



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

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																																																				
aquatic sports coaching	8520203319	Compulsory Study Program Subjects	T=2	P=2	ECTS=6.36	3	January 1, 2023																																																																																																				
AUTHORIZATION		SP Developer	Course Cluster Coordinator			Study Program Coordinator																																																																																																					
		Bayu Agung Pramono, S.Pd., M.Kes	Dr. Imam Marsudi, M.Si			Dr. Or. Muhammad, S.Pd., M.Pd.																																																																																																					
Learning model	Case Studies																																																																																																										
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																																										
	Program Objectives (PO)																																																																																																										
	PO - 1	Able to take professional responsibility for individual and group performance																																																																																																									
	PO - 2	Able to apply concepts, theoretical and practical basic swimming training																																																																																																									
	PO - 3	Able to be responsible for the results of group work on basic swimming training material and able to supervise and evaluate the performance of its members																																																																																																									
	PO - 4	Able to train technical, physical, tactical and mental aspects of swimming																																																																																																									
	PLO-PO Matrix																																																																																																										
		<table border="1" style="margin-left: 20px;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> <tr><td>PO-4</td></tr> </table>						P.O	PO-1	PO-2	PO-3	PO-4																																																																																															
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																																											
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Short Course Description	Understanding and mastering the concept of swimming biomechanics theory, basic patterns for preparing basic swimming technique training programs, practicing basic swimming techniques, swimming freestyle, back, butterfly and chest according to swimming competition numbers																																																																																																										
References	Main :																																																																																																										
	<ol style="list-style-type: none"> 1. Kurnia, dadeng. 1987. Pedoman Dasar Membina Olahraga Renang Prestasi 2. Maglischo, Ernest W. 1993. Swimming Fastest South Australia 3. 2008. Teaching swimming Web Download 4. Hamula, Dick. 2008. Renang Pustaka Insan 																																																																																																										
Supporting lecturer	Supporters:																																																																																																										
Supporting lecturer	Prof.Dr. Imam Marsudi, M.Si. Bayu Agung Pramono, S.Pd., M.Kes.																																																																																																										

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		<p>1. Demonstrate an intelligent and honest attitude in carrying out movements in the 4 style swimming technique</p> <p>2. Demonstrate perseverance and work together</p>	<p>Criteria: practice test</p> <p>Forms of Assessment : Participatory Activities, Practice/Performance, Tests</p>	<p>Lectures, questions and answers, demonstrations and 3 X 50 assignments</p>		<p>Material: Basics of swimming teaching techniques Library: <i>Kurnia, dadeng, 1987. Basic Guidelines for Developing Swimming Performance</i></p> <p>Material: techniques for training 4 styles of swimming. Reference: <i>Maglischo, Ernest W. 1993. Swimming Fastest South Australia</i></p>	4%
2		<p>1. Demonstrate an intelligent and honest attitude in carrying out movements in the 4 style swimming technique</p> <p>2. Demonstrate perseverance and work together</p>	<p>Criteria: practice test</p> <p>Forms of Assessment : Participatory Activities, Practice/Performance, Tests</p>	<p>Lectures, questions and answers, demonstrations and 3 X 50 assignments</p>		<p>Material: Basics of swimming teaching techniques Library: <i>Kurnia, dadeng, 1987. Basic Guidelines for Developing Swimming Performance</i></p> <p>Material: techniques for training 4 styles of swimming. Reference: <i>Maglischo, Ernest W. 1993. Swimming Fastest South Australia</i></p>	4%

3		<p>1. Demonstrate an intelligent and honest attitude in carrying out basic 4 style swimming movements</p> <p>2. Show a serious attitude when performing 4 swimming strokes</p>	<p>Criteria: practice test</p> <p>Forms of Assessment : Participatory Activities, Practice/Performance, Tests</p>	<p>Lectures, questions and answers, demonstrations and 3 X 50 assignments</p>		<p>Material: Basics of swimming teaching techniques Library: <i>Kurnia, dadeng. 1987. Basic Guidelines for Developing Swimming Performance</i></p> <hr/> <p>Material: techniques for training 4 styles of swimming. Reference: <i>Maglischo, Ernest W. 1993. Swimming Fastest South Australia</i></p>	4%
4		<p>1. Demonstrate an intelligent and honest attitude in carrying out basic 4 style swimming movements</p> <p>2. Show a serious attitude when performing 4 swimming strokes</p>	<p>Criteria: practice test</p> <p>Form of Assessment : Participatory Activities, Tests</p>	<p>Lectures, questions and answers, demonstrations and 3 X 50 assignments</p>		<p>Material: Basics of swimming teaching techniques Library: <i>Kurnia, dadeng. 1987. Basic Guidelines for Developing Swimming Performance</i></p> <hr/> <p>Material: techniques for training 4 styles of swimming. Reference: <i>Maglischo, Ernest W. 1993. Swimming Fastest South Australia</i></p>	5%

5	Able to understand and apply start, reversal and finish strategies	<p>1.- Explain starting training techniques including racing start, block start, arm swing start, grab start. - Explains the technique of turning sideways (Flip turn), sitting reversal (Spin turn) and full reversal (roll Over turn) - Explains the finishing technique of 4 swimming styles</p> <p>2.Explains the technique of flip turn, spin turn and full roll over turn.</p> <p>3.Explains the finishing technique for 4 swimming styles</p>	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments	<p>Material: starting, turning and finishing techniques</p> <p>Reference: <i>Maglischo, Ernest W. 1993. South Australia's Fastest Swimming</i></p>	4%
6	Able to understand and apply start, reversal and finish strategies	<p>1.- Explain starting training techniques including racing start, block start, arm swing start, grab start. - Explains the technique of turning sideways (Flip turn), sitting reversal (Spin turn) and full reversal (roll Over turn) - Explains the finishing technique of 4 swimming styles</p> <p>2.Explains the technique of flip turn, spin turn and full roll over turn.</p> <p>3.Explains the finishing technique for 4 swimming styles</p>	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments	<p>Material: starting, turning and finishing techniques</p> <p>Reference: <i>Maglischo, Ernest W. 1993. South Australia's Fastest Swimming</i></p>	7%

7	Able to understand and apply start, reversal and finish strategies	<p>1.- Explain starting training techniques including racing start, block start, arm swing start, grab start. - Explains the technique of turning sideways (Flip turn), sitting reversal (Spin turn) and full reversal (roll Over turn) - Explains the finishing technique of 4 swimming styles</p> <p>2.Explains the technique of flip turn, spin turn and full roll over turn.</p> <p>3.Explains the finishing technique for 4 swimming styles</p>	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: starting, turning and finishing techniques Reference: <i>Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</i></p>	9%
8	Practicing a program to train swimming techniques according to swimming competition numbers	Explains swimming training techniques for short, middle and long distance events	<p>Criteria: uts</p> <p>Form of Assessment : Participatory Activities</p>	UTS 3 X 50			15%
9	Practicing a program to train swimming techniques according to swimming competition numbers	<p>1.Demonstrate an intelligent and tough attitude in performing short distance swimming movements</p> <p>2.Demonstrate an honest and tough attitude in analyzing and practicing short distance swimming</p>	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practical Assessment</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: short distance swimming techniques Reference: <i>Kurnia, dadeng. 1987. Basic Guidelines for Developing Swimming Performance</i></p>	7%
10	Practicing a program to train swimming techniques according to swimming competition numbers	<p>1.Demonstrate an intelligent and tough attitude in performing short distance swimming movements</p> <p>2.Demonstrate an honest and tough attitude in analyzing and practicing short distance swimming</p>	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practical Assessment</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: short distance swimming techniques Reference: <i>Kurnia, dadeng. 1987. Basic Guidelines for Developing Swimming Performance</i></p>	5%

11	Practicing a program to train swimming techniques according to swimming competition numbers	<ol style="list-style-type: none"> 1. Demonstrates an intelligent and tough attitude in performing middle distance swimming movements 2. Demonstrate an honest and tough attitude in analyzing and practicing middle distance swimming 	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practical Assessment</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: middle distance swimming techniques</p> <p>Reference: Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</p>	4%
12	Practicing a program to train swimming techniques according to swimming competition numbers	<ol style="list-style-type: none"> 1. Demonstrates an intelligent and tough attitude in performing middle distance swimming movements 2. Demonstrate an honest and tough attitude in analyzing and practicing middle distance swimming 	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practical Assessment</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: middle distance swimming techniques</p> <p>Reference: Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</p>	4%
13	Practicing a program to train swimming techniques according to swimming competition numbers	<ol style="list-style-type: none"> 1. Demonstrate an intelligent and tough attitude in performing long distance swimming movements 2. Demonstrate an honest and tough attitude in analyzing and practicing long distance swimming 	<p>Criteria: test and practice</p> <p>Forms of Assessment : Participatory Activities, Practical Assessment, Tests</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: long distance swimming techniques</p> <p>Reference: Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</p>	4%
14	Practicing a program to train swimming techniques according to swimming competition numbers	<ol style="list-style-type: none"> 1. Demonstrate an intelligent and tough attitude in performing long distance swimming movements 2. Demonstrate an honest and tough attitude in analyzing and practicing long distance swimming 	<p>Criteria: test and practice</p> <p>Form of Assessment : Participatory Activities, Practical Assessment</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: long distance swimming techniques</p> <p>Reference: Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</p>	4%
15	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	<ul style="list-style-type: none"> - Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish 	<p>Criteria: NULL</p> <p>Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance</p>	Lectures, questions and answers, demonstrations and 3 X 50 assignments		<p>Material: tapering</p> <p>References: Maglisco, Ernest W. 1993. South Australia's Fastest Swimming</p>	5%

16	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	- Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish	Criteria: test and practice Forms of Assessment : Participatory Activities, Practical Assessment, Practice/Performance, Test	Lectures, questions and answers, demonstrations and 3 X 50 assignments		Material: tapering References: <i>Maglischo, Ernest W. 1993. South Australia's Fastest Swimming</i>	15%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	50.24%
2.	Practical Assessment	18.75%
3.	Practice / Performance	17.41%
4.	Test	13.57%
		99.97%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.