



**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, TECHNIQUE, TACTIC & MENTAL TRAINING METHODS FOR AEROBIC GYMNASTICS	8520204519		T=3	P=0	ECTS=4.77	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 that is charged to the course																																	
	Program Objectives (PO)																																	
	PLO-PO Matrix																																	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 20%;"></td> <td style="text-align: center;">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="width: 100%;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">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> </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 explains and understands the theoretical concept of planning an aerobic exercise program as well as how to create and apply the program in an exercise, including how to analyze a structured exercise program. This course also teaches how to be responsible for applying the theory used in the training process.

References	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>Bompa, Tudor O. 2015. Conditioning Young Athletes. United States. Human Kinetics.</li> <li>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</li> <li>Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United States. ASA.</li> <li>Brick, Lynne. 2002. Senam Aerobik. Raja Grafindo Persada</li> </ol> <p><b>Supporters:</b></p>
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**Supporting lecturer** Dra. Ika Jayadi, M.Kes.  
 Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.  
 Shery Iris Zalillah, 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 of theoretical concepts in making swimming training program plans on land and in water	1. Able to understand the theoretical concepts of making training program plans 2. Able to determine the targets and objectives of the program creation plan	<b>Criteria:</b> According to the assessment at UNESA	4 X 50 Discussion			0%

2	Understanding of theoretical concepts in making swimming training program plans on land and in water	<ol style="list-style-type: none"> <li>1. Able to understand the theoretical concepts of making training program plans</li> <li>2. Able to determine the targets and objectives of the program creation plan</li> </ol>	<b>Criteria:</b> According to the assessment at UNESA	4 X 50 Discussion			0%
3	understanding the concept of goals and benefits of exercise periodization	<ol style="list-style-type: none"> <li>1. understand the meaning of training periodization</li> <li>2. understand the concept of the purpose of periodizing training</li> <li>3. understand the benefits of periodization of training</li> </ol>	<b>Criteria:</b> according to UNESA instructions	Observation and discussion 4 X 50			0%
4	Understanding the basic concepts of training periodization based on annual plans and biomotor abilities	Able to understand the basic concept of training periodization on an annual plan and biomotor abilities	<b>Criteria:</b> according to UNESA regulations	Discussion presentation observation 4 X 50			0%
5	Understand the periodization of annual plans for swimming training programs on land and in water	Able to make annual periodization	<b>Criteria:</b> according to UNESA regulations	discussion practice presentation 4 X 50			0%
6	Understand the periodization of annual plans for swimming training programs on land and in water	Able to make annual periodization	<b>Criteria:</b> according to UNESA regulations	discussion practice presentation 4 X 50			0%
7	Understand the periodization of biomotor ability development	Able to periodize training based on biomotor abilities	<b>Criteria:</b> according to the criteria set by Unisa	discussion and practice 4 X 50			0%
8	Understand the periodization of biomotor ability development	Able to periodize training based on biomotor abilities	<b>Criteria:</b> according to the criteria set by Unisa	discussion and practice 4 X 50			0%
9	understand all the material from meetings 1 to 8	have a UTS score of more than 80	<b>Criteria:</b> according to UNISA criteria	Direct exam answers and 4 X 50 assignments			0%
10	Able to understand the theory of transition periods in swimming training programs	<ol style="list-style-type: none"> <li>1. Explain the meaning of the transition period</li> <li>2. Explains the evaluation of match results from the results of qualifying and direct swimming matches</li> <li>3. Explains the results after the match in each series that is followed</li> </ol>	<b>Criteria:</b> according to UNISA criteria	4 X 50 discussion			0%

11	Able to understand and organize daily training programs and training sessions.	1.Explain the preparation of a one day program. 2.Explain the preparation of a daily exercise program. 3.Explain the preparation of the training session program.	<b>Criteria:</b> According to Unesa assessment criteria	practice discussion 4 X 50			0%
12	Able to understand and compile a weekly exercise program.	1.Explain the preparation of a weekly exercise program. 2.Explains the preparation of a weekly training program for one peak. 3.Explains the preparation of a two-peak weekly training program. 4.Explains the preparation of a three-peak weekly training program.	<b>Criteria:</b> In accordance with Unesa's assessment criteria	DiscussionPractice 4 X 50			0%
13	Able to understand and prepare a monthly training program.	1.Explain the preparation of a monthly training program. 2.Explains the preparation of a two-week monthly training program. 3.Explains the preparation of a three-week monthly training program.	<b>Criteria:</b> In accordance with Unesa's assessment criteria	Practice discussion 4 X 50			0%
14	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	<b>Criteria:</b> In accordance with UNESA assessment criteria	practice discussion 4 X 50			0%
15	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	<b>Criteria:</b> In accordance with UNESA assessment criteria	practice discussion 4 X 50			0%
16	Complete the exam by understanding and being able to prepare a training program according to material 1-15	Pass the course exam	<b>Criteria:</b> In accordance with UNESA assessment criteria	4 X 50 UAS EXAM			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.

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.