



**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, Technical, Tactics & Mental Training Methods for Basketball	8520204495	Compulsory Study Program Subjects	T=1	P=0	ECTS=1.59	4	July 17, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	.....	.....	Dr. Or. Muhammad, S.Pd., M.Pd.

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																	
	Program Objectives (PO)																																	
	PLO-PO Matrix																																	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 20%; text-align: center;">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="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 examines basketball training program planning including objectives, benefits, structuring factors, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.
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References	Main :
	<ol style="list-style-type: none"> <li>1. Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams &amp; Wilkins</li> <li>2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</li> <li>3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge</li> <li>4. Bompa Tudor O, 2005, Total Training for your Champhion, Human Kinetics</li> <li>5. Bompa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics</li> <li>6. Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</li> </ol>
	Supporters:

Supporting lecturer	Prof. Dr. Agus Hariyanto, M.Kes. Raymond Ivano Avandi, S.Pd., M.Kes. Dr. Or. Gigih Siantoro, S.Pd., M.Pd. Dr. Donny Ardy Kusuma, S.Pd., M.Kes. Bhekti Lestari, S.Pd., M.Kes.
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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	Understand the basic concepts of planning a basketball training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of basketball biomotor specifications	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of planning a basketball training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of basketball biomotor specifications	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in the sport of basketball	1.Able to understand the definition of annual coaching planning in the sport of basketball 2.Able to understand the phases of annual coaching planning in the sport of basketball	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in the sport of basketball	1.Able to understand the definition of annual coaching planning in the sport of basketball 2.Able to understand the phases of annual coaching planning in the sport of basketball	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand final planning in the sport of basketball	1.Able to understand the definition of peaking in the sport of basketball 2.Able to understand the definition of taper in the sport of basketball	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 2 X 50			0%

<b>6</b>	Understand the planning of daily training programs in the sport of basketball	1.Able to understand the planning of training sessions in the sport of basketball 2.Able to understand training session planning modeling in the sport of basketball		Lectures, Discussions 4 X 50			0%
<b>7</b>	Understand the planning of daily training programs in the sport of basketball	1.Able to understand the planning of training sessions in the sport of basketball 2.Able to understand training session planning modeling in the sport of basketball		Lectures, Discussions 4 X 50			0%
<b>8</b>	Understand macro training program planning in the sport of basketball	Able to understand the macro training cycle in the sport of basketball		Lectures, Discussions 4 X 50			0%
<b>9</b>	Understand macro training program planning in the sport of basketball	Able to understand the macro training cycle in the sport of basketball		Lectures, Discussions 4 X 50			0%
<b>10</b>	UTS			2 X 50			0%
<b>11</b>	Understand meso and micro training program planning in the sport of basketball	1.Able to understand the meso training cycle in the sport of basketball 2.Able to understand the micro training cycle in the sport of basketball		Lectures, Discussions 2 X 50			0%

12	Understand the planning of physical training programs in the sport of basketball	<ol style="list-style-type: none"> <li>1.Able to understand endurance training planning in basketball</li> <li>2.Able to understand speed training planning in basketball</li> <li>3.Able to understand specific physical training plans for basketball</li> <li>4.Able to understand strength training planning in basketball</li> </ol>		Lectures, Discussions 4 X 50			0%
13	Understand the planning of physical training programs in the sport of basketball	<ol style="list-style-type: none"> <li>1.Able to understand endurance training planning in basketball</li> <li>2.Able to understand speed training planning in basketball</li> <li>3.Able to understand specific physical training plans for basketball</li> <li>4.Able to understand strength training planning in basketball</li> </ol>		Lectures, Discussions 4 X 50			0%
14	Understand technical and tactical training programs in the sport of basketball	<ol style="list-style-type: none"> <li>1.Able to understand defense planning in basketball</li> <li>2.Able to understand offensive planning in basketball</li> <li>3.Able to understand transition training planning in basketball</li> </ol>		Lectures and discussions 4 X 50			0%

15	Understand technical and tactical training programs in the sport of basketball	1.Able to understand defense planning in basketball 2.Able to understand offensive planning in basketball 3.Able to understand transition training planning in basketball		Lectures and discussions 4 X 50			0%
16	UAS			2 X 50			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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.