



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

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| | | SI | EME | ST | EF | R L | EΑ | R۱ | IIN | G F | PLA | N | | | | | | |
| Courses | | CODE | | | C | Cours | e Far | nily | | | Cred | it Wei | ght | | SEME | STER | Co Da | mpilation te |
| Basic Swimn | ning Skills | 852020209 | 7 | | C | Compi | ulsory ets - N | Curr | iculun al | n | T=2 | P=0 | ECTS | =3.18 | | 1 | Jar 202 | nuary 1, 23 |
| AUTHORIZA' | TION | SP Develo | per | | | | | | Co | Course Cluster Coordinator | | | | Study | / Progr | am | | |
| | | Bayu Agun | g Pram | iono, | S.Pd. | ., M.K | .es | | Dr | . Imai | m Mar | sudi, N | И.Si | | Dr. (| Or. Muh N | amma 1.Pd. | ad, S.Pd., |
| Learning model | Case Studies | | | | | | | | | | | | | | | | | |
| Program Learning | PLO study pro | ogram which is c | harge | d to t | the c | ours | е | | | | | | | | | | | |
| Outcomes (PLO) | Program Obje | . , | | | | | | | | | | | | | | | | |
| (* ==) | PO - 1 PO - 2 | Able to be respon | | | | | | <u> </u> | | | | | | | | | | |
| | PO - 3 | Able to use conce | | <u> </u> | • | | | | | | | | | | • | | | to evaluate |
| | | the completion of | the act | ivities | that | have | been | carri | ed ou | t | | | | g u | | . 209 | | |
| | PO - 4 | Able to apply water | er sport | ts tea | ching | knov | vledge | e both | at so | chool | and in | sports | clubs | | | | | |
| | PLO-PO Matri | X T | | | | | | | | | | | | | | | | |
| | PO Matrix at t | PO-1 PO-2 PO-3 PO-4 | parning | n eta | ne (9 | Sub-F | 20) | | | | | | | | | | | |
| | 1 0 matrix at t | | , a | , O.W. | 90 (0 | - | ٠, | | | | | | | | | | | |
| | | P.O | | | | | | | | | Wee | ek | | | | | | |
| | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | PO-1 | | | | | | | | | | | | | | | | |
| | | PO-2 | | | | | | | | | | | | | | | | |
| | | PO-3 | | | | | | | | | | | | | | | | |
| | | PO-4 | | | | | | | | | | | | | | | | |
| Short Course Description | This course disc evaluate learnin taught or trained | cusses the stages or g outcomes so that I. | f learni it later | ng 4 : stude | swim ents v | ming vill be | styles able | for b | eginn | e the | vhich best n | provide nethod | es expe s to st | erience udents | for stu and a | ıdents t Iso to a | o be a | able to also |
| References | Main : | | | | | | | | | | | | | | | | | |
| | 2. Dave. S 3. Ernest V 4. David H 5. Marta D 6. Terry L 10020: | Guzman. 2007. The S PhD dan Scott.A. W. M. 1982. Swimn Ialler. 2008. Belajar dan Tina W. 2006 dan John Delves. 1230 Avenue of An | R PhD. ning Fa Beren Renar 2004. | . 2008 ster . ang . ng . C Total | 3. Coi Calife Pioni iputa Imm | mplet ornia ir Jaya t Tan ersio | e Cor State a: 511 geran | ditior Unive Bane g 154 | ning fo ersity dung 119:C | or Swi Chico 4023: erdas | immin o: May 1 Jaya | g . Uni feld pu Pondo | ıblising k Hijau | Comp | any | | | reside. N' |
| 1 | Supporters: | | | | | | | | | | | | | | | | | |

| 1. Bayu, et., al. Keterampilan dasar renang. Buku Ajar Mahasiswa. 2022 |
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| Prof.Dr. Imam Marsudi, M.Si. Dr. Aghus Sifaq, S.Or., M.Pd. Bayu Agung Pramono, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., M.Pd. Fajar Eka Samudra, S.Or., M.Kes. |

| Week- | Final abilities of each learning stage | Ev | valuation | Learn Studen | p Learning, ing methods, t Assignments, imated time] | Learning materials [References | Assessment Weight (%) |
|-------|---|---|---|--|---|---|--------------------------|
| | (Sub-PO) | Indicator | Criteria & Form | Offline (offline) | Online (online) | J | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |
| 1 | Able to be responsible for implementing the stages of swimming learning | 1.Able to explain the stages of learning to swim in the process of introducing water 2.Able to develop a water introduction stage process using various water introduction techniques | Criteria: NULL Form of Assessment : Participatory Activities | Lectures, questions and answers, demonstrations and assignments 2 X 50 | | Material: basic theory of water recognition Reader: David Haller. 2008. Learning to Swim. Pioneer Jaya: 511 Bandung 40231 Material: basic theory of water recognition. Reference: Ernest WM 1982. Swimming Faster. California State University Chico: Mayfeld publishing Company Material: basic theory of water recognition. Reference: Bayu, et., al. Basic swimming skills. Student Textbook. 2022 | 0% |

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|---|--|--------------|--------------------------|----------------|------|-----------------------|----|
| 2 | Able to formulate | 1.Able to | Criteria: | Lectures, | | Material: | 0% |
| | basic patterns in | master | practice test | questions and | | reestyle | |
| | the stages of learning Freestyle | basic | | answers, | | swimming | |
| | swimming for | freestyle | Form of Assessment : | demonstrations | | earning | |
| | students and | swimming | Participatory Activities | and | | heory | |
| | prospective | techniques | | assignments | | Reader: | |
| | athletes | 2.Able to | | 2 X 50 | | Ruben | |
| | | organize the | | | | Guzman. | |
| | | stages of | | | | 2007. The | |
| | | | | | | Swimming | |
| | | movement | | | | Orill Book. | |
| | | in freestyle | | | | Jnited States: | |
| | | swimming in | | | | Human | |
| | | an orderly | | | K | Kinetics | |
| | | manner | | | - | | |
| | | | | | | Material: | |
| | | | | | fr | reestyle | |
| | | | | | S | swimming | |
| | | | | | le | earning | |
| | | | | | | heory | |
| | | | | | R | Reader: | |
| | | | | | D | Dave. S PhD | |
| | | | | | а | and Scott.A. | |
| | | | | | F | R PhD. 2008. | |
| | | | | | | Complete | |
| | | | | 1 | C | Conditioning | |
| | | | | | | or Swimming. | |
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| | | | | 1 | | swimming | |
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| | | | | | | Reference: | |
| | | | | | | Ernest WM | |
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| | | | | | | Company | |
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| | | | | | | Material: | |
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| | | | | | s | swimming | |
| | | | | 1 | | earning | |
| | | | | | | heory | |
| | | | | | | Reference: | |
| | | | | | | Bayu, et., al. | |
| | | | | | | Basic | |
| | | | | | s | swimming | |
| | | | | | | skills. Student | |
| | | | | | | Textbook. | |
| | | | | | | 2022 | |
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| | | | | | | Material: | |
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| | | | | | s | swimming | |
| | | | | 1 | le | earning | |
| | | | | | tt | heory. | |
| | | | | | R | Reader: Terry | |
| | | | | | L | and John | |
| | | | | 1 | | Delves. 2004. | |
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| | | | | | l Ir | mmersion | |
| | | | | 1 | [(| The | |
| | | | | | F | Revolutionary | |
| | | | | | l v | Nay to Swim | |
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| 3 | Able to formulate basic patterns in the stages of learning Freestyle swimming for students and prospective athletes | 1.Able to master basic freestyle swimming techniques 2.Able to organize the stages of movement in freestyle swimming in an orderly manner | Criteria: practice test Form of Assessment : Participatory Activities | Lectures, questions and answers, demonstrations and assignments 2 X 50 | Material: freestyle swimming learning theory Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States Human Kinetics Material: freestyle swimming learning theory Reader: Dave. S PhD and Scott.A. R PhD. 2008. Complete | |
|---|---|---|--|--|--|---|
| | | | | | freestyle swimming learning theory Reference: Ernest WM 1982. Swimming Faster. California State University Chico: Mayfeld publishing Company Material: freestyle swimming learning theory Reference: Bayu, et., al. Basic swimming skills. Studen Textbook. | t |
| | | | | | Material: freestyle swimming learning theory. Reader: Terr L and John Delves. 2004. Total Immersion (The Revolutionary Way to Swim Better, Faster and Easier) Fireside. NY 10020: 1230 Avenue of the Americas New York. | ; |

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| 4 | Able to formulate | 1.Able to | Criteria: | Lectures, | Material: | 0% |
| | basic patterns in | master | practice test | questions and | freestyle | |
| | the stages of | basic | | answers, | swimming | |
| | learning Freestyle | freestyle | Form of Assessment : | demonstrations | learning | |
| | swimming for students and | | Participatory Activities | and | theory | |
| | prospective | swimming | - | assignments | Reader: | |
| | athletes | techniques | | 2 X 50 | Ruben | |
| | | 2.Able to | | | Guzman. | |
| | | organize the | | | 2007. The | |
| | | stages of | | | Swimming | |
| | | movement | | | Drill Book. | |
| | | in freestyle | | | United States: | |
| | | swimming in | | | Human | |
| | | an orderly | | | Kinetics | |
| | | manner | | | | |
| | | mamo | | | Motorial | |
| | | | | | Material: | |
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| | | | | | Reader: | |
| | | | | | Dave. S PhD | |
| | | | | | and Scott.A. | |
| | | | | | R PhD. 2008. | |
| | | | | | Complete | |
| | | | | | Conditioning | |
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| | | | | 1 | United States: | |
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| | | | | 1 | learning | |
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| | | | | 1 | Ernest WM | |
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| | | | | 1 | swimming | |
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| | | | | | learning theory | |
| | | | | | Reference: | |
| | | | | | Bayu, et., al. | |
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| | | | | 1 | Textbook. | |
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| | | | | 1 | Material: | |
| | | | | | freestyle | |
| | | | | | swimming | |
| | | | | 1 | learning | |
| | | | | | theory. | |
| | | | | | Reader: Terry | |
| | | | | 1 | L and John | |
| | | | | | Delves. 2004. | |
| | | | | | Total | |
| | | | | | Immersion | |
| | | | | 1 | (The | |
| | | | | | Revolutionary | |
| | | | | | Way to Swim | |
| | | | | 1 | Better, Faster, | |
| | | | | | and Easier) | |
| | | | | | Fireside. NY | |
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| 5 | Able to formulate basic patterns in the stages of learning Backstroke swimming for students and prospective athletes | 1.Able to master basic backstroke swimming techniques 2.Able to organize the stages of movement in backstroke swimming in an orderly manner | Criteria: practice test Form of Assessment : Participatory Activities | demonstration and practice 2 X 50 | the state of the s | Material: Dasic Dasic Dasic Dasic Dasic Dasic Dasic Dasic Dasic Daversity Dirill Book United States: Human Kinetics Material: Dasic Dave S PhD Dand Scott.A. R PhD. 2008. Complete Conditioning For Swimming. United States: Human Kinetics Material: Dasic Dave S PhD Dand Scott.A. R PhD. 2008. Complete Conditioning For Swimming. United States: Human Kinetics Material: Dasic Das | 7% |

| Able to formulate basic patterns in the stages of learning Backstroke swimming for | 1.Able to master | Criteria: practice test | demonstration and practice | Material: basic | 0% |
|--|---|---|----------------------------|---|----|
| students and prospective athletes | basic backstroke swimming techniques 2. Able to organize the stages of movement in backstroke swimming in an orderly manner | Form of Assessment : Participatory Activities | and practice 2 x 50 | backstroke swimming techniques Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics Material: basic backstroke swimming for Swimming United States: Human Kinetics Material: basic backstroke Swimming for Swimming. United States: Human Kinetics Material: basic backstroke swimming techniques Reference: Ernest WM 1982. Swimming Faster. California State University Chico: Mayfeld publishing Company Material: basic backstroke swimming Faster. California State University Chico: Mayfeld publishing Company Material: basic backstroke swimming techniques Reference: Marta D and Tina W. 2006. Swimming. Ciputat Tangerang 15419:Cerdas Jaya Pondok Hijau Material: basic backstroke swimming techniques Reference: Bayu, et., al. Basic | |
| | | | | swimming techniques Reference : | |

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| 7 | Able to formulate basic patterns in the stages of learning Backstroke swimming for students and prospective athletes | 1.Able to master basic backstroke swimming techniques 2.Able to organize the stages of movement in backstroke swimming in an orderly manner | Criteria: practice test Form of Assessment: Participatory Activities, Practice/Performance | demonstration and practice 2 X 50 | bis site R R G 20 S D U H K - M bis site R D air R C C fo U H K - M bis site R D air R C C fo U H K - M bis site R E 11 S F C S U C M pp C - M bis site R M TT S C T 11 J H - M bis site R B B B site R B B B sit | Material: Materi | 7% |
| 8 | UTS | 1.UTS freestyle | Criteria: practice test | UTS 2 X 50 | В | Material: Basic | 17% |
| | | practice 2.UTS Paktek backstroke | Form of Assessment : Participatory Activities, Practical Assessment | | SH R R G 20 S D U H | wimming kills Reader: Ruben Guzman. 1007. The Swimming Drill Book. United States: Human Kinetics | |

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| 9 | Able to formulate basic patterns in the stages of learning Butterfly Style swimming for students and prospective athletes | 1.Able to master basic butterfly swimming techniques 2.Able to organize the stages of movement in butterfly swimming in an orderly manner | Criteria: Practice Test Form of Assessment: Participatory Activities | Lectures, discussions, questions and answers and assignments 2 X 50 | basis swint tech Rea Rub Guz 2000 Swint Drill Unit Unit Hum Kines Swint tech Reference | man. 7. The mming Book. Pook. | 0% |

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| 10 | Able to formulate basic patterns in the stages of learning Butterfly Style swimming for students and prospective athletes | 1.Able to master basic butterfly swimming techniques 2.Able to organize the stages of movement in butterfly swimming in an orderly manner | Criteria: Practice Test Form of Assessment: Participatory Activities, Tests | Lectures, discussions, questions and answers and assignments 2 X 50 | Material: basic butterfly swimming techniques. Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics Material: basic butterfly swimming techniques. Reference: Dave. S PhD. and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics Material: basic butterfly swimming techniques. Reference: Tery L and John Delves. 2004. Total Immersion (The Revolutionary Way to Swim Better, Faster, and Easier) Fireside. NY 10020: 1230 Avenue of the Americas New York. Material: basic butterfly swimming techniques. Reference: Bayu, et., al. Basic swimsing skills. Student Textbook. 2022 | 7% |

| 11 | Able to formulate | 1.Able to | Criteria: | Lectures, | Material: | 0% |
|----|--|---|---|--|---|----|
| | basic patterns in the stages of learning Breaststroke swimming for students and prospective athletes | master basic breaststroke swimming techniques 2. Able to organize the stages of movement in breaststroke swimming in an orderly manner | Practice test Form of Assessment: Participatory Activities, Practice/Performance | discussions, questions and answers and assignments 2 X 50 | basic breaststroke swimming techniques Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics Material: basic breaststroke swimming techniques Reader: Dave. S PhD and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics Material: basic breaststroke swimming techniques Reader: Dave. S PhD and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics Material: basic breaststroke swimming techniques Reference: Bayu, et., al. Basic swimming skills. Student Textbook. 2022 | |
| 12 | Able to formulate basic patterns in the stages of learning Breaststroke swimming for students and prospective athletes | 1.Able to master basic breaststroke swimming techniques 2.Able to organize the stages of movement in breaststroke swimming in an orderly manner | Criteria: Practice test Form of Assessment : Participatory Activities | Lectures, discussions, questions and answers and assignments 2 X 50 | Material: basic breaststroke swimming techniques Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics Material: basic breaststroke swimming techniques Reader: Dave. S PhD and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics Material: basic breaststroke swimming techniques Reader: Dave. S PhD and Scott.A. R PhD. 2008. Complete Conditioning for Swimming. United States: Human Kinetics Material: basic breaststroke swimming techniques Reference: Bayu, et., al. Basic swimming skills. Student Textbook. 2022 | 7% |

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| 13 | Able to be responsible for mastering procedures for organizing swimming sports both independently and in groups | 1.Get to know the committee and referees of swimming competitions 2.Know how to make swimming competition event books with final and indirect final systems | Criteria: NULL Form of Assessment : Participatory Activities, Practical Assessment | Lectures, discussions, questions and answers and assignments 2 X 50 | | Material: swimming competition committee and referees Reference: Bayu, et., al. Basic swimming skills. Student Textbook. 2022 | 0% |
| 14 | Know the theory of creating a swimming competition system | 1.Students are able to give at least 3 examples of problems that often occur during the swimming learning process 2.Students are able to identify the sources of problems that occur 3.Identifying muscle problems based on the source and the impact they will have on society 4.Students are able to explain the impact of muscle problems and then design patterns to solve these problems | Criteria: Analytical rubric Forms of Assessment: Participatory Activities, Practical Assessment, Tests | Lectures, discussions, questions and answers and assignments 2 X 50 | | Material: swimming competition system Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics | 8% |

| 15 | Know the theory of creating a swimming competition system | 1.Students are able to give at least 3 examples of problems that often occur during the swimming learning process 2.Students are able to identify the sources of problems that occur 3.Identifying muscle problems based on the source and the impact they will have on society 4.Students are able to explain the impact of muscle problems based on the source and the impact they will have on society 4.Students are able to explain the impact of muscle problems and then design patterns to solve these problems | Criteria: Analytical rubric Forms of Assessment: Participatory Activities, Practical Assessment, Tests | Lectures, discussions, questions and answers and assignments 2 X 50 | Material: swimming competition system Reader: Ruben Guzman. 2007. The Swimming Drill Book. United States: Human Kinetics | 10% |
|----|---|---|---|--|--|-----|
| 16 | UAS | understanding basic swimming skills | Criteria: UAS Forms of Assessment : Participatory Activities, Practical Assessment, Tests | 2 X 50 | Material: swimming Reference: Bayu, et., al. Basic swimming skills. Student Textbook. 2022 | 30% |

Evaluation Percentage Recap: Case Study

| No | Evaluation | Percentage |
|----|--------------------------|------------|
| 1. | Participatory Activities | 52.5% |
| 2. | Practical Assessment | 24.5% |
| 3. | Practice / Performance | 3.5% |
| 4. | Test | 19.5% |
| | | 100% |

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.
- 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.
- 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.
- 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.
- 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.