



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
TRIATHLON SPORT TRAINING	8520204557	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. Rini Ismalasari, S.Pd., M.Kes.		Dr. Rini Ismalasari, S.Pd., M.Kes.			Dr. Or. Muhammad, S.Pd., M.Pd.	

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																																
	Program Objectives (PO)																																																																
	PO - 1	Students are able to master the basic concepts in triathlon training and competitions																																																															
	PLO-PO Matrix																																																																
		<table border="1" style="margin-left: 40px;"> <tr> <td>P.O</td> <td colspan="15"></td> </tr> <tr> <td>PO-1</td> <td colspan="15"></td> </tr> </table>															P.O																PO-1																																
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PO Matrix at the end of each learning stage (Sub-PO)																																																																	
	<table border="1" style="margin-left: 40px;"> <tr> <td rowspan="2">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>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> </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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Short Course Description	Triathlon is a sport involving three main disciplines: swimming, cycling and running. If there is a course that covers this topic, it will probably involve aspects such as physical fitness, training planning, sports nutrition, physiotherapy, and athlete health management. Students who take such courses may gain a deeper understanding of the physical and mental preparation required to enter or participate in a triathlon.
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References	Main :	
		1. Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself
	Supporters:	

Supporting lecturer	Dr. Rini Ismalasari, S.Pd., M.Kes.
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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	Students are able to identify the characteristics of athletes' activities in triathlon sports	students know the concept of triathlon training and competition	<p>Criteria: Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p> <p>Form of Assessment : Participatory Activities</p>	Discussion		<p>Material: Basic techniques Library: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%
2	Students are able to identify the characteristics of athletes' activities in triathlon sports	students know the concept of triathlon training and competition	<p>Criteria: Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p> <p>Form of Assessment : Participatory Activities</p>	Discussion		<p>Material: Basic techniques Library: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%

3	Students are able to identify the characteristics of athletes' activities in triathlon sports	students know the concept of triathlon training and competition	<p>Criteria: Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p> <p>Form of Assessment : Participatory Activities</p>	Discussion		<p>Material: Basic techniques Library: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%
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5	Students understand the development of physical condition elements theoretically and can implement them in practical activities in the field	Students understand the concept of developing physical condition for triathlon athletes	<p>Criteria: Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p> <p>Form of Assessment : Participatory Activities</p>	discussion		<p>Material: physical basics of triathlon athletes. Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%
6	Students understand the development of physical condition elements theoretically and can implement them in practical activities in the field	Students understand the concept of developing physical condition for triathlon athletes	<p>Criteria: Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p> <p>Form of Assessment : Participatory Activities</p>	discussion		<p>Material: physical basics of triathlon athletes. Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%

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8	UTS	UTS	<p>Criteria: UTS</p> <p>Form of Assessment : Participatory Activities</p>	UTS		<p>Material: UTS Library: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	15%

9	Students understand the concept of developing techniques and tactics in triathlon competitions	<p>Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p>	<p>Criteria: test</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Discussion		<p>Material: Techniques and tactics in triathlon</p> <p>Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%
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11	Students understand the concept of developing techniques and tactics in triathlon competitions	<p>Concept Understanding (A): Students can explain key concepts clearly and accurately. Demonstrate a deep understanding of the theories studied. Able to relate these concepts to real world situations. Application of Knowledge (B): Able to apply theoretical concepts in practical contexts or case studies. Demonstrated ability to identify and solve problems using learned theory. Analytical Ability (C): Able to carry out critical analysis of the theories studied. Identify weaknesses or deficiencies in a theory and provide a constructive evaluation. Participation (D): Actively participate in class discussions. Demonstrate involvement in group activities or projects related to the theory being studied. Presentation (E): Able to present ideas clearly and structured. Demonstrate good communication skills in conveying ideas or projects related to theory.</p>	<p>Criteria: test</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Discussion		<p>Material: Techniques and tactics in triathlon</p> <p>Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%
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13	Students can carry out practice in the field based on the lesson plan that has been created for one learning session.	Students are able to apply the lesson plan that has been created	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	discussion		<p>Material: triathlon training practices</p> <p>Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i></p>	5%

14	Students can carry out practice in the field based on the lesson plan that has been created for one learning session.	Students are able to apply the lesson plan that has been created	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	discussion		Material: triathlon training practices Reference: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i>	5%
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16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities, Tests	UAS		Material: UAS Library: <i>Rich Roll. 2013. Finding Ultra, Revised and Updated Edition: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself</i>	15%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	80%
2.	Practice / Performance	10%
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.