



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																																																			
TRAINING IN THE SPORT BRANCH OF CLIMBING	8520204559	Compulsory Study Program Subjects	T=1	P=3	ECTS=6.36	3	January 1, 2024																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																				
	Dr. Irmantara Subagio, M.Kes.		Dr. Irmantara Subagio, M.Kes.			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	able to master the concepts and theories of rock climbing training in the world of sports coaching																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin: auto;"> <tr><td style="padding: 5px;">P.O</td></tr> <tr><td style="padding: 5px;">PO-1</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: auto;"> <tr> <td style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="padding: 5px;">1</td><td style="padding: 5px;">2</td><td style="padding: 5px;">3</td><td style="padding: 5px;">4</td><td style="padding: 5px;">5</td><td style="padding: 5px;">6</td><td style="padding: 5px;">7</td><td style="padding: 5px;">8</td><td style="padding: 5px;">9</td><td style="padding: 5px;">10</td><td style="padding: 5px;">11</td><td style="padding: 5px;">12</td><td style="padding: 5px;">13</td><td style="padding: 5px;">14</td><td style="padding: 5px;">15</td><td style="padding: 5px;">16</td> </tr> <tr> <td style="padding: 5px;">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 examines the planning of sport climbing training programs including objectives, benefits, structuring factors, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.																																																									
References	Main :																																																									
	<ol style="list-style-type: none"> 1. Bumpa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins 2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill; 3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge 4. Bumpa Tudor O, 2005, Total Training for your Champhion, Human Kinetics 5. Bumpa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 6. Bumpa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics 																																																									
	Supporters:																																																									
Supporting lecturer	Dr. Irmantara Subagio, M.Kes. Dr. Mochamad Purnomo, S.Pd., M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																																									
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	Understand the basic concepts of planning a training program for the sport of rock climbing	<ol style="list-style-type: none"> 1.Able to understand the definition of periodization 2.Able to understand the periodization of biomotor specifications 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: planning a training program for the sport of rock climbing.</p> <p>Reference: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p>	5%
2	Understand the basic concepts of planning a training program for the sport of rock climbing	<ol style="list-style-type: none"> 1.Able to understand the definition of periodization 2.Able to understand the periodization of biomotor specifications 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: planning a training program for the sport of rock climbing.</p> <p>Reference: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p>	5%
3	Understand the planning of annual training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1.Able to understand the definition of annual coaching planning in the sport of rock climbing 2.Able to understand the phases of annual coaching planning in the sport of rock climbing 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: annual training program in the sport of rock climbing.</p> <p>References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i></p>	5%
4	Understand the planning of annual training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1.Able to understand the definition of annual coaching planning in the sport of rock climbing 2.Able to understand the phases of annual coaching planning in the sport of rock climbing 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: annual training program in the sport of rock climbing.</p> <p>References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i></p>	5%

5	Understand peak planning in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the definition of peaking in the sport of rock climbing 2. Able to understand the definition of taper in the sport of rock climbing 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Forms of Assessment : Participatory Activities, Practice/Performance, Tests</p>	Lectures, Discussions 2 X 50		<p>Material: peaks in the sport of rock climbing</p> <p>Reference: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p>	5%
6	Understand the planning of daily training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the planning of training sessions in the sport of rock climbing 2. Able to understand training session planning modeling in the rock climbing branch 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: daily training program in rock climbing.</p> <p>References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i></p>	5%
7	Understand the planning of daily training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the planning of training sessions in the sport of rock climbing 2. Able to understand training session planning modeling in the rock climbing branch 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: daily training program in rock climbing.</p> <p>References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i></p>	5%
8	UTS	UTS	<p>Criteria: UTS</p> <p>Form of Assessment : Participatory Activities, Tests</p>	UTS 4 X 50		<p>Material: UTS</p> <p>Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p>	10%
9	Understand macro training program planning in the sport of rock climbing	Able to understand the macro training cycle in the sport of rock climbing	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: macro training program in the sport of rock climbing.</p> <p>Reference: <i>Robinson Paul E, 2015 Foundation of Sport Coaching, 2nd Edition, Routledge</i></p>	5%

10	Understand macro training program planning in the sport of rock climbing	Able to understand the macro training cycle in the sport of rock climbing	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: macro training program in the sport of rock climbing. Reference: <i>Robinson Paul E, 2015 Foundation of Sport Coaching, 2nd Edition, Routledge</i>	5%
11	Understand the planning of meso and micro training programs in the sport of rock climbing	1. Able to understand the meso training cycle in the sport of rock climbing 2. Able to understand the micro training cycle in the sport of rock climbing	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, Discussions 2 X 50		Material: meso and micro training program in the sport of rock climbing. Reference: <i>Bompa Tudor O, 2005, Total Training for your Champion, Human Kinetics</i>	6%
12	Understand the planning of physical training programs in the sport of rock climbing	1. Able to understand endurance training planning in rock climbing 2. Able to understand power training planning for rock climbing 3. Able to understand specific physical training planning for rock climbing 4. Able to understand agility training planning for rock climbing	Criteria: Assignments and practicums Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	Lectures, Discussions 4 X 50		Material: physical training program in the sport of rock climbing. References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i>	5%
13	Understand the planning of physical training programs in the sport of rock climbing	1. Able to understand endurance training planning in rock climbing 2. Able to understand power training planning for rock climbing 3. Able to understand specific physical training planning for rock climbing 4. Able to understand agility training planning for rock climbing	Criteria: Assignments and practicums Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	Lectures, Discussions 4 X 50		Material: physical training program in the sport of rock climbing. References: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i>	5%

14	Understand technical and tactical training programs in the sport of rock climbing	able to understand the skill of playing rock climbing. able to understand the drill of practicing rock climbing	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Tests	Lectures and discussions 4 X 50		Material: technical and tactical training in the sport of rock climbing. Reference: <i>Bompa Tudor O, 2005, Total Training for your Champion, Human Kinetics</i>	5%
15	Understand technical and tactical training programs in the sport of rock climbing	able to understand the skill of playing rock climbing. able to understand the drill of practicing rock climbing	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Tests	Lectures and discussions 4 X 50		Material: technical and tactical training in the sport of rock climbing. Reference: <i>Bompa Tudor O, 2005, Total Training for your Champion, Human Kinetics</i>	5%
16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities	UAS 2 X 50		Material: UAS Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i>	19%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	80.01%
2.	Practical Assessment	3.34%
3.	Practice / Performance	5.01%
4.	Test	11.67%
		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.
- 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.

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.