



**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
<b>PHYSICAL, TECHNICAL, TACTICAL &amp; MENTAL TRAINING METHODS FOR 7S RUGBY SPORT</b>	8520204578	Compulsory Study Program Subjects	T=1	P=0	ECTS=1.59	4	July 18, 2024
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>	
	.....		Tutur Jatmiko, S.Pd., M.Kes			Dr. Or. Muhammad, S.Pd., M.Pd.	

<b>Learning model</b>	<b>Case Studies</b>																																																																
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																																																
	<b>PLO-1</b>   Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties																																																																
	<b>PLO-2</b>   Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit																																																																
	<b>PLO-3</b>   Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned																																																																
	<b>PLO-4</b>   Develop yourself continuously and collaborate.																																																																
	<b>PLO-5</b>   Able to design effective and innovative training programs based on scientific principles and the latest research in various sports.																																																																
	<b>PLO-6</b>   Able to design, implement and evaluate innovative and effective sports learning processes.																																																																
	<b>PLO-7</b>   Able to identify and evaluate business opportunities in the sports industry, as well as develop innovative business ideas.																																																																
	<b>PLO-8</b>   Able to design and carry out high quality research in the field of sports, as well as publish research results in reputable scientific journals.																																																																
	<b>Program Objectives (PO)</b>																																																																
	<b>PO - 1</b>   Students are able to identify and identify the energy system of the rugby 7s sport																																																																
	<b>PO - 2</b>   Students are able to identify and identify the functional anatomy of the sport of rugby 7s																																																																
	<b>PO - 3</b>   Students are able to identify and identify physical biomotors in the sport of rugby 7s																																																																
	<b>PO - 4</b>   Students are able to identify and identify techniques in the sport of rugby 7s																																																																
	<b>PO - 5</b>   Students are able to identify and identify tactics in the sport of rugby 7s																																																																
	<b>PO - 6</b>   Students are able to identify and recognize the mental needs of the rugby 7s sport																																																																
	<b>PLO-PO Matrix</b>																																																																
		<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>P.O</th> <th>PLO-1</th> <th>PLO-2</th> <th>PLO-3</th> <th>PLO-4</th> <th>PLO-5</th> <th>PLO-6</th> <th>PLO-7</th> <th>PLO-8</th> </tr> </thead> <tbody> <tr> <td>PO-1</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td>✓</td> </tr> <tr> <td>PO-3</td> <td>✓</td> <td>✓</td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td>✓</td> </tr> <tr> <td>PO-4</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> <tr> <td>PO-5</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> <tr> <td>PO-6</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> </tbody> </table>	P.O	PLO-1	PLO-2	PLO-3	PLO-4	PLO-5	PLO-6	PLO-7	PLO-8	PO-1	✓	✓	✓	✓	✓				PO-2		✓	✓	✓	✓	✓		✓	PO-3	✓	✓		✓	✓	✓		✓	PO-4	✓	✓	✓	✓	✓	✓	✓	✓	PO-5	✓	✓	✓	✓	✓	✓	✓	✓	PO-6	✓	✓	✓	✓	✓	✓	✓	✓
	P.O	PLO-1	PLO-2	PLO-3	PLO-4	PLO-5	PLO-6	PLO-7	PLO-8																																																								
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PO-2		✓	✓	✓	✓	✓		✓																																																									
PO-3	✓	✓		✓	✓	✓		✓																																																									
PO-4	✓	✓	✓	✓	✓	✓	✓	✓																																																									
PO-5	✓	✓	✓	✓	✓	✓	✓	✓																																																									
PO-6	✓	✓	✓	✓	✓	✓	✓	✓																																																									
	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																																																

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
PO-1	✓	✓														
PO-2																
PO-3																
PO-4																
PO-5																
PO-6																

  

<b>Short Course Description</b>	In this course students will be introduced to and taught various ways of physical, technical, tactical and mental training in the sport of rugby
<b>References</b>	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>1. Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</li> <li>2. Trevor Lipscombe. 2009. The Physics of Rugby. Nottingham University Press.</li> <li>3. Tudor O Bompaa; Frederick Claro. 2013. Periodization in rugby. Meyer &amp; Meyer Sport</li> </ol> <p><b>Supporters:</b></p> <ol style="list-style-type: none"> <li>1. 1. Bayli, Istvan, Richard Way, Colin Higgs. 2013. Long Term Athlete Development. USA. Human Kinetic</li> <li>2. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia : Human Kinetics.</li> <li>3. Donald Chu, 1999, Jumping Into Plyometrics , Australia: Human Kinetics.</li> </ol>
<b>Supporting lecturer</b>	Raymond Ivano Avandi, S.Pd., M.Kes. Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. David Agus Prianto, 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	Develop sports analysis skills	Students can develop communication skills and speed in the game of rugby	<b>Form of Assessment :</b> Participatory Activities	theory and presentation 4 X 50		<b>Material:</b> Energy Systems <b>Reader:</b> Trevor Lipscombe. 2009. The Physics of Rugby. Nottingham University Press. <hr/> <b>Material:</b> Energy Systems <b>Reader:</b> Trevor Lipscombe. 2009. The Physics of Rugby. Nottingham University Press.	5%

2	Develop sports analysis skills	Students can develop communication skills and speed in the game of rugby	<b>Form of Assessment :</b> Participatory Activities	theory and presentation 4 X 50		<b>Material:</b> Energy Systems <b>Reader:</b> Trevor Lipscombe. 2009. <i>The Physics of Rugby.</i> Nottingham University Press. <hr/> <b>Material:</b> Energy Systems <b>Reader:</b> Trevor Lipscombe. 2009. <i>The Physics of Rugby.</i> Nottingham University Press.	5%
3	Students are able to practice BALL HANDLING AND ATTACKING	students analyze the functional anatomy of rugby 7s	<b>Form of Assessment :</b> Participatory Activities	Theory and Presentation 4 X 50		<b>Material:</b> Rugby Anatomy <b>Bibliography:</b> Tudor O Bompaa; Frederick Claro. 2013. <i>Periodization in rugby.</i> Meyer & Meyer Sports <hr/> <b>Material:</b> Rugby Anatomy <b>Reader:</b> Chris Sheryn. 2006. <i>101 Youth Rugby Drills (101 Drills).</i> A & C Black Publishers Ltd	5%
4	Students are able to practice BALL HANDLING AND ATTACKING	students analyze the functional anatomy of rugby 7s	<b>Form of Assessment :</b> Participatory Activities	Theory and Presentation 4 X 50		<b>Material:</b> Rugby Anatomy <b>Bibliography:</b> Tudor O Bompaa; Frederick Claro. 2013. <i>Periodization in rugby.</i> Meyer & Meyer Sports <hr/> <b>Material:</b> Rugby Anatomy <b>Reader:</b> Chris Sheryn. 2006. <i>101 Youth Rugby Drills (101 Drills).</i> A & C Black Publishers Ltd	5%
5	students are able to analyze the physical biomotors of rugby 7s	Students master the physical biomotors of rugby	<b>Form of Assessment :</b> Participatory Activities	practice 4 X 50		<b>Material:</b> Physical Biomotor Rugby 7S <b>Reader:</b> Trevor Lipscombe. 2009. <i>The Physics of Rugby.</i> Nottingham University Press.	5%

6	students are able to master the method of training techniques for playing 7s rugby	Students are able to practice rugby 7s techniques	<b>Form of Assessment :</b> Participatory Activities, Practical Assessment	practice 4 X 50		<b>Material:</b> Techniques for Playing Rugby 7s <b>Reader:</b> <i>Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</i>	5%
7	students are able to master the method of training techniques for playing 7s rugby	Students are able to practice rugby 7s techniques	<b>Form of Assessment :</b> Participatory Activities, Practical Assessment	practice 4 X 50		<b>Material:</b> Techniques for Playing Rugby 7s <b>Reader:</b> <i>Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</i>	5%
8	Students master the energy system, functional anatomy, physical biomotors, and rugby 7s sport techniques	Students are able to practice several techniques in the line out game	<b>Form of Assessment :</b> Participatory Activities	theory and practice 4 X 50		<b>Material:</b> Techniques for Playing Rugby 7s <b>Reader:</b> <i>Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</i>  <b>Material:</b> 7S Rugby Physical Biomotor, Rugby Functional Anatomy <b>Reader:</b> <i>Trevor Lipscombe. 2009. The Physics of Rugby. Nottingham University Press.</i>  <b>Material:</b> Energy Systems <b>Literature:</b> <i>Tudor O Bompá; Frederick Claro. 2013. Periodization in rugby. Meyer &amp; Meyer Sports</i>	15%
9	Students are able to practice tactics for playing 7s rugby	Tactics for playing 7s rugby	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> <i>Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</i>	5%
10	Students are able to practice tactics for playing 7s rugby	Tactics for playing 7s rugby	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> <i>Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A &amp; C Black Publishers Ltd</i>	5%

11	Students are able to practice tactics for playing 7s rugby	Tactics for playing 7s rugby	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A & C Black Publishers Ltd	5%
12	Students are able to practice tactics for playing 7s rugby	Tactics for playing 7s rugby	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A & C Black Publishers Ltd	5%
13	Students are able to practice tactics for playing 7s rugby	Tactics for playing 7s rugby	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A & C Black Publishers Ltd	5%
14	Students are able to train mentally playing 7s rugby	mental play Playing rugby 7s	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A & C Black Publishers Ltd	5%
15	Students are able to train mentally playing 7s rugby	mental play Playing rugby 7s	<b>Form of Assessment :</b> Portfolio Assessment, Practical Assessment	Practice 4 X 50		<b>Material:</b> Tactical playing Rugby 7s <b>Reader:</b> Chris Sheryn. 2006. 101 Youth Rugby Drills (101 Drills). A & C Black Publishers Ltd	5%
16	Able to understand and explain playing tactics and mentality in playing rugby 7s		<b>Form of Assessment :</b> Practical Assessment, Practice/Performance	Offline 4 X 50			15%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	45%
2.	Portfolio Assessment	17.5%
3.	Practical Assessment	30%
4.	Practice / Performance	7.5%
		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.