

		Universitas Negeri Surabaya Faculty of Languages and Arts Undergraduate Study Program Drama Arts, Dance and Music Education						Document Code																																
SEMESTER LEARNING PLAN																																								
Courses		CODE	Course Family		Credit Weight		SEMESTER	Compilation Date																																
Traditional Dance Bodywork		8820902257			T=2	P=0	ECTS=3.18	1 July 18, 2024																																
AUTHORIZATION		SP Developer			Course Cluster Coordinator		Study Program Coordinator																																	
			Dr. Welly Suryandoko, S.Pd., M.Pd.																																	
Learning model	Case Studies																																							
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																							
	Program Objectives (PO)																																							
	PLO-PO Matrix																																							
	<table border="1" style="width: 100%; text-align: center;"> <tr> <td></td><td>P.O</td><td colspan="14">Week</td></tr> <tr> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> </table>									P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14
	P.O	Week																																						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																							
PO Matrix at the end of each learning stage (Sub-PO)																																								
Short Course Description	Mastery of traditional physical exercise technique skills																																							
References	Main :																																							
	<ol style="list-style-type: none"> 1. Paul Uram. 1986. Latihan Peregangan. Jakarta : Akademika Presindo. 2. Gerald Nierenberg & Henry H. Calero. 2009. Membaca Gerakan Tubuh (Penerjemah Natalia Trijaji). Surabaya : Selasar Surabaya Publishing. 3. Yoshi Oida & Lorna Marshall. 2012. Ruang Tubuh Aktor. Surabaya: Dewan Kesenian Jawa Timur. 																																							
	Supporters:																																							
Supporting lecturer		Dra. Jajuk Dwi Sasanadjati, M.Hum. Dr. Setyo Yanuartuti, M.Si.																																						
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation			Help Learning, Learning methods, Student Assignments, [Estimated time]			Learning materials [References]	Assessment Weight (%)																															
		Indicator	Criteria & Form	Offline (offline)		Online (online)																																		
(1)	(2)	(3)	(4)	(5)		(6)		(7)	(8)																															

1	Understand the meaning, objectives and functions of the Traditional Body Exercise course.	1.Explain the study contract. 2.Explains the general description, objectives and functions of the Body Exercise course	Criteria: Explain the meaning and knowledge about bodywork for dancers clearly and correctly. Identify techniques for doing as many bodywork as possible well and correctly. Work on and complete papers on time well and correctly.	Lectures and questions and answers. 2 X 50			0%
2	Warm up and cool down.	Students are able to warm up and cool down.	Criteria: Warm up well and correctly. Warm up well and correctly.	Demonstration.Drill. 2 X 50			0%
3	Warm up and cool down.	Students are able to warm up and cool down.	Criteria: Warm up well and correctly. Warm up well and correctly.	Demonstration.Drill. 2 X 50			0%
4	Perform basic flexibility techniques.	Do basic flexibility category exercises.	Criteria: 1.Can do seated Knee Kisses properly and correctly. 2.Can do standing knee kisses properly and correctly. Can kiss your knees apart properly and correctly	Demonstration. Drill. 2 X 50			0%
5	Perform basic flexibility techniques.	Do basic flexibility category exercises.	Criteria: 1.Can do seated Knee Kisses properly and correctly. 2.Can do standing knee kisses properly and correctly. Can kiss your knees apart properly and correctly	Demonstration. Drill. 2 X 50			0%
6	Exercise resilience	Students are able to exercise resilience	Criteria: 1.Can do leg resistance well and correctly. 2.Can do abdominal resistance well and correctly.	Demonstration. Drill. 2 X 50			0%
7	Exercise resilience	Students are able to exercise resilience	Criteria: 1.Can do leg resistance well and correctly. 2.Can do abdominal resistance well and correctly.	Demonstration. Drill. 2 X 50			0%
8	Exercise resilience	Students are able to exercise resilience	Criteria: 1.Can do leg resistance well and correctly. 2.Can do abdominal resistance well and correctly.	Demonstration. Drill. 2 X 50			0%

9	Midterm exam.	Students are able to perform all the physical exercise techniques that have been presented.	Criteria: 1.Can warm up well and correctly. Can cool down well and correctly. Can do sitting knee kisses well and correctly. Can do standing knee kisses well and correctly. Can do open leg knee kisses properly and correctly. Can do leg resistance properly and correctly. 2.Can do abdominal resistance well and correctly	Demonstration. Drill. 2 X 50			0%
10	Doing power	Doing power	Criteria: 1.Can do leg strength well and correctly. 2.Can do hand strength well and correctly.	Demonstration. Drill. 2 X 50			0%
11	Doing power	Doing power	Criteria: 1.Can do leg strength well and correctly. 2.Can do hand strength well and correctly.	Demonstration. Drill. 2 X 50			0%
12	Strike a Balance	Students are able to balance	Criteria: 1.Can balance lifting one leg properly and correctly. 2.Can do Candle Balancing properly and correctly.	Demonstration. Drill. 2 X 50			0%
13	Perform moving movement techniques	Students are able to perform movement techniques to move places	Criteria: 1.Can do the straight tiptoe Trisik well and correctly 2.Can do the bent tiptoe Trisik properly and correctly. 3.Can make profits well and correctly. Can do Lumaksono well and correctly. 4.Can do Lumaksono dhodhok well and correctly. Can do Kengser well and correctly. Can jump well and correctly.	Demonstration. Drill. 2 X 50			0%

14	Perform moving movement techniques	Students are able to perform movement techniques to move places	Criteria: 1.Can do the straight tiptoe Trisik well and correctly 2.Can do the bent tiptoe Trisik properly and correctly. 3.Can make profits well and correctly. Can do Lumaksono well and correctly. 4.Can do Lumaksono dhodhok well and correctly. Can do Kengser well and correctly. Can jump well and correctly.	Demonstration. Drill. 2 X 50			0%
15	Carrying out a series of warm-up, cool-down, flexibility, balance, endurance, strength, movement movements.	Students are able to carry out physical exercises including warm-up, cool-down, flexibility, balance, endurance, strength, moving movements.	Criteria: Can perform a series of warm-up, cool-down, flexibility, endurance, balance, strength, moving movement techniques properly and correctly.	Demonstration. Drill. 2 X 50			0%
16	Final exams	Students are able to carry out physical movements including warm-up, cool-down, flexibility, balance, endurance, strength, movement in groups.	Criteria: Can perform a series of warm-up, cool-down, flexibility, endurance, balance, strength, movement techniques in groups properly and correctly.	Demonstration. 2 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.

