



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
Fitness Development	8520202148		T=2 P=0 ECTS=3.18	5	July 18, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator
		Dr. Or. Muhammad, S.Pd., M.Pd.
Learning model	Project Based Learning				
Program Learning Outcomes (PLO)	PLO study program that is charged to the course				
	Program Objectives (PO)				
	PLO-PO Matrix				
		P.O			
Short Course Description	Introduction and understanding of fitness exercises, weight training equipment, in fitness centers in theory and practice to improve fitness and sports performance.				
References	Main :				
	<ol style="list-style-type: none"> 1. Austin, Denise. 1996. Jump Start, 21 Days Plan to Lose Weight, Get Fit, and Increase Your Energy and Enthusiasm for Life. New York, USA. Simon & Schuster. 2. Beachle, Thomas. R., & Groves, Barney.R. 2003. Latihan Beban. Jakarta. PT. Rajagrafindo Persada. 3. Bompa, Tudor O . 1989. Theory and Methodology of Training. Kendall Toronto,Ontario Canada : Hunt Publishing Company. 4. Harsono, Prof.,Drs.,M.Sc. 1993. Latihan Kondisi Fisik . Jakarta. Pusat Pendidikan dan Penataran KONI Pusat. 5. Harsono, Prof.,Drs.,M.Sc. 1993. Prinsip-Prinsip Pelatihan . Jakarta. Pusat Pendidikan dan Penataran KONI Pusat. 6. Hatfield, Frederick C. Ph.D. 1993. Hardcore Body Building; A Scientific Approach. Chicago, USA : Contemporary Books. 7. Setijono, H.,Matuankotta,I.M., Hasan, Nur. 2001. Instruktur Fitness . Surabaya : Unesa University Press. 8. Sugiyanto, Dr.,dkk. 1993. Belajar Gerak. Harsono, Prof.,Drs.,M.Sc. 1993. Prinsip-Prinsip Pelatihan . Jakarta. Pusat Pendidikan dan Penataran KONI Pusat. 9. Suharno, HP.,Prof, Drs. 1993. Metodologi Pelatihan. Jakarta. Pusat Pendidikan dan Penataran KONI Pusat. 10. Weider, Joe. 2003. Muscle and Fitness Training Notebook (Collector Edition) . USA. Weider Publication 11. Wuebben, Joe. 2003. The Beginner 19s Guide to Bodybuilding (Muscle & Fitness Magazine February Edition) . USA. Page 118-127 				
	Supporters:				
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. 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	Basics of Fitness Development	Students are able to understand the basic science of fitness development and achievement		Evaluation lecture method a. Written Test b. Assignment 2 X 50			0%
2	The Science of Human Anatomy in Weight Training	Students are able to identify and interpret Human Anatomy in Weight Training		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
3	Exercise Physiology in Weight Training	Students are able to identify and interpret Human Physiology in Weight Training		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
4	Nutrition	Students are able to identify and interpret the role of nutrition in fitness and achievement		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
5	Spotting Basics in free weight training (Free Weight)	Students are able to identify and interpret the basics of spotting in free weight training.		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
6	Cardiovascular Equipment	Students are able to identify and interpret Cardiovascular Equipment		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
7	Machine Weight Training Equipment	Students are able to identify and interpret Machine Weight Training Equipment		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
8	Midterm exam			2 X 50			0%

9	Back Muscle Exercises	Students are able to identify and interpret machine and free weight back muscle training		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
10	Chest Muscle Exercises	Students are able to identify and interpret, Machine Chest Muscle Weight Training and Free Weights		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
11	Shoulder Muscle Exercises	Students are able to identify and interpret, machine and free weight shoulder muscle training		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
12	Leg Muscle Exercises	Students are able to identify and interpret, machine and free weight leg muscle training		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
13	Abdominal Muscle Exercises	Students are able to identify and interpret, Machine and Free Weight Abdominal Muscle Weight Training		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
14	Biceps and Triceps Muscle Exercises	Students are able to identify and interpret Biceps and Triceps Machine Weight Training and Free Weights		Evaluation Practice Methods a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
15	Creating a Weight Training Program	Students are able to identify and interpret the creation of a weight training program		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%
16	Creating a Weight Training Program	Students are able to identify and interpret the creation of a weight training program		Evaluation lecture method a. Written Test b. Job Quotation Test c. Assignment/ Porto Folio 2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

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.