

Sport

Module name		Sport				
Module level		1 st year of Bachelor program				
Abbreviation, if applicable						
Sub-heading, if applicable						
Courses included in the module, if applicable		KU-1001 Sport				
Semester/term		2 nd Semester				
Module coordinator(s)		Samsul Bahri, Drs., M.Kes.				
Lecturer(s)		Samsul Bahri, Drs., M.Kes.				
Language		Indonesian				
Classification within the Curriculum		Compulsory courses for Bachelor Program in Biology				
Teaching format/ class hours per week during the semester		Lecture (Face to face lecture): 2 hours x 16 weeks				
Workload	Total Workload	100 hours; 2 CU				
		Face to face teaching	Structured Activities	Independent study	Exam	Total
	Lecture	32	32	32	4	100
Credit points		<i>Sport (2 CU)</i>				
Requirements						
Content	<p>The course includes the theory and practice. The theory involves:</p> <ul style="list-style-type: none"> • The importance of sports • The body fitness • Nutrition • Sports • The principles of training and various games of sport. <p>The Practice includes physical exercises.</p>					
Learning goals/ competencies	<p><i>After completion of this module students are expected to be able to:</i></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Describe the positive values of sport in individuals, campus and society <p>Skills:</p> <ul style="list-style-type: none"> • Apply the positive values of sport in campus and society. <p>Competences:</p> <ul style="list-style-type: none"> • Demonstrate the ability to integrate the positive values of sport with the student activities in campus 					
Study/exam achievements	<ul style="list-style-type: none"> • <i>Midterm exam</i> • <i>Final exam</i> • <i>Assignment</i> • <i>Quizzes</i> 					
Forms of media		<i>Classical teaching tools:</i>			<i>white board/ chalk and talk, power point, outdoor-gymnasium class</i>	
		<i>Integrated teaching tools:</i>				
		<i>Digital teaching tools:</i>				
		<i>Problem based teaching tools:</i>				
Literature		<ol style="list-style-type: none"> 1. Bempa, T.O. 1994. Theory and Methodology of Trainin. Kendal/Hunt Publishing Company. Iowa. 2. Daniel Goleman. 1977. Emotional Intellegence. PT. Gramedia.Pustaka (Indonesian version). Jakarta. 3. Giriwijoyo, S., Y.S., <i>et.al.</i> 2005. Manusia dan Olahraga. ITB - FPOK UPI Bandung. Penerbit ITB. 4. Harsono. 1988. Coaching dan Aspek-asapek Psikologis dalam Coaching. CV. Tambak Kusuma.Pustaka 5. Snow Harrison. 1992. The Power of Team Building. Pfeiffer & Company. San Diego, California. 6. Willmore, H., Jack & Costill, L., David. 1999. Physiology of Sport and Health Exercise 				