



**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>																																											
swimming sports coaching	8520203318		T=2 P=2 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>	<b>Case Studies</b>																																															
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																															
	<b>Program Objectives (PO)</b>																																															
	<b>PLO-PO Matrix</b>																																															
		P.O																																														
	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																															
	P.O	<table style="width: 100%; border-collapse: collapse; margin: 0 auto;"> <tr> <td style="width: 5%;"></td> <td colspan="16" style="text-align: center; border-bottom: 1px solid black;">Week</td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">1</td> <td style="border: 1px solid black; padding: 2px;">2</td> <td style="border: 1px solid black; padding: 2px;">3</td> <td style="border: 1px solid black; padding: 2px;">4</td> <td style="border: 1px solid black; padding: 2px;">5</td> <td style="border: 1px solid black; padding: 2px;">6</td> <td style="border: 1px solid black; padding: 2px;">7</td> <td style="border: 1px solid black; padding: 2px;">8</td> <td style="border: 1px solid black; padding: 2px;">9</td> <td style="border: 1px solid black; padding: 2px;">10</td> <td style="border: 1px solid black; padding: 2px;">11</td> <td style="border: 1px solid black; padding: 2px;">12</td> <td style="border: 1px solid black; padding: 2px;">13</td> <td style="border: 1px solid black; padding: 2px;">14</td> <td style="border: 1px solid black; padding: 2px;">15</td> <td style="border: 1px solid black; padding: 2px;">16</td> </tr> </table>															Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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<b>Short Course Description</b>	Understanding and mastering the concept of biomechanical swimming theory, basic patterns for preparing training programs for basic swimming style techniques, periodization of training, practicing basic swimming techniques, freestyle swimming, back, butterfly and chest according to swimming competition numbers																																															
<b>References</b>	<b>Main :</b>																																															
	<ol style="list-style-type: none"> <li>1. Kurnia, dadeng. 1987. Pedoman Dasar Membina Olahraga Renang Prestasi</li> <li>2. Maglischo, Ernest W. 1993. Swimming Fastest South Australia</li> <li>3. .... 2008. Teaching swimming Web Download</li> <li>4. Hamula, Dick. 2008. Renang Pustaka Insan</li> </ol>																																															
	<b>Supporters:</b>																																															
<b>Supporting lecturer</b>	Prof.Dr. Imam Marsudi, M.Si. Bayu Agung Pramono, S.Pd., M.Kes.																																															
<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	Understand the preparation of programs to train swimming style techniques	- Explain freestyle, backstroke, butterfly and breaststroke swimming techniques	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
2	Understand the preparation of programs to train swimming style techniques	- Explain freestyle, backstroke, butterfly and breaststroke swimming techniques	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
3	Understand the preparation of programs to train start, reversal and finish swimming style techniques	- Explain starting training techniques including racing start, block start, arm swing start, grab start. - Explains the technique of turning sideways (Flip turn), sitting reversal (Spin turn) and full reversal (roll Over turn) - Explains the finishing technique of 4 swimming styles	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
4	Understand the preparation of programs to train start, reversal and finish swimming style techniques	- Explain starting training techniques including racing start, block start, arm swing start, grab start. - Explains the technique of turning sideways (Flip turn), sitting reversal (Spin turn) and full reversal (roll Over turn) - Explains the finishing technique of 4 swimming styles	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
5	UTS		<b>Criteria:</b> UTS	3 X 50			0%

6	Practicing the program trains to increase the speed and accuracy of starting, turning and finishing swimming strokes	- Explain techniques for training reaction speed and starting accuracy, including racing start, block start, arm swing start, grab start. - Explains techniques for training reaction speed and accuracy of side flips (Flip turn), Spin turn and full reversal (roll Over turn) - Explains techniques for training reaction speed and accuracy of finishing 4 swimming styles	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
7	Practicing the program trains to increase the speed and accuracy of starting, turning and finishing swimming strokes	- Explain techniques for training reaction speed and starting accuracy, including racing start, block start, arm swing start, grab start. - Explains techniques for training reaction speed and accuracy of side flips (Flip turn), Spin turn and full reversal (roll Over turn) - Explains techniques for training reaction speed and accuracy of finishing 4 swimming styles	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
8	Practicing a program to train swimming techniques according to swimming competition numbers	Explains swimming training techniques for short, middle and long distance events	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
9	Practicing a program to train swimming techniques according to swimming competition numbers	Explains swimming training techniques for short, middle and long distance events	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%
10	Practicing a program to train swimming techniques according to swimming competition numbers	Explains swimming training techniques for short, middle and long distance events	<b>Criteria:</b> NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments			0%

11	Practicing a program to train swimming techniques according to swimming competition numbers	Explains swimming training techniques for short, middle and long distance events	Criteria: NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments		0%
12	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	- Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish	Criteria: NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments		0%
13	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	- Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish	Criteria: NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments		0%
14	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	- Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish	Criteria: NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments		0%
15	Practicing the program to train the acceleration of swimming time achievements according to swimming competition numbers	- Practicing tapering training techniques - Determining the athlete's peak time - Developing swimming tactics at the start - Developing swimming tactics towards the finish	Criteria: NULL	Lectures, questions and answers, demonstrations and 3 X 50 assignments		0%
16	UAS		Criteria: UAS	3 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.