



**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>																																	
TRAINING METHODOLOGY II	8520202350		T=1 P=1 ECTS=3.18	0	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>	Case Studies																																					
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																					
	Program Objectives (PO)																																					
	PLO-PO Matrix																																					
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	PO Matrix at the end of each learning stage (Sub-PO)																																					
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																						
<b>Short Course Description</b>	Understanding theory includes the basics of training, training components, training factors, periodization and training evaluation as well as being able to analyze training principles properly and correctly.																																					
<b>References</b>	<b>Main :</b>																																					
	1. Martens. Rainer. 2002. <i>Successful coaching</i> . USA. Human Kinetic Bomp, 2005. <i>Theory and Methodology of Training</i> . USA, Human Kinetic Tudor Bomp, Carlo Buzzichelli, 2015. <i>Periodization Training for Sports-3rd Edition</i> , USA, Human kinetic																																					
	<b>Supporters:</b>																																					
<b>Supporting lecturer</b>	Dr. Irmantara Subagio, M.Kes. Drs. Machfud Irsyada, M.Pd. MOCHAMAD ARIFIN Dr. Or. Muhammad, S.Pd., M.Pd.																																					
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																															
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																															

1	Understanding the college contract The scope and essence of Physical Training	- Able to understand college contracts - Able to have positive and constructive opinions on existing problems - Able to create detailed administrative models - Able to demonstrate physical training models according to teaching science - Able to demonstrate sports training models in accordance with physiological science	<b>Criteria:</b> assessment rubric	Lectures and Discussions 2 X 50			0%
2	Basics of Physical Exercise	- Able to understand how the human body works - Understand the definition of physical condition - Understand the definition of physical exercise	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
3	understand physical condition and physical training	- understand the definition of physical condition - understand the definition of physical exercise	<b>Criteria:</b> Full marks will be given if the explanation is correct	practical lectures and discussions 2 X 50			0%
4	understand the components of physical conditions	various physical conditions	<b>Criteria:</b> Full marks will be given if the explanation is correct	lectures and discussions 2 X 50			0%
5	Understand the role of the coach in physical training, athlete management, facilities and supporting infrastructure properly	Understanding the physiology of physical exercise Understanding physical exercise methods	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
6	Understand and determine the components of the physical conditions of each sport	Determining dominant energy fitness Determining dominant muscular fitness	<b>Criteria:</b> Full marks will be given if the explanation is correct	lectures and discussions 2 X 50			0%
7	Understand and determine the components of the physical conditions of each sport	Determining dominant energy fitness Determining dominant muscular fitness	<b>Criteria:</b> Full marks will be given if the explanation is correct	lectures and discussions 2 X 50			0%
8	Assessing the athlete's physical condition	Knowing the athlete's physical abilities Predicting the athlete's potential abilities Determining the appropriate position Seeing the athlete's training progress	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
9	UTS	UTS	<b>Criteria:</b> UTS	UTS 2 X 50			0%
10	Understand and be able to design a good training program	Understand training goals Understand intensity, volume, frequency of training and rest periods.	<b>Criteria:</b> Full marks will be given if the training program is correct	Lectures and discussions 2 X 50			0%
11	Understand and be able to design a good training program	Understand training goals Understand intensity, volume, frequency of training and rest periods.	<b>Criteria:</b> Full marks will be given if the training program is correct	Lectures and discussions 2 X 50			0%
12	Students understand the periodization of each component of physical condition	Understand the concept of periodization of the overall training program. Understand the periodization of each component of physical condition	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
13	Students understand the periodization of each component of physical condition	Understand the concept of periodization of the overall training program. Understand the periodization of each component of physical condition	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%

14	Students understand the principles of physical exercise	Able to understand the principles that must be fulfilled in providing physical training	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
15	Students know nutrition for athletes	Understanding of nutrition according to athlete's needs	<b>Criteria:</b> Full marks will be given if the explanation is correct	Lectures and discussions 2 X 50			0%
16	UAS	UAS	<b>Criteria:</b> UAS	UAS 2 X 50			0%

**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.**