



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 Baseball/Softball Sports	8520204494		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																																																
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin: 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: auto;"> <tr> <td rowspan="2" style="width: 30px;">P.O</td> <td colspan="16">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 the mastery and preparation of physical, technical, tactical and mental training models for the sport of baseball/softball																																																
References	Main :																																																
	Supporters:																																																
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Dr. Or. Gigih Siantoro, 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 and discussions 2 X 50			0%																																										

2	Able to know the basics of physical training for Baseball/Softball sports	1. Students are able to understand the basics of training for the dominant physical conditions in Baseball/Softball 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	Lecture Discussion Questions and answers 4 X 50			0%
3	Students are able to organize and master the components of physical conditions and know the physical training model for Baseball/Softball sports	1. able to organize and master the components of physical conditions 2. Know the physical training model for Baseball/Softball sports	Criteria: provide grades by looking at student activity and lecture rules	Lecture, discussion, answer demonstration, assignment 4 X 50			0%
4	Students are able to compile and master technical training models for Baseball/Softball sports	1. able to compile and master technical training models for Baseball/Softball sports 2. able to organize and master technical training models individually and in groups for Baseball/Softball	Criteria: provide grades by looking at student activity and lecture rules	Lecture, discussion, answer demonstration, assignment 4 X 50			0%
5	Students are able to master physical training programs, techniques and tactics through the Athlete Development application	able to compile and master physical training programs, techniques and tactics through the Athlete Development application	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
6	understand how to plan an annual training program for Baseball/Softball sports	able to understand how to plan an annual training program for Baseball/Softball sports	Criteria: provide grades by looking at student activity and lecture rules	The discussion lecture answers 4 X 50			0%
7	Students understand how to plan monthly baseball/softball sports programs	able to understand how to plan a monthly baseball/softball sports program	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 Baseball/Softball sports	Able to understand how to plan daily programs for Baseball/Softball sports. Able to know general and specific preparations	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 Baseball/Softball		filling out the 4 X 50 assignment sheet			0%
10	understand the planning of pick performance programs from annual, monthly and daily programs	Able to understand pick performance program planning. Able to understand annual, monthly and daily program planning	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 Baseball/Softball Sports	1.able to understand macro, micro and meso training programs in Baseball/Softball Sports 2.able to know the similarities and differences between annual training programs with macro, micro and meso in Baseball/Softball 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	1.able to know the basics of mental application of athletes 2.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	1.able to understand psychological and mental applications according to athlete characteristics 2.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 Baseball/Softball sports	Able to create annual, monthly and daily training programs for Baseball/Softball 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	1.able to apply program applications that have been created to athletes 2.gain practical experience in the field 3.understand the obstacles in the field 4.reports on practical results 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

- 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.

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.