>
	1. Components of physical fitness related to skills - Through the Invasion game activity 2. The concept of playing basketball / football / football 3. Communication, fair play, leadership and teamwork in game sports Encounter 11 - Practice, - Discussion - Question and answer

	1. Components of physical fitness related to skills - Through field or net play activities 2. The concept of playing Softball / Castle / Volleyball / Badminton / 3. Table tennis 4. Communication, fair play, leadership and teamwork in game sports Encounter 12 - Practice, - Discussion, - Question and answer
	Analyze hand movements, leg movements, body positions, and exhalations of various swimming styles Encounter 13 - Practice, - Discussion, - Question and answer
	1. The basic principles of a fitness activity program - Overload (load more - Progression (increase in load) - Specificity (specificity) - Reversibility (return / recover origin) - Recovery (recovery) - Individualization 2. FITT formula in fitness activities - Frequency - Intensity - Time / duration - Type Encounter 14 - Practice, - Discussion, - Question and answer

	<i>FINAL EXAMS</i>
6	Assessment methods Encounter 1 - Review the literature on the benefits of regular physical activity on health.
	Encounter 2 - Review the physical fitness literature and physical activity according to the instructor's direction
	Encounter 3 - Evaluate and understand the level of physical activity and fitness of each individual - Encourage joining the Sports UKM
	Encounter 4 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogole fit
	Encounter 5 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogole fit
	Encounter 6 - Record physical activity for a week using gooogole fit
	Encounter 7 - Record physical activity for a week using Google Fit - Trying to arrange the necessary healthy foods according to physical activity - Task Groups organize fitness activities related to health
	Encounter 8 - Checking missed physical activities. - Record physical activity for a week using Google Fit. - Review the material literature that has been submitted
	Encounter 9 - Checking missed physical activities.

	- Record physical activity for a week using Google Fit. - Review the material literature that has been submitted
	MIDTERM EXAM
	Encounter 11 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogle fit
	Encounter 12 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogle fit
	Encounter 13 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogle fit
	Encounter 14 - Review and search for literature material that has been submitted - Record physical activity for a week using gooogle fit
	FINAL EXAMS
7	This course is also used in the following Masters study programs:
8	Course Manager 1. Physical Education and Sport Teaching Team
9	Other information Almond, L., & Harris, J. (1998). Interventions to promote health-related physical educa- tion. In S.J.H. Biddle, J.F. Sallis, & N. Cavill (Eds.), Young and Active? (pp. 133–149). London: Health Education Authority. Bandura, A. (2004). Health promotion by social cognitive means. Health Education & Behavior, 31, 143–164. Gallo, A. Marrie. 2003. “Assessing the Affective Domain” dalam Journal of Physical Education Recreation & Dance. 74, 4, hlm. 44 Giritwijoyo, S., & Zafar, S. D. (2010). Ilmu Faal Olahraga. Bandung Hagstromer, M., P. Oja and M. Sjostrom (2006). "The International Physical Activity Questionnaire (IPAQ): a study of concurrent and construct validity." Public Health Nutr 9: 755-62.

	Harsono. (2007). Teori dan Metodologi Pelatihan. Bandung Hellison, D. 2003. Teaching Responsibility through Physical Activity. Champaign, IL: Human Kinetics. Hendrayana, Yudy. 2013. Bermain Atletik. Bandung: Universitas Pendidikan Indonesia Houston, Jennifer, and Pamela Kulinna. 2014. "Health-Related Fitness Models in Physical Education." <i>Strategies</i> 27(2): 20– 26. http://www.tandfonline.com/doi/abs/10.1080/08924562.2014.879026. Kanfer, F.H., & Gaelick-Buys, L. (1991). Self-Management Methods. In F.H. Kanfer & A.P. Goldstein (Eds.), <i>Helping people change: A textbook of methods</i> (pp. 305 360). New York: Pergamon Press Lumpkin, A. 2008. "Teacher as Role Models Teaching Character and Moral Virtues" dalam <i>Journal of Physical Education Recreation and Dance</i>. 79, 2. hlm. 45. Mahendra, A. (2003). <i>Falsafah Pendidikan Jasmani</i>. Jakarta: Dikdasmen. Mahendra, Agus (2007). <i>Teori Belajar Mengajar Motorik</i>. Bandung: Modul Mata Kuliah Dual Modes/PPJ. Mahendra, A. (2000). <i>Senam</i>. Jakarta: Dirjen Dikdasmen Depdiknas Metzler, M.W. (2005) <i>Instructional models for physical education</i> Holcomb Hathaway, 2nd Edition. Sidik, D. Z. (2010). <i>Mengajar dan melatih atletik</i>. Bandung: PT Remaja Rosdakarya Suherman, A. (2000). <i>Dasar-dasar penjaskes</i>. Jakarta: Depdiknas. Suherman, A. (2000). <i>Dasar-dasar penjaskes</i>. Jakarta: Depdiknas. Tommie, P.M., Wendt, J.C., 1993. "Affective teaching: Psycho-Social Aspects of Physical Education" dalam <i>Journal of Physical Education, Recreation, and Dance</i>. hlm.66. The President's Fitness Challenge. The Adult Fitness Test. https://www.presidentschallenge.org/challenge/adult.shtml. Accessed April 3, 2014.
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