



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>	<b>SEMESTER</b>	<b>Compilation Date</b>																																										
PHYSICAL TRAINING METHODS, TECHNIQUES, TACTICS & MENTAL FOR THE SPORT OF PARADISE/PARA KITE/GANTOLE	8520204568		T=1 P=0 ECTS=1.59	4	July 17, 2024																																										
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																										
	.....		.....		Dr. Or. Muhammad, S.Pd., M.Pd.																																										
<b>Learning model</b>	Case Studies																																														
<b>Program Learning Outcomes (PLO)</b>	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	<table style="width: 100%; border-collapse: collapse; margin: 0 auto;"> <tr> <td colspan="15" style="text-align: center; border: none;">Week</td> </tr> <tr> <td style="border: none;"></td> <td style="border: 1px solid black; text-align: center;">1</td> <td style="border: 1px solid black; text-align: center;">2</td> <td style="border: 1px solid black; text-align: center;">3</td> <td style="border: 1px solid black; text-align: center;">4</td> <td style="border: 1px solid black; text-align: center;">5</td> <td style="border: 1px solid black; text-align: center;">6</td> <td style="border: 1px solid black; text-align: center;">7</td> <td style="border: 1px solid black; text-align: center;">8</td> <td style="border: 1px solid black; text-align: center;">9</td> <td style="border: 1px solid black; text-align: center;">10</td> <td style="border: 1px solid black; text-align: center;">11</td> <td style="border: 1px solid black; text-align: center;">12</td> <td style="border: 1px solid black; text-align: center;">13</td> <td style="border: 1px solid black; text-align: center;">14</td> <td style="border: 1px solid black; text-align: center;">15</td> <td style="border: 1px solid black; text-align: center;">16</td> </tr> </table>														Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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<b>Short Course Description</b>	Understanding of theory includes the basics, components, factors, periodization and evaluation of physical training and is able to analyze the principles of physical training properly and correctly in the sport of volleyball																																														
<b>References</b>	<b>Main :</b>																																														
	1. 1. Martens. Rainer. 2002. Successful coaching . USA. Human Kinetic 2. Bempa, Theory and Methodology of Training, 2005 USA, Human Kinetic 3. Complete Conditioning for Volleyball, 2003. USA. Human Kinetic																																														
	<b>Supporters:</b>																																														
<b>Supporting lecturer</b>	Dr. Or. Muhammad, S.Pd., M.Pd.																																														
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																								
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																										
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																								

1	1. Understand the lecture contract. 2. Scope and essence of paragliding physical training	- Able to understand college contracts - Able to have positive and constructive opinions on existing problems - Able to create detailed administrative models - Able to demonstrate physical training models according to teaching science - Able to demonstrate sports training models in accordance with physiological science	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
2	Basics of Paragliding Physical Training	- Able to understand how the human body works - Understand the definition of condition - Understand the definition of physical exercise	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
3	Understanding the physical conditions and physical training of paragliding	- Understanding the Definition of Paragliding Physical Conditions - Understanding the Definition of Paragliding Physical Training	<b>Criteria:</b> Assessment rubric	Lectures, practices and discussions 4 X 50			0%
4	Understand the components of physical condition	Various components of physical condition	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
5	Understand the role of coaches in physical training, athlete management patterns, supporting facilities and infrastructure properly	Understand the physiology of physical exercise Understand physical exercise methods	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
6	Understand and determine the components of the physical conditions of paragliding	Determining dominant energy fitness Determining dominant muscular fitness	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
7	Understand and determine the components of the physical conditions of paragliding	Determining dominant energy fitness Determining dominant muscular fitness	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%

8	Assessing the athlete's physical condition	- Knowing the athlete's physical abilities - Predicting the athlete's potential abilities - Determining a suitable position - Seeing the athlete's training progress	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
9	UTS	UTS	<b>Criteria:</b> UTS	UTS 4 X 50			0%
10	Understand and be able to design a good training program	Understand training goals Understand intensity, volume, frequency of training and rest periods.	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
11	Understand and be able to design a good training program	Understand training goals Understand intensity, volume, frequency of training and rest periods.	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
12	Students understand the periodization of each component of physical condition	Understand the concept of periodization of the overall training program. Understand the periodization of each component of physical condition	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
13	Students understand the periodization of each component of physical condition	Understand the concept of periodization of the overall training program. Understand the periodization of each component of physical condition	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
14	Students understand the principles of physical exercise	Able to understand the principles that must be fulfilled in providing physical training	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
15	Students know nutrition for athletes	Understanding of nutrition according to athlete's needs	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
16	UAS	UAS	<b>Criteria:</b> UAS	UAS 4 X 50			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.