



UNIVERSITAS NEGERI PADANG
FACULTY OF MATHEMATICS AND NATURAL SCIENCES MATHEMATICS
DEPARTMENT, MATHEMATICS STUDY PROGRAM
Main Campus Universitas Negeri Padang.
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Bachelor of Science in Mathematics

MODULE HANDBOOK

Module name:	Physical Education
Module level, if applicable:	Bachelor
Code:	UNP2.60.2101
Subheading, if applicable:	-
Classes, if applicable:	Physical Education
Semester:	3 rd (third)
Module coordinator:	Dr. Arsil, M.Pd.
Lecturer(s):	Dr. Arsil, M.Pd. and Team
Language:	Indonesian Language
Classification within the curriculum:	Elective course in the second year (3 rd semester) Bachelor Degree
Teaching format / class hours per week during the semester:	<ol style="list-style-type: none">Lectures : cooperative learning with methods such as exercise and reciprocal. (2 x 50 minutes = 100 minutes).Structured assignment : practical (2 x 60 minutes = 120 minutes).Individual study. (2 x 60 minutes = 120 minutes)
Workload:	Total workload is 90.67 hours, which consist of 100 minutes lectures per week for 16 weeks, 120 minutes structured activities per week, and 120 minutes individual study per week, in total 16 weeks per semester, including mid and final exam.
Credit points:	2 sks = 3.02 ECTS
Prerequisites course(s):	None

Course outcomes:	<p>After taking this course the students have ability to:</p> <p>CO. 1 Understand and analyze the definition of physical fitness, the characteristics and benefits of physical fitness, components of physical fitness, stages of physical fitness training, training principles, methods and forms of physical fitness training as well as their measurement and development of a physical fitness exercise program</p> <p>CO. 2 Apply physical fitness in everyday life</p>
Content:	<ol style="list-style-type: none"> 1. Definition of physical education, characteristics and benefits of physical education 2. Components of physical education 3. Stages of exercise and principles of physical education training 4. Methods of form of endurance training as well as measurement and practice 5. Strength training methods as well as measuring and practicing 6. Speed training form method as well as measuring and practicing 7. Agility training form methods as well as measuring and practicing 8. Explosive power training methods as well as measurement and practice 9. Compile a physical fitness exercise program
Study/exam achievements:	<p>The final mark will be weighted as follows: The final examination (30 %), mid term examination (25%), assignment (15%), practical (20%), and participation/affective (10%).</p> <p>Both the midterm and final tests are in the form of written text. The assignment consists of a topic resume: students summarize the learning content and write a report.</p> <p>In practical, students practice the theories that have been learned and are held within the lecture schedule.</p> <p>The assessment is based on the observation sheet by using the given scoring rubrics.</p>
Forms of media:	White Board, laptop, Projector, e-learning via elearning2.unp.ac.id , and zoom meeting.
Literature:	<ol style="list-style-type: none"> 1. Arsil.2011.Pembinaan Kondisi Fisik. FIK-UNP. Padang: Sukabina Offseet

	<ol style="list-style-type: none"> 2. Irawadi, Hendri. 2011. Kondisi Fisik dan Pengukurannya. FIK-UNP. Padang. 3. J. Alter, Michael. 2003. 300 Teknik Peregangan Olahraga. Jakarta: PT. Raja Grafindo Persada. 4. Kemendiknas, 2010. Kesehatan Olahraga, Panduan Untuk Pelatih Olahragawan Usia Dini. Jakarta: Pusat Pengembangan Kualitas Jasmani. 5. Kravitz, Len. 2001. Panduan Lengkap Bugar Total. Jakarta: PT. Raja Grafindo Persada. 6. Kuantaraf, Jonathan dan Kuantitatif, Kathleen. 1992. Olahraga Sumber Kesehatan. Bandung: Perct. Advent Indonesia. 7. Syafruddin. 2012. Ilmu Kepelatihan Olahraga. Teori dan Aplikasinya Dalam Pembinaan Olahraga. Padang: UNP Press. 8. Syahara, Sayuti. 2009. Kemampuan Biomotorik dan Metodologi Pengembangan. Padang: UNP Press. 9. Mutohir, Toho Cholik. 2003. Pedoman Cara Melatih Calon Juara 6 – 18 tahun. Jakarta: Depdiknas. 10. Kemenegpora. 2008. Buku Pedoman Antropometri dan Kapasitas Fisik Olahragawan. Jakarta.
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PLO and CO Mapping

	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8	PLO9	PLO10
CO1							✓			
CO2							✓			