

## 6. Module VI: Humanity I

### 6.1. Module Objectives

On completion of this module, the students are hopefully able to keep their health and understand positive values of the sport and able to apply the values in campus and society.

### 6.2. Module Data

Person in charge	Socio-technology Departement, Faculty of Art and Design
Total Credits	2
Course	KU1001 Sports
Modul Examination	Written exam and practical exam

#### 6.2.1. Sub-module I: Sport

Module Name:	Sport
Module Level:	Undergraduate
Abbreviation, if applicable:	KU 1001
Sub-heading, if applicable:	
Courses included in the module, if applicable:	
Semester/term:	1
Module coordinator(s):	Samsul Bahri, Drs., M.Kes.
Lecturer(s):	
Language:	Bahasa Indonesia
Classification within the curriculum:	General Studies / <del>Major Subject</del> / Elective Studies
Teaching format / class hours per week during the semester:	2 hours lectures
Workload:	2 hours lectures, 2 hours structured activities, 2 hours individual study, 16 weeks per semester, and total 96 hours a semester
Credit Points:	2
Requirements:	-
Learning goals/competencies:	After the course students are hopefully able to keep their health and understand positive values of the sport and able to apply the values in campus and society.
Content:	The course includes the theory and practice. The theory involves the importance of sports, the body fitness, nutrition, sports and the principles of training and various games of sport. The Practice includes the physical exercise.

Study/exam achievements:	Students are considered to be competent and pass if at least get 50% of maximum mark of the written exam, practical exam, and other assignments.
Forms of Media:	In class and outdoor-gymnasium class
Literature:	<ol style="list-style-type: none"> <li>1. Bompa, T.O., 1994, Theory and Methodology of Training, Iowa: Kendal/Hunt Publishing Company</li> <li>2. Daniel Goleman, 1977, Emotional Intelligence, Jakarta: PT. Gramedia.Pustaka (Bahasa Indonesia version)</li> <li>3. Giriwijoyo, S., Y.S. dkk., 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, San Diego, California: Pfeiffer &amp; Company</li> <li>6. Willmore, H., Jack &amp; Costill, L., David., 1999, Physiology of Sport and Health Exercise</li> </ol>
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