



Diponegoro University
Faculty of Science and Mathematics
Undergraduate Program Of Chemistry

Module designation	Sports (OR)
Semester(s) in which the module is taught	1
Person responsible for the module	Drs. Jarot Marwoto, M.Pd
Language	Indonesian
Relation to curriculum	Compulsory /elective/ specialisation
Teaching methods	Practice
Workload (incl. contact hours, self-study hours)	Face to face : 1 x (1 x 50 min); Structured study: 1 x (1 x 60 min); Self study: 1 x (1 x 60 min)
Credit points	1
Required and recommended prerequisites for joining the module	
Module objectives/intended learning outcomes	Students do physical fitness with sports activities. students know the frequency, time intensity and type of exercise by calculating physical activity, managing food and muscle strength, and speed.

Content	<ol style="list-style-type: none"> 1. Definition, scope, and objectives of studying health sports courses 2. The relationship between physical fitness and exercise during a pandemic 3. The relationship between line dance exercise and physical fitness 4. The relationship between aerobic exercise at home and physical fitness during the pandemic 5. Task discussion about the relationship between moderate-intensity exercise and exercise during the pandemic 6. The relationship between exercise at home and physical fitness during the pandemic 7. Determination of physical fitness status using the Sipgar application 8. Calculation of physical activity and the FITT program 9. Management of endurance training at home during the pandemic 10. Fieldwork observing community sports activities during the pandemic 11. Physical fitness, muscle strength and speed 12. basic martial arts training based on exercise intensity 13. Tabata training by type of exercise 14. muscle strength training based on the frequency of exercise
Exams and assessment formats	Mid-Semester Exam and Final Exam
Study and examination requirements	Participatory Activities 20% Project Results 30% Task 10% Quiz 10% Mid-semester 15% Final exams 15%
Reading list	