



**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 IN THE SPORTS OF SAILING AND WINDSURFER	8520204549		T=1	P=3	ECTS=6.36	3	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						
		P.O					
<b>Short Course Description</b>	This lecture examines coaching in the sports of sailing and windsurfing, including how to train, studying physical components, sports energy systems, goals, benefits, preparation factors and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily exercise program, and training sessions						
<b>References</b>	<b>Main :</b>						
	<b>Supporters:</b>						
<b>Supporting lecturer</b>	Dr. Mochamad Purnomo, 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)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

1	Understand the basic concepts of sailing and windsurfing periodization	<p>1.Able to understand the definition of sailing and windsurfing periodization</p> <p>2.Able to understand the periodization of the biomotor specifications of sailing and windsurfing</p>		Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of planning training programs for the sports of sailing and windsurfing	Able to understand the definition of the periodization of sailing and windsurfing sports. Able to understand the periodization of the biomotor specifications of sailing and windsurfing sports		Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in the sports of sailing and windsurfing	Able to understand the definition of annual training planning in the sports of sailing and windsurfing Able to understand the phases of annual training planning in the sports of sailing and windsurfing		Lectures, Discussions 4 X 50			0%
4	Understand peak planning in the sports of sailing and windsurfing	<p>1.Able to understand the definition of peaking in the sports of sailing and windsurfing</p> <p>2.Able to understand the definition of taper in the sports of sailing and windsurfing</p>		Lectures, Discussions 4 X 50			0%
5	Understand the planning of daily training programs in the sports of sailing and windsurfing	<p>1.Able to understand the planning of training sessions in the sports of sailing and windsurfing</p> <p>2.Able to understand training session planning modeling in the sports of sailing and windsurfing</p>		Lectures, Discussions 4 X 50			0%
6	Understand macro training program planning in the sports of sailing and windsurfing	Able to understand macro training cycles in sailing and windsurfing		Lectures, Discussions 4 X 50			0%
7	Understand macro training program planning in the sports of sailing and windsurfing	Able to understand macro training cycles in sailing and windsurfing		Lectures, Discussions 4 X 50			0%

8	Midterm tests		<b>Criteria:</b> Full marks are obtained if you do all the questions correctly according to the assessment procedures	4 X 50			0%
9	Understand the planning of micro training programs in the sports of sailing and windsurfing	Able to understand micro training cycles in the sports of sailing and windsurfing		Lectures, Discussions 4 X 50			0%
10	Understand the basic concepts of physical conditioning training for sailing and windsurfing sports	Students are able to identify and interpret the basic concepts of training for the physical conditions of sailing and windsurfing. Students are able to understand the definition of training. Students are able to understand the scope of training. Students are able to understand the training targets.		Lectures, Discussions 4 X 50			0%
11	understand the principles of training, training components and training factors in the sports of sailing and windsurfing	Able to understand the principles of sailing and windsurfing training Able to understand the components of sailing and windsurfing training Able to understand the factors of sailing and windsurfing		Lectures, Discussions 4 X 50			0%
12	understand the principles of training, training components and training factors in the sports of sailing and windsurfing	Able to understand the principles of sailing and windsurfing training Able to understand the components of sailing and windsurfing training Able to understand the factors of sailing and windsurfing		Lectures, Discussions 4 X 50			0%
13	Understand technical and tactical training programs in the sports of sailing and windsurfing	Able to understand the technical training program for sailing and windsurfing sports. Able to understand the tactical training program for sailing and windsurfing sports		Lectures, Discussions 4 X 50			0%
14	Understand muscle conditioning training in the sports of sailing and windsurfing	Able to understand the structure and function of muscles. Able to understand muscle contraction. Able to understand strength training. Able to understand core training. Able to understand weight training		Lectures, discussions and assignments 4 X 50			0%

15	Understand muscle conditioning training in the sports of sailing and windsurfing	Able to understand the structure and function of muscles. Able to understand muscle contraction. Able to understand strength training. Able to understand core training. Able to understand weight training		Lectures, discussions and assignments 4 X 50			0%
16	End of Semester Test		<b>Criteria:</b> Full marks are obtained if you do all the questions correctly according to the assessment procedures	4 X 50			0%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

#### 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.