



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>	<b>SEMESTER</b>	<b>Compilation Date</b>												
Athletics II	8520202021		T=2 P=0 ECTS=3.18	7	July 18, 2024												
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>	<b>Study Program Coordinator</b>													
		.....	.....	Dr. Or. Muhammad, S.Pd., M.Pd.													
<b>Learning model</b>	<b>Case Studies</b>																
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																
	<b>Program Objectives (PO)</b>																
	<b>PLO-PO Matrix</b>																
		P.O															
	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																
	P.O	Week															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Short Course Description</b>	This course will discuss the coaching of athletics which consists of running, throwing and jumping events so that they can be understood and practiced in mastering as an athletic trainer.																
<b>References</b>	<b>Main :</b>																
	1. 1. Pasi dari 1CManual Didactico De Atletisco 1D. 1993, Pedoman Latihan Dasar Atletik 2. 2. IAAF. 1995, Introduction to Coaching Theory, London SW1X OLN. England 3. 3. IAAF. 2001, Choashes Education & Certification System (CECS) 4. 4. IAAF, 1995, Actual for Indonesia IAAF Level I Coaches, Germany																
	<b>Supporters:</b>																
<b>Supporting lecturer</b>	EDY MINTARTO Dr. Amrozi Khamidi, S.Pd., M.Pd. Fifit Yeti Wulandari, S.Pd., M.Pd.																
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [ Estimated time]		Learning materials [ References ]	Assessment Weight (%)										
		Indicator	Criteria & Form	Offline ( offline )	Online ( online )												
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)										
1	Ability to understand lecture rules, and introduction to Athletics.	Course rules Introduction to athletics History of Athletics Understanding athletic numbers	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50			0%										
2	Ability to understand lecture rules, and introduction to Athletics.	Course rules Introduction to athletics History of Athletics Understanding athletic numbers	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50			0%										

3	Ability to understand the meaning of basic running gear with innervation/conditioning movements	Explain basic running movements with innervation/conditioning movements	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
4	Ability to understand the basic technical gears of running	Explain running technique	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
5	Ability to understand and comprehend sprint techniques	Explain sprint running technique	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
6	Ability to understand, understand the start of running and relay	Explain starting and relay techniques	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and 2 X 50 assignments		0%
7	Ability to understand, understand fast walking techniques	Explain fast walking techniques	<b>Criteria:</b> Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
8	UTS			2 X 50		0%
9	Ability to understand, understand long jump techniques	Explain long jump technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
10	Ability to understand, understand the triple jump technique	Explain the triple jump technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
11	Ability to understand, understand high jump techniques	Explain high jump technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
12	Ability to understand, understand javelin throwing techniques	Explain javelin throwing techniques	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
13	Ability to understand, understand shot put techniques	Explain shot put technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
14	Ability to understand, understand discus throwing techniques	Explain the discus throwing technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%
15	Ability to understand, understand discus throwing techniques	Explain the discus throwing technique	<b>Criteria:</b> Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		0%

16	UAS			2 X 50			0%
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**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
		0%

**Notes**

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.