



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																																																															
Basic Athletic Skills	8520202095		T=2 P=0 ECTS=3.18	1	July 17, 2024																																																															
AUTHORIZATION		SP Developer	Course Cluster Coordinator	Study Program Coordinator																																																																
		Fifit Yetty Wulandari, S.Pd., M.Pd.	Dr. Or. Muhammad, S.Pd., M.Pd.																																																																
Learning model	Case Studies																																																																			
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																																			
	Program Objectives (PO)																																																																			
	PO - 1	Know and understand the basic athletic movements of running, throwing and jumping																																																																		
	PLO-PO Matrix																																																																			
		<table border="1" style="margin-left: 20px;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="16"></td> </tr> </table>				P.O																	PO-1																																													
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PO-1																																																																				
PO Matrix at the end of each learning stage (Sub-PO)																																																																				
	<table border="1" style="margin-left: 20px;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>																P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																				
PO-1																																																																				
Short Course Description	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.																																																																			
References	Main :																																																																			
	<ol style="list-style-type: none"> 1. Pasi dari 1CManual Didactico De Atletisco 1D. 1993, Pedoman Latihan Dasar Atletik 2. IAAF. 1995, Introduction to Coaching Theory, London SW1X OLN. England 3. IAAF. 2001, Choashes Education & Certification System (CECS) 4. IAAF, 1995, Actual for Indonesia IAAF Level I Coaches, Germany 																																																																			
	Supporters:																																																																			
Supporting lecturer	Fifit Yeti Wulandari, S.Pd., M.Pd. Afif Rusdiawan, S.Pd., M.Kes. Bhekti Lestari, 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	Ability to understand lecture rules, and introduction to Athletics.	Course rules Introduction to athletics History of Athletics Understanding athletic numbers	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Athletics Bibliography: Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines	5%																																																													

2	Ability to understand lecture rules, and introduction to Athletics.	Course rules Introduction to athletics History of Athletics Understanding athletic numbers	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Athletics Bibliography: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
3	Ability to understand the meaning of basic running gear with innervation/conditioning movements	Explain basic running movements with innervation/conditioning movements	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Running Movements Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
4	Ability to understand the basic technical gears of running	Explain running technique	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Running Movements Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
5	Ability to understand and comprehend sprint techniques	Explain sprint running technique	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Project Results Assessment / Product Assessment	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Running Movements Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	10%
6	Ability to understand, understand the start of running and relay	Explain starting and relay techniques	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: Basic Running Movements Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	0%
7	Ability to understand, understand fast walking techniques	Explain fast walking techniques	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: fast walking technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	0%
8	UTS	Practicing the ABCs of running and brisk walking properly	Criteria: Full marks will be given if the practice is correct and firm Form of Assessment : Practice / Performance	2 X 50		Material: Basics of Athletics Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	20%
9	Ability to understand, understand long jump techniques	Explain long jump technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: long jump technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%

10	Ability to understand, understand the triple jump technique	Explain the triple jump technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: triple jump technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
11	Ability to understand, understand high jump techniques	Explain high jump technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Practice / Performance	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: high jump technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	0%
12	Ability to understand, understand javelin throwing techniques	Explain javelin throwing techniques	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Participatory Activities, Practice/Performance	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: javelin throwing technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	0%
13	Ability to understand, understand shot put techniques	Explain shot put technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Project Results Assessment / Product Assessment	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: shot put technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
14	Ability to understand, understand discus throwing techniques	Explain the discus throwing technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Project Results Assessment / Product Assessment	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: discus throwing technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	5%
15	Ability to understand, understand discus throwing techniques	Explain the discus throwing technique	Criteria: Full marks will be given if the answer is correct and clear Form of Assessment : Participatory Activities	Lectures, demonstrations, questions and answers, discussions and assignments 2 X 50		Material: discus throwing technique Reference: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	0%
16	UAS	Practicing athletic movements in jumping and throwing numbers	Criteria: given full marks if the movement is correct Form of Assessment : Practice/Performance, Test	2 X 50		Material: Basics of Athletics Library: <i>Pasi from 1CManual Didactico De Atletisco 1D. 1993, Basic Athletic Training Guidelines</i>	30%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	30%
2.	Project Results Assessment / Product Assessment	20%
3.	Practice / Performance	35%
4.	Test	15%
		100%

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.