



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											
Shooting Sports Coaching	8520204520	Compulsory Study Program Subjects	T=1	P=0	ECTS=1.59	3	January 1, 2024											
AUTHORIZATION		SP Developer	Course Cluster Coordinator			Study Program Coordinator												
		Tutur Jatmiko, S.Pd., M.Kes.	Tutur Jatmiko, S.Pd., 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 shooting sports in the world of sports coaching																
	PLO-PO Matrix																	
		P.O																
	PO-1																	
PO Matrix at the end of each learning stage (Sub-PO)																		
	P.O	Week																
		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 history of shooting, competition rules, physical basic shooting techniques in the beginner (youth) category and basic training. This lecture is carried out with theory, practice, discussion, assignments and presentations.																	
References	Main :																	
	1. gaines. 2015. menembak : shoting gun 2. bompa 2015																	
	Supporters:																	
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., M.Pd.																	
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 training programs for shooting sports	1.Able to understand the definition of periodization 2.Able to understand the periodization of shooting biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
2	Understand the basic concepts of planning training programs for shooting sports	1.Able to understand the definition of periodization 2.Able to understand the periodization of shooting biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
3	Understand the basic concepts of planning training programs for shooting sports	1.Able to understand the definition of periodization 2.Able to understand the periodization of shooting biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
4	Understand the basic concepts of planning training programs for shooting sports	1.Able to understand the definition of periodization 2.Able to understand the periodization of shooting biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
5	Understand peak planning in shooting sports	1.Able to understand the definition of peaking in shooting sports 2.Able to understand the definition of taper in shooting sports	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 2 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
6	Understand peak planning in shooting sports	1.Able to understand the definition of peaking in shooting sports 2.Able to understand the definition of taper in shooting sports	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 2 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%

7	Understand peak planning in shooting sports	1.Able to understand the definition of peaking in shooting sports 2.Able to understand the definition of taper in shooting sports	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 2 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
8	UTS	UTS	Criteria: YTS Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: UTS Bibliography: <i>gaines. 2015. shooting : shooting gun</i>	10%
9	Understand macro training planning programs in shooting sports	Able to understand shooting sports practice	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
10	Understand macro training planning programs in shooting sports	Able to understand shooting sports practice	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
11	Understand macro training planning programs in shooting sports	Able to understand shooting sports practice	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Basic techniques Reference: <i>gaines. 2015. shooting : shooting gun</i>	5%
12	Understand the physical training program for shooting sports	1.Able to understand shooting sports practice 2.Able to understand the speed of training in shooting sports 3.Able to know certain physical exercises in shooting sports 4.Able to share training exercises for shooting sports	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: physique of shooting athletes. Reference: <i>bomba 2015</i>	5%
13	Understand the physical training program for shooting sports	1.Able to understand shooting sports practice 2.Able to understand the speed of training in shooting sports 3.Able to know certain physical exercises in shooting sports 4.Able to share training exercises for shooting sports	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: physique of shooting athletes. Reference: <i>bomba 2015</i>	5%

14	Understand the physical training program for shooting sports	<ol style="list-style-type: none"> 1. Able to understand shooting sports practice 2. Able to understand the speed of training in shooting sports 3. Able to know certain physical exercises in shooting sports 4. Able to share training exercises for shooting sports 	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: physique of shooting athletes. Reference: <i>bomba 2015</i>	5%
15	Understand the physical training program for shooting sports	<ol style="list-style-type: none"> 1. Able to understand shooting sports practice 2. Able to understand the speed of training in shooting sports 3. Able to know certain physical exercises in shooting sports 4. Able to share training exercises for shooting sports 	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, Discussions 4 X 50		Material: physique of shooting athletes. Reference: <i>bomba 2015</i>	5%
16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities, Tests	2 X 50		Material: UAS Bibliography: <i>gaines. 2015. shooting : shooting gun</i>	20%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	72.5%
2.	Practice / Performance	17.5%
3.	Test	10%
		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.