



COURSE PROGRAM **SPORTS & PHYSIOTHERAPY**





SPORTS & PHYSIOTHERAPY

The Sports & Physiotherapy program is an immersive 15-week course designed to provide participants with a comprehensive understanding of sports science, physical health, and rehabilitation practices, all set in the vibrant, tropical environment of Bali, Indonesia. Combining theoretical knowledge with hands-on practice, this program covers a wide range of disciplines, from water sports and fitness training to physiotherapy techniques and wellness practices, making it ideal for students and professionals eager to deepen their expertise. Participants will engage in a variety of sports and fitness activities, including surfing, river rafting, and yoga, while learning physiotherapy methods directly applicable to sports-related injuries and rehabilitation. The program is enriched by cultural excursions, where students explore Bali's unique healing traditions, combining modern techniques with traditional wisdom. By the end of the program, students will have developed not only practical skills in sports and physiotherapy but also a deep understanding of how physical health and fitness are influenced by Bali's tropical climate and cultural heritage. This unique learning experience empowers participants to integrate these insights into their professional practice or personal growth.

IMPORTANT ISSUES

Class Schedules:

- Summer Class: April-July
- Winter Class: September-December

Duration: 15 weeks/1 semester

Study Fees:

- Regular: € 2460
- Early Bird € 2300

Credit Points:

- max. 30 ECTS

University: Universitas Udayana

STUDY DESTINATION: BALI, INDONESIA

Bali is more than just a tropical paradise; it is a haven for those passionate about sports, wellness, and healing. With its diverse natural landscapes, including pristine beaches, rolling mountains, and lush jungles, Bali offers the ideal setting for both physical activity and relaxation. The island's natural beauty provides an inspiring backdrop for learning and practicing sports, while its vibrant cultural heritage adds a unique dimension to understanding holistic wellness. Bali's strong tradition of outdoor activities, from surfing to yoga, aligns perfectly with the principles of physical fitness and physiotherapy. The island's tropical climate enables year-round participation in various sports, while its local wellness practices—such as Balinese massage, herbal medicine, and traditional healing—complement modern physiotherapy techniques. This creates a holistic environment for studying sports and rehabilitation, blending Eastern and Western approaches to health. The island is home to world-class facilities and professional sports communities, providing students with the opportunity to learn directly from experts in water sports, yoga, fitness, and physiotherapy. Additionally, Bali's commitment to wellness and sustainability makes it an ideal location for exploring how natural elements and cultural practices can enhance physical recovery and overall wellbeing. Studying in Bali means not only mastering the techniques of sports science and physiotherapy but also gaining insight into how nature, climate, and culture influence physical health. For those eager to combine education with adventure, Bali offers a unique, enriching environment where sports, wellness, and tradition come together.





HOST INSTITUTION: UNIVERSITAS UDAYANA

Universitas Udayana, located in Bali, is one of Indonesia's top institutions, offering an exceptional environment for studying Sports and Physiotherapy. The Faculty of Medicine, and specifically the Department of Physiotherapy, provides a comprehensive education focused on both sports science and rehabilitation practices. The department is renowned for its hands-on approach to learning, with a strong emphasis on practical training in physiotherapy and sports-related injury prevention. Students in the program benefit from access to modern facilities and expert faculty who bring international and local experience to the classroom. The Physiotherapy Department works closely with hospitals and rehabilitation centers across Bali, ensuring students gain valuable real-world experience. This is particularly beneficial for those interested in sports physiotherapy, as the program offers opportunities to work directly with athletes and active communities. Bali's rich cultural heritage and tradition of holistic healing also enhance the program, offering students a unique opportunity to learn not only modern physiotherapy techniques but also traditional Balinese wellness practices such as massage and herbal remedies. This integration of Eastern and Western approaches to health and rehabilitation makes Universitas Udayana a standout choice for students seeking a well-rounded education in sports and physiotherapy. The combination of expert teaching, practical training, and Bali's vibrant culture provides students with the skills and experience needed to excel in the global healthcare industry.





IMPORTANT ISSUES

Application Deadlines:

- Application deadline: 31 December (Summer Class); 15 June (Winter Class)

Class Schedules:

- Summer Class: April – July; Winter Class: September – December

Study Fees:

- Study Fees: Regular € 2460 , Early Bird € 2300
- The study fees include lectures, workshops, welcoming event, weekly academic and cultural excursions, workshops & trainings, airport pickup and other student services.
- The study fees EXCLUDE living costs, visa costs, accommodations, travel costs, and transportation

MODULES

1. **Water Sports** – 8 ECTS
2. **Sports Science & Physiotherapy** – 5 ECTS
3. **Physical Health & Fitness** – 7 ECTS
4. **Sports of the Tropics** – 5 ECTS
5. **Indonesian Language, History & Culture** – 5 ECTS

[International Credit Transfer Table](#)

WORKLOAD

CODE	MODULE	CLASS		GUEST LECTURE	EXCURSION	WORKSHOP	SELF-STUDY	PAPERS & EXAMINATION	TOTAL WORKLOAD	CREDITS
		weekly	total							
SP01	Water Sports	2	24	16	16	24	130	30	240	8
SP02	Sports Science & Physiotherapy	2	24	2	4	4	90	24	148	5
SP03	Physical Health & Fitness	2	24		6	30	120	30	210	7
SP04	Sports of the Tropics	2	24	2	7	12	75	24	143	5
BI02	Indonesian Language, History & Culture	2	24		8		90	24	146	5



WEEKLY EXCURSION

Academic excursions and workshops are an essential part of the Sports and Physiotherapy program, organized twice a week by StudyInBali. These activities provide practical, real-world insights that complement classroom learning and are integral to the academic experience. Wednesdays are dedicated to the Water Sports module, with hands-on training and activities directly related to sports and water-based fitness. Thursdays are reserved for excursions and workshops covering the other modules. Participation in these excursions is mandatory and included in the 75% attendance requirement.

EXCURSIONS & WORKSHOPS (tentative!)

- Surfing Lessons at Bali Green Surf School
- Yoga Class at Pranava Yoga Bali
- Anti-Gravity Yoga at Pranava Yoga Bali
- Yoga for Healing
- Acro Yoga
- 1- Day Traditional Balinese Massage Workshop
- Canyoning: Guided Tour Through Bali Hidden Canyon
- River Rafting
- Scuba Diving
- Crossfit
- Muay Thai
- Surf Motion
- Traditional Healing: Taman Usada
- Movement Therapy
- Hiking Mt. Agung
- Balinese Martial Arts
- Physiotherapy Workshop

ASSESSMENT & MARKING

Students must meet all assessment criteria to be eligible for final markings. The criteria include:

- Minimum of 75% attendance in classes, workshops, and excursions. (Students must sign the attendance list each time they participate in class or excursions.)
- Submission of all required assignments.
- Attendance at both the mid-term and final exams.
- Active participation and demonstration of soft skills throughout the program.

These criteria ensure that students are fully engaged in both the academic and practical aspects of the program and that they meet the necessary standards for successful completion.



GRADING AND CURRICULUM

Academic systems vary across different countries. In Indonesia, tertiary education is administered by the Ministry of Higher Education and Research. The Sports and Physiotherapy study abroad program does not grant a degree but provides students with a maximum of 30 ECTS credit points, transferable to home universities. To achieve the full 30 credits, students must actively participate in classes, case studies, guest lectures, academic excursions, site visits, and student projects.

Attendance of at least 75% is required to be eligible for exams. An absence of more than three weeks will result in deregistration from the program. Attendance is compulsory starting from the first day of orientation week.

MODULE COMPLETION REQUIREMENT & RESEARCH PROJECT

Students are required to complete all five modules to be eligible for a certificate. However, students have the option to skip one module and replace it with a **research project** on a selected topic related to the program. The topic of the research project must be approved by the course coordinator, and the research must be completed and submitted within the program's timeline.

This flexibility allows students to focus on areas of special interest while still fulfilling the academic requirements of the program.

CERTIFICATES

Students will receive their official certificates from Universitas Udayana at the farewell event, or in digital form via email, approximately four weeks after the final exams. Upon successfully completing all course requirements, students will be awarded certificates as follows:

- A certificate confirming that the student has completed the full 15-week course.
- An academic transcript outlining the student's performance throughout the program. The grades listed on the transcript will reflect the final marks.
- A certificate verifying the student's participation in workshops and, upon request, certain academic excursions.



ELIGIBILITY

The Sports and Physiotherapy Program at Universitas Udayana is designed for a diverse range of participants, welcoming both students and professionals eager to expand their knowledge and skills in sports science, physical health, and rehabilitation. Whether you are a university student, a graduate, or a professional looking to enhance your expertise, this program offers a comprehensive learning platform in the field of sports and physiotherapy.

The program is open to:

- **Bachelor's or Master's or Diploma Students:** Ideal for students studying physiotherapy, sports science, or related fields who are looking to gain practical experience in a tropical environment.
- **Professionals in Physiotherapy, Sports, or Health Sciences:** Perfect for those already working in the field and looking to advance their knowledge of sports-related injury prevention, rehabilitation techniques, and physiotherapy in active environments.
- **Aspiring Physiotherapists or Sports Scientists:** Whether you're just starting your career in sports science and physiotherapy or looking to specialize in these fields, this program provides the hands-on experience needed to develop your skills.
- **Sports Enthusiasts:** For those passionate about sports, physical fitness, and wellness, this program offers the opportunity to deepen your knowledge of sports-related physiotherapy and rehabilitation in an exciting, tropical setting.

Additionally, anyone with a strong interest in sports and rehabilitation, even without formal academic background, is encouraged to apply. Whether you're seeking to explore a new passion or advance your career, this program equips participants with practical knowledge and experience in the dynamic setting of Bali.

Participants will benefit most if they have experience or interest in:

- **Sports Science and Rehabilitation:** For those focused on understanding sports injuries and physiotherapy techniques.
- **Physical Fitness and Health:** Ideal for individuals looking to apply physiotherapy and fitness strategies in tropical and active settings.
- **Holistic Wellness and Healing:** A great fit for those with an interest in integrating traditional and modern approaches to wellness and physiotherapy.
- **Tropical Sports and Outdoor Activities:** For participants passionate about applying physiotherapy in outdoor and tropical environments, particularly in water sports or other physically demanding activities.

Whether you're aiming to start a career in sports and physiotherapy, grow your current expertise, or gain a deeper understanding of physical rehabilitation, this program provides you with the essential skills and hands-on experience to succeed in the ever-evolving field of sports and physiotherapy.



1. WATER SPORTS

Lecturing Team	Gede Parta Kinandana, S.FT, Prof. Dr. Dr. I Nyoman Adiputra
Time	weekly
Duration	240 hours in total
Credit Points	8 ECTS
Department	Physiotherapy, University of Udayana
Location	Medical Faculty, Sudirman Campus Denpasar

COURSE DESCRIPTION

Bali's diverse beaches and rivers make water sports a central part of local life. This module harnesses Bali's natural potential—perfect waves, coral reefs, and rivers—offering students the chance to engage in activities like surfing, snorkeling, river rafting, and scuba diving. Participants will gain practical skills while also learning the essential theory behind each sport, including background information and safety protocols. The course focuses on both physical training and theoretical insights, ensuring students understand the impact of water sports on fitness, balance, and coordination.

LEARNING OBJECTIVES

- Equip students with basic skills in water sports such as wave surfing, river rafting, and scuba diving.
- By the end of the course, students will understand the core techniques of water sports, have gained fundamental skills in various water activities, and undergone yoga training.
- Prepare students for the next level of training to become certified water sports instructors.
- By the end of the course, students will have gained both practical skills and theoretical understanding in various water sports.

COURSE CONTENT

1. **Introduction to the Landscapes of Bali and Available Water Sports:** Overview of Bali's topography, landscape, and water areas. Introduction to Bali's culture, traditions, and the potential for water sports.
2. **Bali Green Surf – Introduction:** Meet the coaches from Bali Green Surf. Learn about the beach, waves, winds, and water sports equipment. Introduction to surfing areas, types of surfboards, and how they work.
3. **Bali Green Surf – Surfing Techniques and Exercise:** Learn basic surfing techniques at Seminyak Beach. Training includes paddling, popping up, paddling out to surf, and catching waves.
4. **Bali Green Surf – Surf Training & Exercise:** Focus on maintaining physical and mental balance through surfing fitness, including workouts for core, upper body, and lower body strength, flexibility, stretching, and yoga. Practice catching different types of waves.
5. **River Rafting:** Introduction to river rafting as a sport, covering teamwork, leadership, equipment, balance, and safety in rafting.
6. **SCUBA Diving Theory:** Introduction to diving in Bali, diving philosophy, safety rules, and diving equipment. Learn about the risks, develop skills, and gain comfort in diving.
7. **SCUBA Diving:** A one-day trial course for an introduction to basic scuba diving, experiencing underwater life, wrecks, and diving as a sport. (Optional: Open Water Diver license at own expense.)



1. WATER SPORTS

8. **Canyoning – Guided Tour Through Bali’s Hidden Canyon:** Experience canyoning through Bali’s hidden canyon with professional guides. Learn techniques for navigating through waterfalls, pools, and gorges while understanding the safety and teamwork needed for this exhilarating water sport.
9. **Yoga Science:** Explore Bali’s concept of balance and harmony, with a focus on the philosophy, types, and benefits of yoga in water sports.
10. **Stand-up Paddling (SUP):** Learn how to stand and paddle on a board while cruising over waves. Training on maintaining an upright stance and propelling oneself with a paddle.

ASSESSMENT

1. **Attendance (No less than 75%):** Students must attend at least 75% of classes, workshops, and excursions to be eligible for final assessments.
2. **Active Participation (50%):** Active involvement in all practical sessions and theoretical classes, demonstrating engagement and learning throughout the course.
3. **Submission of Excursion Report (10%):** Students are required to submit two excursion reports by the end of the course. The reports should cover a description of activities, critical reviews related to the study background, and personal recommendations.
4. **Final Examination (40%):** The final exam will assess both practical and theoretical knowledge gained during the course, covering water sports techniques, safety protocols, and key learnings from activities.



2. SPORTS SCIENCE & PHYSIOTHERAPY

Lecturing Team	I Putu Gde Surya Adhitya, S.FT, M.Fis, Dr. Ni Wayan Tianing, S.Si, M.Kes, I Made Hendra Satria Nugraha, S.Ft, Gede Parta Kinandana, S.Ft
Time	weekly
Duration	148 hours in total
Credit Points	5 ECTS
Department	Physiotherapy, University of Udayana
Location	Medical Faculty, Sudirman Campus Denpasar

COURSE DESCRIPTION

This module offers a comprehensive introduction to the key principles of sports science and physiotherapy, providing students with both theoretical knowledge and practical skills. Focusing on how the body responds to exercise, the course covers energy systems, nutrition, and injury management, alongside techniques for enhancing physical performance. Through a mix of lectures and hands-on practice, students will learn how to prevent and manage sports injuries, apply basic physiotherapy methods, and optimize strength, endurance, and agility. By the end of the module, participants will be equipped to support athletes and individuals in achieving their fitness and rehabilitation goals.

LEARNING OBJECTIVES

Upon completion of the course, participants will:

- Gain a general understanding of sports science and physiotherapy, essential for engaging in physical activities, exercises, and treatments.
- Acquire the ability to conduct fitness testing and demonstrate basic physiotherapy techniques.
- Understand the clinical aspects of sports injuries, including prevention, management, and rehabilitation techniques.

COURSE CONTENT

1. **Introduction to Sports Science & Physiotherapy:** Overview of sports science principles and basic physiotherapy concepts.
2. **Pre-exercise Evaluation:** Assessment of athletes' medical history and physical condition, including cardiovascular, musculoskeletal, and neurological evaluations.
3. **Diet and Nutrition:** Understanding caloric requirements, macronutrients, micronutrients, hydration, and nutrition strategies for athletes.
4. **Physiology of Exercise:** Exploring strength, endurance, power, and flexibility, including how exercises impact the body's systems.
5. **Physiological Effects of Exercise on the Body:** Understanding how short-term and long-term exercises affect human performance and adaptations in different body systems.
6. **Injury Prevention:** Overview of injury prevention techniques, focusing on intrinsic and extrinsic factors and injury management strategies.
7. **Energy Systems in Sports:** Learning about the body's energy systems, including the phosphagen system, and how they relate to athletic performance.
8. **Biomechanics of Sports:** Analysis of movement patterns in sports like running, swimming, cycling, and surfing, with a focus on improving performance.



2. SPORTS SCIENCE & PHYSIOTHERAPY

9. **Sports Injuries:** Types, prevention, and rehabilitation of sports injuries, with an emphasis on risk factors and recovery principles.

10. **First Aid for Sports Injuries:** Techniques for handling common sports injuries, including sprains, fractures, and head injuries.

11. **Management of Sports Injuries:** The role of professional teamwork in managing and rehabilitating sports injuries.

12. **Taping in Sports:** Introduction to taping techniques, their application in sports, and their role in injury prevention and recovery.

REFERENCES

- Kjaer, Michael., et al. 2003. Text Book Of Sport Medicine Basic And Clinical Aspect Of Sport Injury ! And Physical Activity.
- Sports Medicine for the Primary Care Physician, 3rd edition; Sport Notes
- The Physiology Of Training; Sport physiotherapy applied science & practice
- Managing Sport Injury. 4th editions. Christopher M. Norris

ASSESSMENT

1. **Attendance:** Students must attend at least 75% of classes, workshops, and excursions to be eligible for the final assessment.

2. **Assignments (50%)**

- Designing a pre-exercise evaluation program: Students will create a comprehensive program for pre-exercise examinations, covering key health assessments for athletes.
- Designing a sports-specific diet plan: Students will develop a detailed nutrition plan tailored to the needs of athletes in a specific sport.

3. **Final Exam (50%):** The final exam will test both theoretical knowledge and practical application of the course content, including physiotherapy techniques, injury prevention, and sports science principles.



3. PHYSICAL HEALTH AND FITNESS

Lecturing Team	Gede Parta Kinandana, S.FT! I Made Hendra Satria Nugraha, S.Ft
Time	weekly
Duration	210 hours in total
Credit Points	7 ECTS
Department	Physiotherapy, University of Udayana
Location	Medical Faculty, Sudirman Campus Denpasar

COURSE DESCRIPTION

The Physical Health and Fitness Module emphasizes comprehensive workouts and exercises designed to improve muscle strength, endurance, and overall physical fitness. In addition to regular physical training, students will be introduced to scientific gym concepts, including supplements, diet, bulking, and shaping. This course provides participants with both practical knowledge and theoretical insights into fitness training, helping them develop a deeper understanding of how physical exercise can enhance health and performance.

LEARNING OBJECTIVES

Upon completion of the course, participants will:

- Be trained to maintain and improve their level of physical fitness.
- Analyze the functional anatomy and its relationship to gym science.
- Understand and apply basic gym techniques for muscle workouts and fitness.
- Demonstrate knowledge of scientific gym concepts, including nutrition, supplements, and ergogenic aids.
- Gain a comprehensive understanding of gym nutrition, including the role of supplements and their benefits.

COURSE CONTENT

1. Introduction to **scientific gym concepts** and the basics of weight training
2. **Muscle structure** and growth, understanding neural activation, energy, and skill development.
3. **Muscle contraction** types (concentric, isometric, eccentric) and musculoskeletal torque during exercise
4. Functional anatomy and workouts for the **chest and shoulder muscles**
5. Functional anatomy and workouts for **lower extremity muscles**
6. **Physiology of exercise:** strength, endurance, power, and flexibility
7. Functional anatomy and workouts for the **trunk muscles** (abdominal and back muscles)
8. **Building power and speed:** exercises to improve power and speed, including testing techniques
9. Recent advances in **core muscle training**, focusing on anatomy, function, and activation
10. **Functional training:** exercises using kettle bells, free weights, and alternative training tools, with a focus on **corrective exercise** for muscle imbalances
11. **Gym supplements**, diet, bulking, and shaping: designing diets for performance and weight control
12. **Ergogenic aids:** understanding the benefits and risks of drugs and supplements used to enhance physical performance.



3. PHYSICAL HEALTH AND FITNESS

REFERENCES

- Fahey TD. 2005. Weight Training Basics. A Complete Guide for Men & Women. McGraw-Hill Company.
- Sports Medicine for the Primary Care Physician, Third Edition; Sport Notes
- The Physiology of Training; Sport physiotherapy applied science & practice

GYM & OUTDOOR ACTIVITIES

Students will put the acquired knowledge into practice through comprehensive workouts and muscle exercises. Sessions will be conducted at the gym or outdoors, allowing students to apply theoretical concepts in real-world fitness training environments under the guidance of the course coordinator.

ASSESSMENT

1. **Attendance (no less than 75%):** Attendance in class, gym, and excursions is mandatory.
2. **Active Participation**
 - 10% for class participation
 - 20% for gym participation
3. **Assignments and Student Project**
 - 20% for assignment submission
 - 20% for student project submission
4. **Final Examination**
 - 30% of the final grade
 - Students must have 75% attendance to be eligible for the final test.



4. SPORTS OF THE TROPICS

Lecturing Team	Putu Ayu Sita Saraswati, S,FT ! , Made Hendra Satria Nugraha, S.F M. Widnyana, Prof. Dr. dr. I Nyoman Adiputra, Dr. Ngakan Ketut Acwin Dwijendra
Time	weekly
Duration	143 hours in total
Credit Points	5 ECTS
Department	Physiotherapy, University of Udayana
Location	Medical Faculty, Sudirman Campus Denpasar

COURSE DESCRIPTION

The Sports of the Tropics Module provides students with in-depth knowledge about the unique characteristics of sports practiced in tropical climates, particularly in Southeast Asia. This course explores how the tropical climate and environment influence physical activities and sports, taking into account sociocultural, traditional, and environmental aspects, as well as the equipment used in tropical sports.

LEARNING OBJECTIVES

Upon completion of the course, participants will:

- Understand the sociocultural and environmental aspects of sports, particularly in tropical countries.
- Analyze and discuss the relationship between sports, law, and governance.
- Gain knowledge about sports, wellness, and traditional herbal remedies.
- Understand the connection between aging and exercise, with a focus on sports suitable for elderly populations.

COURSE CONTENT

1. **Sports Recreation:** Definition and development of sports recreation; variations of sports recreation.
2. **Sports, Law, and Governance:** Overview of sports laws globally and in Indonesia, governance structures, and sports development.
3. **Sociocultural and Environmental Considerations in Sports:** Study of global sports cultures, Balinese sociocultural influences on sports, and the environmental impact of various sports.
4. **Yoga Philosophy and Techniques:** Exploration of yoga philosophy, including breathing techniques, asanas, acro yoga, and meditation.
5. **Sports in Hot and Humid Environments:** Analysis of how hot and humid environments affect sports, with a focus on the sports environment in Bali.
6. **Traditional Sports:** The history of traditional sports in Bali, types of traditional sports, and their link to sports recreation.
7. **Traditional Healing:** Study of traditional healing methods in Bali.
8. **Spa & Physiotherapy:** Definition of spas, their types, tools, and the role of spa activities in physiotherapy.
9. **Sports and Wellness:** Differences between fitness and wellness, components of sports, health, and wellness, and sports wellness centers in Bali.
10. **Sports and Aging:** Understanding how aging affects the body and how sports can be beneficial for elderly populations.



4. SPORTS OF THE TROPICS

11. **Sports and People with Disabilities:** Introduction to how people with disabilities participate in sports, with a focus on the Paralympics and related sports.
12. **Sports Events:** An introduction to sports events, their purpose, types, and how they are organized.
13. **Sports Communities in Bali/Indonesia:** Definition of sports communities, with a focus on Bali's sports communities and their activity schedules.

REFERENCES

- Hartley, Hazel. 2009. Sport, Physical Recreation and the Law
- Norman, Van Kay. 2010. Exercise and wellness for older adults 2nd edition

ASSESSMENT

1. **Attendance:** A minimum of 75% attendance in class, workshops, and excursions is required to qualify for the final exam.
2. **Assignments (50%)**
 - **Project Presentation:** Students will create and present a project related to sports in tropical environments.
 - **Essay:** A written assignment reflecting on key concepts learned in the course.
3. **Final Exam (50%)**
 - A final exam covering both theoretical and practical aspects of the course content.



5. INDONESIAN LANGUAGE, HISTORY & CULTURE

Lecturing Team	Putu Ayu Sita Saraswati, S,FT !
Time	weekly
Duration	146 hours in total
Credit Points	5 ECTS
Department	Physiotherapy, University of Udayana
Location	Medical Faculty, Sudirman Campus Denpasar

COURSE DESCRIPTION

This module combines a basic Indonesian language course with units focusing on the history and culture of Indonesia. The language component emphasizes conversational skills, introducing students to essential vocabulary in Bahasa Indonesia and providing them with the skills to handle day-to-day situations. The course also aims to give students a deeper understanding of Indonesia's history, society, and cultural development, with a focus on nation-building, religion, and the impact of tourism on Indonesian society, especially in Bali.

LEARNING OBJECTIVES

Upon completion of the course, participants will:

- Acquire basic conversational skills in Bahasa Indonesia, enabling them to interact and communicate in common situations.
- Broaden their understanding of Indonesia's cultural, political, social, religious, and historical context.
- Gain insights into the development of tourism in Indonesia, with a particular focus on Bali, and present their findings through oral and written presentations.

COURSE CONTENT

BAHASA INDONESIA: LANGUAGE CLASS:

1. Indonesian greetings, self-introduction, family members.
2. Indonesian alphabet, Indonesian numbers.
3. Indonesian pronouns.
4. Questions & Answers.
5. Positive, negative, and interrogative statements.
6. Dates and Holidays.
7. Midterm Test.
8. Future tense.
9. Colours, exercises on rearranging colours and characters.
10. Human characters.
11. Shopping dialogue, making requests.
12. Imperatives.
13. Text with various inclusive Indonesian verbs.



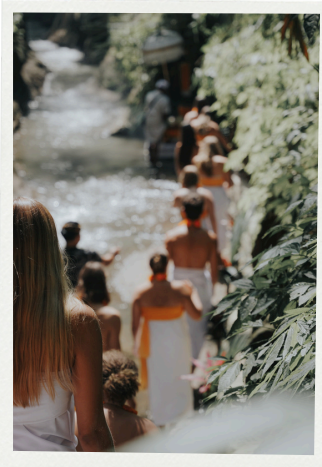
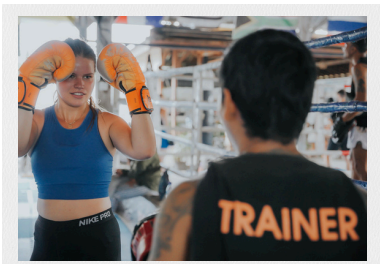
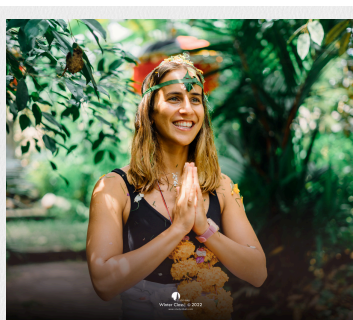
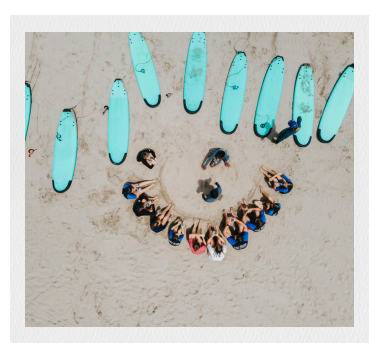
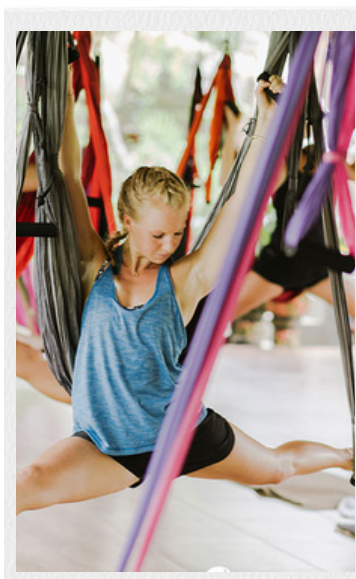
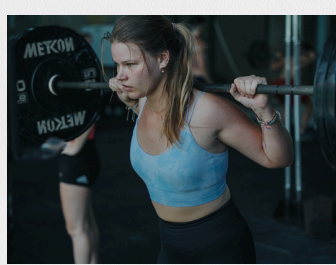
5. PHYSICAL HEALTH AND FITNESS

HISTORY & CULTURE:

1. Nusantara: History of pre-modern and colonial periods.
2. History of Indonesia I: Sumatra and Sulawesi.
3. History of Indonesia II: Bali and the structure of Hindu temples.
4. Art and Culture: The influence of local culture in creating art.
5. History of tourism in Indonesia.
6. Culture and eco-tourism.
7. Impact of tourism: Advantages and disadvantages

ASSESSMENT

1. **Attendance:** A minimum of 75% attendance in class, workshops, and excursions is required to qualify for the final exam.
2. **Active Participation in Class**
 - 20% of the final grade.
3. Mid-term Written Test
 - 20% of the final grade.
4. **Oral Test**
 - 20% of the final grade.
5. **Final Written Test**
 - 40% of the final grade (contingent on 75% attendance).









Contact Information

STUDYINBALI



Your journey begins with us! At StudyInBali, we're here to guide you through the entire process – from applications to personalized consultancy. We'll make sure everything is set before you embark on your adventure. Got questions about visas, registration, or study fees? We've got you covered – just reach out!

-  hello@studyinbali.com
-  www.studyinbali.com
-  +49 178 8189255 (WhatsApp)
-  @studyinbali

