	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
Management of Rowing Sports	8520204475		T=1	P=0	ECTS=1.59	7	July 18, 2024

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

Learning model	**Project Based Learning**
Program Learning Outcomes (PLO)	**PLO study program which is charged to the course**
	Program Objectives (PO)
	PLO-PO Matrix

	P.O

PO Matrix at the end of each learning stage (Sub-PO)

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

Short Course Description	Examining and applying coaching science and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).
References	**Main :**

1. 1. Altenburg. D. (1999). From beginner to world champion junior . In; FISA Junior commission. Dieterle. FISA junior rowing guide 2. Karback.I. (1991). Dasar-dasar canoeing . Penataran pelatih nasional. PB PODSI 3. Kissel.A & Raabe.W. (1999). Teaching rowing to children . FISA junior rowing guide 4. Bompa T.O. (1983). Theory and methodology of training . Dubuque: Kendall/Hunt Publisher Company 5. ----------. (1999). Periodization training for sports . Champaign : Human Kinetics 6. http://earutest.u25.darklite.ie. Talent identification program in Ireland 7. http://www.uksport.gov.uk. Girls4Gold talent identification programme 8. http://www.topendsports.com. Rowing talent identification

Supporters:	
Supporting lecturer	Dr. Nurkholis, 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	Have knowledge about rowing talent scouting.	1. Have knowledge about talent scouting indicators for rowing 2. Be able to carry out the identification process	**Criteria:** Able to explain 80% of questions	Lectures, problem solving 4 X 50			0%
2	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	**Criteria:** Completed tasks 85%	Inquiry and problem solving 4 X 50			0%
3	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	**Criteria:** Completed tasks 85%	Inquiry and problem solving 4 X 50			0%
4	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	**Criteria:** Completed tasks 85%	Inquiry and problem solving 4 X 50			0%
5	Have knowledge of the energy system of rowing sports	1. Understand the dominant energy in rowing. 2. Have the skills to develop training programs according to the dominant energy system	**Criteria:** Able to explain 80% of questions	Inquiry, problem solving 4 X 50			0%
6	Have knowledge of the anatomy-physiology of rowing sports	1. Have knowledge about the structures, muscles, bones, joints, nerves and tissues that are dominant in rowing sports 2. Understand the function of body organs 3. Understand the circulatory system 4. Understand the respiratory system	**Criteria:** able to explain 75% of lecture material	Inquiry, problem solving 4 X 50			0%
7	Have knowledge of biomechanics and kinesiology of rowing sports	1. Have the ability to analyze the mechanics of basic rowing techniques. 2. Have knowledge of the structure of movements in rowing.	**Criteria:** able to explain 80% of questions	Inquiry, problem solving 4 X 50			0%

8	Have knowledge of rowing sport psychology	1. Have basic knowledge of rowing sports psychology 2. Able to carry out mental training for rowing sports 3. Understand psychological disorders in rowing sports	**Criteria:** able to answer 80% of the questions	Inquiry and problem solving 4 X 50			0%
9	1. Have knowledge about talent scouting in rowing sports2. Understand the basics of anatomy, physiology, biomechanics and psychology of rowing sports3. Understand rowing sport methodology	.1. Have knowledge about talent scouting in rowing sports2. Understand the basics of anatomy, physiology, biomechanics and psychology of rowing sports3. Understand rowing sport methodology	**Criteria:** able to answer 80% of the questions correctly	4 X 50 test			0%
10	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	**Criteria:** Completed tasks 80%	Inquiry, problem solving 4 X 50			0%
11	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	**Criteria:** Completed tasks 80%	Inquiry, problem solving 4 X 50			0%
12	Understand and be able to implement specific preparatory period training programs	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program	**Criteria:** Completed tasks 80%	Inquiry, problem solving 4 X 50			0%

13	Understand and be able to implement specific preparatory period training programs	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program	**Criteria:** Completed tasks 80%	Inquiry, problem solving 4 X 50			0%
14	Understand and be able to implement the pre-competition period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program 5. Able to implement a power training program	**Criteria:** Able to complete tasks 100%	Inquiry, problem solving 4 X 50			0%
15	Understand and be able to implement the pre-competition period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program 5. Able to implement a power training program	**Criteria:** Able to complete tasks 100%	Inquiry, problem solving 4 X 50			0%
16	Has training knowledge and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).	Able to prepare training programs for kayaking, Canadian canoeing, rowing and TBR	**Criteria:** Able to solve 80% questions	4 X 50 Semester Final Exam			0%

Evaluation Percentage Recap: Project Based Learning

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.