



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
MPK - Physical Training Method	8520204656	Compulsory Study Program Subjects	T=1 P=1 ECTS=3.18	5	July 17, 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)

PO - 1	Able to utilize science and technology to improve the ability to plan physical training for hockey athletes
PO - 2	Understand the knowledge, application and planning strategies for teaching techniques, physical, tactical and mental training programs for hockey athletes and the basic principles of teaching and evaluating teaching in the sport of hockey
PO - 3	Implementing the preparation of physical training plans for young hockey athletes
PO - 4	Responsible for mastering the knowledge of preparing teaching plans, physical training programs and having the attitude of a professional trainer

PLO-PO Matrix

	<table border="1" style="margin: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> <tr><td>PO-4</td></tr> </table>	P.O	PO-1	PO-2	PO-3	PO-4
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PO-1						
PO-2						
PO-3						
PO-4						

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

	<table border="1" style="margin: auto;"> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> <tr><td>PO-1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-2</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-3</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																	PO-3																	PO-4																
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Short Course Description This course discusses the knowledge, stages, and application of physical training methods for hockey athletes which consists of training teaching skills, evaluation, comprehensive planning of physical teaching in accordance with the scientific principles of coaching in the sport of hockey.

References Main :

1. Bompa, T., & Buzzichelli, C. (2015). Periodization training for sports, 3e. Human kinetics.
2. Kraemer, W. J., & Fleck, S. J. (2005). Strength training for young athletes. Human Kinetics.
3. Smith, A. S. (2021). Youth Athletic Development: Including the Science of Periodization into Practice. Strategies, 34(3), 16-22
4. Lloyd, R. S., & Oliver, J. L. (Eds.). (2019). Strength and conditioning for young athletes: science and application. Routledge.

Supporters:

1. Murray, A. (2017). Managing the training load in adolescent athletes. International journal of sports physiology and performance, 12(s2), S2-42.
2. Hamlin, M. J., Wilkes, D., Elliot, C. A., Lizamore, C. A., & Kathiravel, Y. (2019). Monitoring training loads and perceived stress in young elite university athletes. Frontiers in physiology, 10, 34.

Supporting lecturer

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 Rizky Muhammad Sidik, S.Pd., M.Ed.

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 tuition contract		Form of Assessment : Participatory Activities	lectures and discussions			3%
2	Fundamental concepts of youth development		Form of Assessment : Participatory Activities	lectures and discussions			5%
3	The Impact Of Growth And Maturation On Physical Performance		Form of Assessment : Practice / Performance	practice, discussion			10%
4	Anaerobic function and metabolism		Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Practice and discussion			10%
5	Anaerobic function and metabolism		Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Practice and discussion			10%
6	Anaerobic function and metabolism		Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Practice and discussion			10%

7	understand and practice the concept of strength training	<ol style="list-style-type: none"> 1. understand the concept of strength training 2. practicing strength training for beginner athletes 	Form of Assessment : Participatory Activities, Practice/Performance	practice, discussion, workshop			15%
8	understand and practice the concept of strength training	<ol style="list-style-type: none"> 1. understand the concept of strength training 2. practicing strength training for beginner athletes 	Form of Assessment : Participatory Activities, Practice/Performance	practice, discussion, workshop			15%
9	understand and practice the concept of strength training	<ol style="list-style-type: none"> 1. understand the concept of strength training 2. practicing strength training for beginner athletes 	Form of Assessment : Participatory Activities, Practice/Performance	practice, discussion, workshop			5%
10	understand and practice the concept of speed training	<ol style="list-style-type: none"> 1. understand the concept of strength training 2. practicing strength training for beginner athletes 	Criteria: 7 Form of Assessment : Participatory Activities	practice, discussion, workshop			3%
11	understand and practice the concept of power training	<ol style="list-style-type: none"> 1. understand the concept of power training 2. practicing power training for beginner athletes 	Criteria: 7 Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			4%
12	understand and practice the concept of power training	<ol style="list-style-type: none"> 1. understand the concept of power training 2. practicing power training for beginner athletes 	Criteria: 7 Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			3%
13	understand and practice the concept of agility training	<ol style="list-style-type: none"> 1. understand the concept of agility training 2. practicing agility drills for beginner athletes 	Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			2%

14	understand and practice the concept of agility training	1. understand the concept of aerobic fitness training 2. practicing aerobic fitness exercises for beginner athletes	Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			2%
15	understand and practice the concept of anaerobic fitness training	1. understand the concept of anaerobic fitness training 2. practicing anaerobic fitness exercises for beginner athletes	Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			3%
16	understand and practice the concept of anaerobic fitness training	1. understand the concept of anaerobic fitness training 2. practicing anaerobic fitness exercises for beginner athletes	Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice, discussion, workshop			0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	43.16%
2.	Project Results Assessment / Product Assessment	9.99%
3.	Practical Assessment	4.67%
4.	Practice / Performance	42.16%
		99.98%

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.

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.