



**UNIVERSITAS NEGERI PADANG**  
FACULTY OF MATHEMATICS AND NATURAL SCIENCES  
MATHEMATICS DEPARTMENT, MATHEMATICS EDUCATION STUDY PROGRAM  
Main Campus Universitas Negeri Padang.  
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## Bachelor of Mathematics Education

## MODULE HANDBOOK

Module name:	Physical Educations
Module level, if applicable:	Bachelor
Code:	UNP2.60.2101
Subheading, if applicable:	-
Classes, if applicable:	Physical Educations
Semester:	6 <sup>th</sup> (sixth)
Module coordinator:	Dr. Arsil, M.Pd.
Lecturer(s):	Dr. Arsil, M.Pd., and Team
Language:	Bahasa Indonesia
Classification within the curriculum:	University Elective Course
Teaching format / class hours per week during the semester:	Teaching format: <ul style="list-style-type: none"><li>• Lectures (face to face activities): Group discussion/expository, practical.</li><li>• Structured assignment, and</li><li>• Independent activities.</li></ul> 2 x 170 minutes = 340 minutes = 5.67 hours
Workload:	16 weeks per semester include Midterm Exam and Final Exam which consist of: <ul style="list-style-type: none"><li>• 1.67 hours lectures (2 x 50 minutes) per week,</li><li>• 2 hours structured assignments (2 x 60 minutes) per week,</li><li>• 2 hours independent activities (2 x 60 minutes) per week,</li></ul> 16x2x170 minutes= 5440 minutes= 90.67 hours= 3.02 ECTS
Credit points:	2 SKS (3.02 ECTS)
Prerequisites course(s):	-
	After taking this course the students have ability to: CO 1: Understand and analyze the definition of physical fitness, the characteristics and benefits of physical

Course outcomes:	<p>fitness, components of physical fitness, stages of physical fitness training, training principles, methods and forms of physical fitness training as well as measuring and making a physical fitness exercise program</p> <p>CO 2: Show responsibility attitude towards independent activities and team works.</p>
Content:	<p>This course discusses:</p> <ol style="list-style-type: none"> <li>1. Definition of physical fitness, characteristics and benefits of physical fitness</li> <li>2. Physical fitness component</li> <li>3. Stages of exercise and principles of physical fitness training</li> <li>4. Method forms of endurance training as well as measuring and practicing</li> <li>5. Strength training form methods as well as measuring and practicing</li> <li>6. Speed training form method as well as measuring and practicing</li> <li>7. Agility training form methods as well as measuring and practicing</li> <li>8. The method of explosive power training forms as well as measuring and practicing</li> <li>9. Compilation of a physical fitness exercise program.</li> </ol>
Study/exam achievements:	<p>Total Score = (25% x Midterm Exam Score) + (30% x Final Exam Score) + (15% x Assignment: topic resume) + (20% x Practical) + (10% x Affective Score (Responsibility, class attendance))</p> <p>The initial cut - off points for grades A, A-, B+, B, B-, C+, C, C-, and D should not be less than 85, 80, 75, 70, 65, 60, 55, 50, and 40 out of 100 respectively.</p> <p><b>Explanation:</b></p> <ol style="list-style-type: none"> <li><b>1. Midterm Exam</b> <ul style="list-style-type: none"> <li>✓ Midterm Exam will be conducted in the 9<sup>th</sup> meeting .</li> <li>✓ Midterm Exam is in the form of a written test (essay) and will be conducted in the classroom.</li> <li>✓ The time allocation is 120 minutes according to the module schedule.</li> </ul> </li> <li><b>2. Final Exam</b> <ul style="list-style-type: none"> <li>✓ Final Exam will be conducted in the 16<sup>th</sup> meeting.</li> <li>✓ Final Exam is in the form of a written test (objective) and will be conducted in the classroom.</li> <li>✓ The time allocation is 120 minutes which follows the Final Exam schedule.</li> </ul> </li> <li><b>3. Assignment</b> <ul style="list-style-type: none"> <li>✓ Topic resume: Students summarize the learning content and write a report.</li> </ul> </li> </ol>

