



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																																		
PHYSICAL TRAINING METHODS, TECHNIQUES, TACTICS & MENTAL SHOOTING SPORTS	8520204524		T=4 P=0 ECTS=6.36	4	July 17, 2024																																		
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																		
		Dr. Or. Muhammad, S.Pd., M.Pd.																																		
Learning model	Case Studies																																						
Program Learning Outcomes (PLO)	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: 30px;">P.O</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 style="width: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <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> </table>					P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																							
Short Course Description	This course examines the mastery and preparation of physical, technical, tactical and mental training models in shooting sports																																						
References	Main :																																						
	Supporters:																																						
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., M.Pd.																																						
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	Introduction to RPS courses			Lectures, Discussions 4 X 50			0%																																

2	Able to know the basics of physical training for shooting sports	1. Students are able to understand the basics of training the dominant physical conditions in shooting sports 2. Students are able to understand the basics of physical training according to the athlete's age	Criteria: provide grades by looking at student activity and lecture rules	1. Lecture 2. Discussion 3. Questions and answers 4 X 50			0%
3	Students are able to develop and master physical training models for shooting sports	1. Students are able to understand the dominant physical condition elements in shooting 2. Students are able to understand the energy system used in shooting sports	Criteria: provide grades by looking at student activity and lecture rules	1. Lecture 2. discussion 3. questions and answers 4 X 50			0%
4	Able to organize and master technical training models in shooting sports	Able to organize and master technical training models in shooting sports. Able to develop training models according to the athlete's abilities	Criteria: provide value by looking at student activity and lecture rules	Lecture, discussion, answer demonstration, assignment 4 X 50			0%
5	able to compile and master physical training programs, techniques and tactics through the Athlete Development application	Able to compile and master physical training programs, techniques and tactics. Able to compile and master Athlete Development applications	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
6	understand the planning of annual training programs in shooting sports	able to plan annual training programs in shooting sports, able to choose general and specific programs	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
7	understand the monthly program planning for shooting sports	able to understand the monthly program planning for shooting sports. Able to understand training planning in general and specifically understand planning for the culmination of the monthly program for shooting sports	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%

8	understand daily program planning in shooting sports	able to understand daily program planning in shooting sports. Able to apply daily programs in shooting sports	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
9	UTS	can answer the basic theory of physical training, techniques and tactics, know how to prepare daily, monthly and annual training programs for shooting sports		filling out the 4 X 50 assignment sheet			0%
10	understand the planning of pick performant programs from annual, monthly and daily programs	Able to understand the planning of pick performant programs from annual, monthly and daily programs. Able to prepare preparation, match and transition programs	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
11	understand macro, micro, and meso training programs in shooting sports	Able to understand macro, micro and meso training programs in shooting sports Able to know the similarities and differences between annual training programs with macro, micro and meso in shooting sports	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
12	know the basics of athlete mental application	able to know the basics of athlete's mental application, know the characteristics of athletes	Criteria: provide grades by looking at student activity and lecture rules	Lectures, discussions, questions and answers 4 X 50			0%
13	psychological and mental applications according to athlete characteristics	able to know psychological and mental applications according to the characteristics of athletes. able to know the characteristics of athletes	Criteria: provide grades by looking at student activity and lecture rules	Lectures, discussions, questions and answers 4 X 50			0%
14	create annual, monthly and daily training programs for shooting sports	able to create annual, monthly and daily training programs for shooting sports	Criteria: provide value by looking at the results of the content of the assignments carried out	Lectures, discussions, questions and answers 4 X 50			0%

15	application of program applications that have been created to athletes	able to apply program applications that have been made to athletes, understand practical experience in the field, obstacles in the field, report on the results of practice in the field	Criteria: provide value by looking at assignment applications and reports in the field	implementation of applications that have been worked on 4 X 50			0%
16	UAS			2 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.**