



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

<b>Module designation</b>		<b><i>Recreational sport</i></b>				
Semester(s) in which the module is taught		4				
Person responsible for the module		Dra. Ichsani, M.Kes Muhammad Rhesa, S.Psi., M.A				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class	-	-	-	-	-
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				



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<p>Module objectives / intended learning outcomes</p>	<p>This course covers the exploration and examination of the foundations of basic sports programming skills, methods, and techniques necessary to delivers port and recreation activities with a variety of settings, agencies, and organizations. We will do so by:</p> <ol style="list-style-type: none"> <li>1. Discuss basic sport and recreational terminology.</li> <li>2. Describe the different sport and recreational settings.</li> <li>3. Recognize the five different ways to deliver sport and recreation programs.</li> <li>4. Recognize the core product of sport and recreation.</li> <li>5. Discuss administrative and operation function of recreation.</li> <li>6. Recognize the different resources of sport and recreation.</li> <li>7. Recognize the importance of career development.</li> <li>8. Value the benefits that sport and recreation offer individuals, the community, the environment, and the economy.</li> </ol>
<p>Content</p>	<ul style="list-style-type: none"> <li>• Introduction to Recreational Sport (Leisure, sport, the recreational sport profession).</li> <li>• Physical Activity and Recreational Sport (Physical activity and inactivity, benefits of physical activity, promoting physically active recreational sport).</li> <li>• Recreational Sport Program Planning.</li> <li>• Structured Tournament Scheduling.</li> <li>• Facility, Planning, and Design.</li> <li>• Financing and Marketing Recreational Sport.</li> <li>• Human Resources and Technology in Recreational Sport.</li> <li>• Recreational Sport in the Community and Campus.</li> <li>• Recreational Youth Sport.</li> <li>• International Influence on Recreational Sport.</li> <li>• Careers in Recreational Sport.</li> </ul>



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<p>Exams and assessment formats</p>	<p><b>In-Class Quizzes</b></p> <p>There will be quizzes based on the readings assigned for each upcoming week. These quizzes are low-stake assessments, which means they are focused on deepening students' knowledge and preparing them for the exams. They cover material from upcoming readings for the assigned week. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions.</p> <p><b>Weight: 25%</b></p> <p><b>Mid and Final Semester Exams</b></p> <p>There will be 2 exams based on assigned readings and in-class discussions. Exam format will be a combination of true or false and multiple choice.</p> <p><b>Weight: 75%</b></p>
<p>Study and examination requirements</p>	<p>Students are expected to attend all classes, unless circumstances prevent them from attending and an email was sent prior to class. Final grading will be based on students' attendance, their participation in the quizzes, and their scores in the mid and final semester exams.</p>
<p>Reading list</p>	<p>Barcelona, R. J., Wells, M. S., &amp; Arthur-Banning, S. (2016). <i>Recreational Sport: Program Design, Delivery, and Management</i>. Human Kinetics.</p> <p>Rodríguez de la Vega, L., &amp; Toscano, W. N. (2018). <i>Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life</i>. Springer.</p>