

**WI2003 Sports**

Module designation	Sports
Semester(s) in which the module is taught	2 <sup>nd</sup> Semester (first year of undergraduate program)
Person responsible for the module	Samsul Bahri, Drs., M.Kes.
Language	Indonesian
Relation to curriculum	Compulsory courses for Undergraduate Program in Urban and Regional Planning
Teaching methods	Lecture and Practical Class
Workload (incl. contact hours, self-study hours)	<p>(Estimated) Total workload: around 96 hours</p> <ol style="list-style-type: none"> <li>Lecture : <ul style="list-style-type: none"> <li>Face to face teaching : 30 Hours</li> <li>Structured Activities : - Hours</li> <li>Independent Study : 32 Hours</li> <li>Exam : 2 Hours</li> </ul> </li> <li>Practical Class : <ul style="list-style-type: none"> <li>Face to face teaching : - Hours</li> <li>Structured Activities : 32 Hours</li> <li>Independent Study : - Hours</li> <li>Exam : - Hours</li> </ul> </li> </ol>
Credit points	1 CU/1.67 ECTS
Required and recommended prerequisites for joining the module	-
Module objectives/intended learning outcomes	<ol style="list-style-type: none"> <li>Describes the positive values of sport in individuals, campus and society</li> <li>Applies the positive values of sport in campus and society.</li> <li>Demonstrates the ability to integrate the positive values of sport with the student activities in campus</li> </ol>
Content	<p>The course includes the theory and practice. The theory involves:</p> <ul style="list-style-type: none"> <li>The importance of sports</li> <li>The body fitness</li> <li>Nutrition</li> <li>Sports</li> <li>The principles of training and various games of sport.</li> </ul> <p>The Practice includes physical exercises</p>
Examination forms	practical
Study and examination requirements	<p>Exams : 50%</p> <p>Physical exercises : 50%</p>

Reading list	<ol style="list-style-type: none"> <li>1. Bompa, T.O. 1994. Theory and Methodology of Training. Kendal/Hunt Publishing Company. Iowa.</li> <li>2. Daniel Goleman. 1977. Emotional Intelligence. PT. Gramedia.Pustaka (Indonesian version). Jakarta.</li> <li>3. Giriwijoyo, S., Y.S., et.al. 2005. Manusia dan Olahraga. ITB - FPOK UPI Bandung. Penerbit ITB.</li> <li>4. Harsono. 1988. Coaching dan Aspek-asapek Psikologis dalam Coaching. CV. Tambak Kusuma.Pustaka</li> <li>5. Snow Harrison. 1992. The Power of Team Building. Pfeiffer &amp; Company. San Diego, California.</li> <li>6. Willmore, H., Jack &amp; Costill, L., David. 1999. Physiology of Sport and Health Exercise</li> </ol>
--------------	--