

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

Module designation	Swimming
Semester(s) in which the module is taught	1 and 2
Person responsible for the module	Sarifin G.
Language	Bahasa
Relation to curriculum	Compulsory
Teaching methods	Lectures and Practice
Workload (incl. contact hours, self-study hours)	The course is divided into 3 parallel classes and is planned to have 14 weeks of teaching and 2 weeks of exams
Credit points	2 credits
Required and recommended prerequisites for joining the module	None
Module objectives/intended learning outcomes	<ol style="list-style-type: none"> 1. Knowledge and understanding <ol style="list-style-type: none"> 1) Swimming History <ol style="list-style-type: none"> a. History of world swimming b. History of Indonesian swimming 2) Swimming Organization And Rules <ol style="list-style-type: none"> a. organization b. Swimming rules 3) Swimming Sports Safety <ol style="list-style-type: none"> a. Safety In Water b. Help In Swimming Accidents 4. Intellectual abilities/skills <ol style="list-style-type: none"> a. Able to understand the sport of swimming b. Able to explain about swimming sports 5. Practical skills <ol style="list-style-type: none"> a. Able to do some style in swimming sports b. Able to be a source of information for people around him in terms of swimming sports c. Use science-based information 6. Managerial and transferable skills <ol style="list-style-type: none"> a. Able to do group work b. Able to lead and discuss cases c. Using information and technology in swimming sports learning

	<p>7. attitude</p> <ul style="list-style-type: none"> a. Active in finding solutions to problems provided in learning b. Sensitive and critical to issues that often arise in the community related to swimming sports
Content	<p>The module contains the theory and practice of swimming sports. Swimming is a skill of motion that is done in water, both in fresh water and in salt water / sea, this sport can be done from children to parents, both by men and women, and this sport is very useful as an educational tool, as a healthy recreation for families, instill courage, self-confidence (Sukarno, 1985: 1).</p>
Exams and assessment formats	<p>The exam is conducted 2 times, namely midsemester and final semester. Exam questions in the form of essays in the form of theory and practice. Each question has a different weight value according to the level of difficulty.</p>
Study and examination requirements	<p>The procedure to take the semester's final exam must be attended by the students at least 80%. Quiz scores and assignments 5-10% of the overall final score, the final score of 60 new passed. The mid-semester exam is a theory test. The final midsemester exam is a practice test.</p>
Reading list	<ol style="list-style-type: none"> 1. Dwijowinoto, Kasiyo. 1979. Swimming: Methods, Techniques, Patterns. Semarang: FKIK IKIP. 2. Hendrayana, Yudi and Wahyoedi. 2004. Model of Aquatic Learning and Water Activities. Jakarta: Ministry of Education. 3. Jensen, Clayne R, Schultz, Gordon W, Bangerter, Blaurer L. 1983. Aplyied Kinesiology and Biomechanics. USA: McGraw-Hill Book Company 4. Kurnia, Dadeng and Murni, Muhammad. 1991. Swimming. Jakarta. Luttgens & Wellss. 1982. Kinesiology Scientific Basis of Human Motion. USA: CBS College Publishing. 5. Maglischo, Ernest W. 1982. Swimming Faster: A Comperhensive Guide to the Science of Swimming. USA: Mayfield Publishing Company. Ong Sioe Tjiang. 1958. Swimming. Jakarta: Kengpo.

	<ol style="list-style-type: none">6. Roeswan and Sukarno, 1979. Swimming and Methodic. Jakarta: Dekdikbud7. Swimming and Medical, 1983, SGO Jakarta Development Project.8. Subagyo. 2003. Differences in Swimming Learning Outcomes for SMPN 5 Students Based on The Percentage of Fat in the Body in Crawl Style Swimming Learning. Thesis9. Sukintokodan Sukarno, 1983, Swimming and Medical, Jakarta: Dekdikbud10. Suryatna, Ermat and Suherman, Adang, 2004, Competitive Swimming: Alternatives for JSS, Ministry of Education.11. Thomas, David G., 1998, Swimming: Beginner Level, Jakarta: PT Raja Grafindo Persada.
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