

**PROGRAM PLAN AND
SEMESTER LEARNING
ACTIVITIES
(RPKPS)
SCHOOL YEAR
2021/2022**



Physical Geophysics
Physical Education and HSE
MFG 4705/ 1 SKS

Mentoring Team:
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**UNIVERSITAS GADJAH
MADA FACULTY OF
MATHEMATICS AND
NATURAL SCIENCES
2021**



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 Department of Physics / S1 Geophysics Study
 Program Academic Year 2021/2022

Document Code:

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SEMESTER LEARNING PROGRAM AND ACTIVITY PLAN (RPKPS)

Course Code	Course Name	Weight (credit)		Semester	Course Status	Prerequisite Courses
MFG 4705	Physical Education and HSE	T: 1	P: -	Even	Choice	-

Course Brief Description

This course is intended to equip physical education and HSE (*Health Safety and Environment*) problems for Geophysics Study Program students at work, both in the laboratory and in the field. HSE issues are very important to pay attention to when someone works and become a very essential issue in an institution, both in the industrial world and others. It is expected that after taking this course, Geophysics Study Program students will gain sufficient understanding and knowledge about occupational health, safety, and the environment, so that it will reduce or eliminate work accidents (*zero access*) when they work.

This course aims to provide basic knowledge to students about various aspects of human body mechanisms, such as the circulatory system, respiratory system, skeletal system, muscular system, nervous system, digestive system, exhaust system, endocrine system, wrapping system, and reproductive system. Students are also introduced to how to read and analyze the results of the *medical checkup (MCU) simply*, so that it can be used as a basis for maintaining their health. Because Geophysics Study Program graduates will work a lot in the field and laboratory, this course also provides an understanding of PPGD (Emergency First Aid), which is an understanding of various aspects of work safety, such as:

- Know the Types and Functions of PPE (Personal Protective Equipment)
- Providing BHD (Basic Life Support)
- First aid in a victim bitten by a poisonous animal
- First aid in fracture victims
- First aid in bleeding victims
- First Aid for Fire Victims and Overcoming Burns
- First Aid on Fainting and Drowning Victims
- Setting up a P3K Box and simple dragbar
- Using different types of bandages and their functions
- Develop SOPs in working in the Laboratory and in the Field
- Etc.

Thus, after attending this course, students are expected to have sufficient basic knowledge about HSE, to be subsequently applied in daily activities and in working both in the laboratory and in the field. Expected

	Students also have a good sense of empathy and cooperation in providing first aid to accident victims experienced by team members.																		
Learning Outcomes Graduates (CPL) Charged to MK	CPL-1	Good Attitude: Graduates are honest, disciplined, curious, critical, confident, independent, emotionally mature, cooperative, and trustworthy. Uphold norms, values, morals, religion, general ethics and professional ethics, and actively play a role in the <i>global movement of sustainable development</i> and behave professionally																	
	CPL-2	Mastery of General Knowledge: Graduates are able to apply basic science (mathematics, physics, chemistry, biology, geology), and geophysics in general and their relationship with other sciences such as geology, geodesy, geochemistry, geography, computing and information technology.																	
	CPL-6	Managerial Skills and Self-Development: Graduates are able to update their competencies, namely by <i>life-long learning</i> in line with the latest geophysical conditions to compete nationally and internationally by upholding UGM values (Pancasila: Divinity, Humanity, Unity, Peoplehood, Justice, and Science: Universality, Objectivity, Freedom, Respect for Reality and Truth)																	
Learning Outcomes Courses (CPMK)	After completing the learning of this course, students are expected to be able to:																		
	CPMK1	Students can explain about various aspects of the human body mechanism, about human health in general (MCU results), able to explain about various types and functions of Personal Protective Equipment (PPE), able to explain about PPGD (Emergency First Aid [CPL-1])																	
	CPMK2	Students can explain about various types of work accidents and can provide First Aid, such as providing BHD (Basic Life Support), providing first aid to victims bitten by poisonous animals, fracture victims, bleeding victims, fire victims, fainting and drowning victims, etc. In addition, at the end of the lecture, demonstration practices were also carried out using teaching aids, such as practicing RPJ, installing splints, installing tourniquets, wrapping with various bandages, making simple dragbars, etc. [CPL-2]																	
	CPMK3	Students are able to compile and explain SOPs (<i>Standard Operational Procedure</i>) before starting work or carrying out activities both in the Laboratory and in the Geophysical Field [CPL-6]																	
CPL mapping with CPMK	<table border="1"> <thead> <tr> <th></th> <th>CPMK-1</th> <th>CPMK-2</th> <th>CPMK-3</th> </tr> </thead> <tbody> <tr> <td>CPL-1</td> <td></td> <td></td> <td></td> </tr> <tr> <td>CPL-2</td> <td></td> <td></td> <td></td> </tr> <tr> <td>CPL-6</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>				CPMK-1	CPMK-2	CPMK-3	CPL-1				CPL-2				CPL-6			
	CPMK-1	CPMK-2	CPMK-3																
CPL-1																			
CPL-2																			
CPL-6																			

CPMK link with Learning Material and Form , as well as Time Allocation		Learning Materials	Forms of Learning	Time Allocation
	<i>CPMK1</i>	Introduction of HSE, PPGD, and PPE	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	How to Provide BHD (Basic Life Support) with RPJ (Cardiopulmonary Resuscitation)	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid in a victim bitten by a poisonous animal	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid in fracture victims	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid in victims of broken and sprained fingers	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid in bleeding victims	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	Get to know the different types of bandages and their functions	TCL, SCL, and Discussion	1 Hour
UTS/Project Task Results/Case Analysis Results				
	<i>CPMK2</i>	Facing fires and getting to know fire extinguishers ²	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid in victims of various types of burns	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	First aid on the victim of fainting and drowning	TCL, SCL, and Discussion	1 Hour
	<i>CPMK2</i>	Setting up P3K boxes with different kinds of tools and medicines, making simple dragbars	TCL, SCL, and Discussion	1 Hour
	<i>CPMK3</i>	Preparing SOPs for Work in the Laboratory	TCL, SCL, and Discussion	1 Hour

	CPMK3	Developing SOPs for Working in the Geophysical Field	TCL, SCL, and Discussion					1 Hour
	CPMK3	Practice performing demonstrations with props, such as doing RPJ, wrapping with bandages, installing splints, installing tourniquets, etc.	TCL, SCL, and Discussion					1 Hour
UAS/ Project Task Results/ Case Analysis Results								
Learning Methods	TCL, SCL, and Discussion							
Student Learning Experience	Students can download and study course materials							
Access n/LMS Learning Media and Offline & Online Percentage	Synchronous or asynchronous in-person/virtual lectures							
Assessment Methods and Alignment with CPMK	Assessment Techniques	Assessment Percentage	Criteria/ Indicators	CPMK 1	CPMK2	CPMK3		
	Participatory Activities^{*)}							
	Project Results/Case Study Results/PBL Results^{*)}							
	Cognitive							
	Assignment/Practice	10			√	√	√	

	Quiz	-					
	UTS	40		√	√	√	
	UAS	50		√	√	√	
	Total	100					
	*) can also be obtained from UTS or UAS which is the result of participatory activities or <i>project / case study</i> results. In accordance with IKU 7, the percentage of participatory activities and project results/case studies/PBL results is at least 50%.						
Reference List	Articles and <i>experiences (best practice)</i> about HSE that can be downloaded from the internet and from HSE Course certification materials.						
Name of Lecturer (Team Teaching)	Dr. Wahyudi, M.S.						
Authorization	Drafting Date	Course Coordinator	Coordinator of Expertise (if any)			Head of Study Program	
	August 3 2022						