

		<b>Universitas Negeri Surabaya</b> <b>Faculty of Sports and Health Sciences</b> <b>S1 Sports Coaching Education Study Program</b>					<b>Document Code</b>																																										
<b>SEMESTER LEARNING PLAN</b>																																																	
<b>Courses</b>		<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																									
MENTAL TRAINING*		8520202528		T=1	P=1	ECTS=3.18	6	July 17, 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 which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> <td colspan="16"></td> </tr> </table>							P.O																																								
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	PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>																P.O	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>	Mental training is a course that contains concepts about mental training as an implementation of sports psychology, which consists of: the concept of mental training, mental diagnosis of athletes, methods and techniques in training mental athletes.																																																
<b>References</b>	<b>Main :</b>																																																
	<ol style="list-style-type: none"> <li>1. Jannah, M &amp; Juriana. 2016. Psikologi Olahraga: Student Hand Book. Sopeng: Penerbit Edutama</li> <li>2. Chistopher, L. 2015. Mental Muscle. Dragon door Publication</li> <li>3. Stevenson, R. 1990. Super Mental Training. International Publisher</li> <li>4. Jannah, M. 2017. Buku Seri Pelatihan Mental Olahraga: Konsentrasi. Surabaya: Unesa University Press.</li> </ol>																																																
	<b>Supporters:</b>																																																
<b>Supporting lecturer</b>	Dr. Anung Priambodo, S.Pd., M.Psi.T. Dr. Rachman Widohardhono, S.Psi.M.Psi. Psikolog Dr. Fransisca Januarumi Marhaendra Wijaya, S.Pd., M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO. Dani Primanata, S.Pd.,M.Pd.																																																
<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	Applying the learning contract Understanding the introduction to mental training	1.Students are able to understand and apply the learning contract 2.Students are able to understand and explain the introduction to mental training		2 X 50			0%
2	Students understand the basic concepts of mental training	Students have knowledge about the meaning and elements of mental training, the meaning and purpose of mental training, relevant mental training research		2 X 50			0%
3	Students understand the stages, forms and periodization of training	Students have knowledge about the stages, forms and periodization of mental training		2 X 50			0%
4	Students understand and can practice mental diagnosis of athletes	Students have knowledge about the benefits of mental diagnosis of athletes and are able to carry out the mental diagnosis process of athletes.		2 X 50			0%
5	Students understand and can practice mental diagnosis of athletes	Students have knowledge about the benefits of mental diagnosis of athletes and are able to carry out the mental diagnosis process of athletes.		2 X 50			0%
6	Students understand and can practice Goal-Setting exercises	Students have knowledge about goal-setting, are able to apply goal-setting exercises, and are able to apply cognitive behavior therapy to think positively		2 X 50			0%
7	Students understand and can practice concentration exercises	Students have knowledge about concentration, and are able to apply several concentration exercises		2 X 50			0%

8	Students understand and can practice relaxation exercises	Students have knowledge about relaxation, are able to do ratio breathing exercises and progressive relaxation		2 X 50			0%
9	UTS	UTS		2 X 50			0%
10	Students understand and are able to practice visualization exercises	Students have the knowledge and are able to carry out visualization exercises and can create their own visualization scripts		2 X 50			0%
11	Students are able to understand the application of mental training in sports	Students have knowledge and skills about mental training in sports		2 X 50			0%
12	Students are able to understand the application of mental training in sports	Students have knowledge and skills about mental training in sports		2 X 50			0%
13	Students are able to understand the application of mental training in sports	Students have knowledge and skills about mental training in sports		2 X 50			0%
14	Students are able to understand the application of mental training in sports	Students have knowledge and skills about mental training in sports		2 X 50			0%
15	Students are able to understand the application of mental training in sports	Students have knowledge and skills about mental training in sports		2 X 50			0%
16							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.

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.