



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																																																			
coaching in weight/weight lifting and bodybuilding sports	8520203346		T=2	P=2	ECTS=6.36	3	July 17, 2024																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																				
	Tutur Jatmiko, S.Pd., M.Kes				Dr. Or. Muhammad, S.Pd., M.Pd.																																																				
Learning model	Case Studies																																																									
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																									
	Program Objectives (PO)																																																									
	PO - 1	Students are able to identify and interpret exercises, create weight lifting and bodybuilding training programs to improve sports performance																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</td></tr> </table>						P.O	PO-1																																																	
	P.O																																																									
PO-1																																																										
PO Matrix at the end of each learning stage (Sub-PO)																																																										
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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																	
P.O	Week																																																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																										
PO-1																																																										
Short Course Description	Understanding the concepts and applications of various types of strength training in the field of sports coaching and fitness. This course examines forms and strength training programs for sports performance and individual fitness.																																																									
References	Main :																																																									
	<ol style="list-style-type: none"> 1. Bumpa. 2015. Total Training for Young Champions. Australia: Human Kinetics 2. Kraemer, Williams J & Keijo Hakkinen. 2000. Strenght Training for Sports. USA. Blackwell Science Ltd 3. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic 4. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing 																																																									
	Supporters:																																																									
Supporting lecturer	Tutur Jatmiko, 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)																																																			

1	Understanding college contracts Understanding the basics of strength training	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its scope 3. Able to explain the objectives of the exercise 4. Able to group types of skills 5. Be able to explain the body's adaptation process to strength training 6. Able to show the impact of exercise on physical development 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	Lectures and discussions 4 X 50		<p>Material: Library Strength : <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i></p> <hr/> <p>Material: Strength Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p>	5%
2	Understanding college contracts Understanding the basics of strength training	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its scope 3. Able to explain the objectives of the exercise 4. Able to group types of skills 5. Be able to explain the body's adaptation process to strength training 6. Able to show the impact of exercise on physical development 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	Lectures and discussions 4 X 50		<p>Material: strength and training Library: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i></p> <hr/> <p>Material: strength and exercise Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: strength and exercise Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p>	5%
3	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> 1. Be able to state the principles of strength training 2. Able to differentiate the principles of strength training 	<p>Criteria: Assessment rubric</p>	lectures and discussions 4 X 50			0%

4	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> 1.Be able to state the principles of strength training 2.Able to differentiate the principles of strength training 	Criteria: Assessment rubric	lectures and discussions 4 X 50			0%
5	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric	Lectures, practices and discussions 4 X 50			0%
6	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric	Lectures, practices and discussions 4 X 50			0%
7	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric	Lectures, practices and discussions 4 X 50			0%
8	UTS	UTS	Criteria: UTS Form of Assessment : Participatory Activities	UTS 4 X 50			30%
9	Understand the variables of strength training	<ol style="list-style-type: none"> 1.Meaning of strength training variables 2.Various types of strength training variables 	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%

10	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
11	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
12	Understand about rest and recovery	1. Understanding rest and its benefits in training 2. Definition and function of recovery in training	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
13	Understand about rest and recovery	1. Understanding rest and its benefits in training 2. Definition and function of recovery in training	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
14	Understand training periodization	1. Understanding the stages of physical training 2. Able to arrange training stages for physical elements	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
15	Understand training periodization	1. Understanding the stages of physical training 2. Able to arrange training stages for physical elements	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities	UAS 4 X 50			59%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	92.34%
2.	Portfolio Assessment	3.34%
3.	Test	3.34%
		99.02%

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.