	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, TACTICAL & MENTAL TRAINING METHODS FOR WATER SKIING		8520204577		T=1	P=0	ECTS=1.59		4	July 18, 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

	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	Understanding and mastery of the concepts, theory and practice of basic water ski techniques

References	**Main :**	
	1. Water ski. 2006. learn ski to basic. 2. Wikipedia, 2019.Ski Air	
	Supporters:	
Supporting lecturer	Prof.Dr. Imam Marsudi, M.Si.	

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	Master the Seven skier signals	Master the Seven skier signals		4 X 50			0%
2	Students are able to put their feet in and adjust the bindings			4 X 50			0%
3	students are able to master holding the handle correctly			4 X 50			0%
4	students are able to place the correct body position to start skiing			4 X 50			0%
5	Students are able to place the correct body position when skiing			4 X 50			0%
6	Students can maintain the position of their feet on the skis for 3 seconds			4 X 50			0%
7	students are able to maintain the position on the ski board within 20 seconds			4 X 50			0%
8	Students are able to maintain body position by providing increased movement to the right and left			4 X 50			0%
9	UTS			4 X 50			0%
10	Students were able to get out of the water waves created by the ship's current			4 X 50			0%
11	students are able to get out of the circle of waves created by the ship and return to the center of the wave area in a short time			4 X 50			0%
12	Students are able to perform 7 exit techniques and play skis on the waves generated from the ship			4 X 50			0%
13	Students are able to perform 7 exit techniques and play skis on the waves generated from the ship			4 X 50			0%
14	Students are able to perform 7 exit techniques and play skis on the waves generated from the ship			4 X 50			0%

| 15 | Students are able to perform 7 exit techniques and play skis on the waves generated from the ship | | | 4 X 50 | | | 0% |
| 16 | | | | | | | 0% |

Evaluation Percentage Recap: Case Study

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.