	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 condition	8520203527	Compulsory Study Program Subjects	T=3	P=0	ECTS=4.77	4	March 4, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
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Learning model	**Case Studies**

Program Learning Outcomes (PLO)

PLO study program which is charged to the course	
PLO-3	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned
PLO-5	Able to design effective and innovative training programs based on scientific principles and the latest research in various sports.
PLO-6	Able to design, implement and evaluate innovative and effective sports learning processes.
Program Objectives (PO)	
PO - 1	Students are able to identify and interpret physical training conditions, create a Physical Training Work Program to improve sports performance

PLO-PO Matrix

P.O	PLO-3	PLO-5	PLO-6
PO-1			

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
PO-1									✔							

Short Course Description	Understanding the concepts and applications of various types of Physical Condition Training in the field of sports coaching. This course examines overall physical condition (total fitness), the implementation of physical training in various sports as well as the preparation of physical training programs.

References

Main :

1. Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.
2. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic
3. Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung.

Supporters:

1. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia : Human Kinetics.
2. Donald Chu, 1999, Jumping Into Plyometrics , Australia: Human Kinetics.
3. Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetic
4. Kraemer, Williams J & Keijo Hakkinen. 2000. Strenght Training for Sports. USA. Blackwell Science Ltd
5. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing
6. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia : Human Kinetics.
7. Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Pelatihan Kondisi Fisik. Bandung. Rosda Karya
8. Michael J. Alter, 1999. 300 Teknik Peregangan Olahraga , Jakarta: PT. RajaGrafindo Persada

Supporting lecturer	Dr. Oce Wiriawan, M.Kes. Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. Andri Suyoko, S.Pd., M.Kes. Fajar Eka Samudra, S.Or., M.Kes.

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	1. Definition of exercise 2. Exercise Goals 3. Benefits of ExerciseAspects of Exercise	1. Students are able to understand the meaning of training 2. Students are able to understand the purpose of the exercise 3. Students are able to understand the benefits of exercise 4. Students are able to understand aspects of the exercise	**Forms of Assessment** : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 3 x 50'		**Material:** Definition, Aims, Benefits and Aspects of Exercise **Library:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Definition, Objectives, Benefits and Aspects of Training **Library:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Training Program and Training aspect **References:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics*	5%

2	Principles of Exercise Components of Physical Condition		**Criteria:** 1. Students are able to understand the principles of exercise 2. Students are able to differentiate the principles of exercise 3. Students are able to understand the physical components of exercise **Forms of Assessment** : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 3 x 50'		**Material:** Training Principles, Training Components **Library:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Principles of Training, Components of Training **Literature:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Principles of Training and Components of Training **Reader:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics*	5%

3	1. Understanding Flexibility Training 2. understand the Flexibility Factors 3. understand Biomotor Flexibility 4. Understand various types of flexibility exercises	1. Students Understand Flexibility Exercises 2. Students understand the factors of flexibility 3. Students are able to understand biomotor flexibility 4. Students are able to understand various types of flexibility exercises	**Criteria:** assessment rubric **Forms of Assessment** : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 3 x 50'		**Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Reference:** *Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada* **Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Library:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Literature:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** identification of physical condition **References:** *Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.*	5%

4	1. Mastering Flexibility Training Practicum 2. understand the implementation of the principles of Flexibility training 3. Understand the implementation of forms of flexibility training	1. Students understand flexibility training practicum 2. Students understand the principles of flexibility training 3. Students are able to understand the form of flexibility training 4. Students are able to perform a series of flexibility exercises	**Forms of Assessment** : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Practice and Discussion 3 x 50'		**Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Reference:** *Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada* **Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Library:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Flexibility Training, Flexibility Factors, Biomotor and Types of Flexibility Training **Literature:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** identification of physical conditions **References:**	5%

5	1. understand the meaning of endurance 2. understand endurance factors 3. understand the types of interrelationships of endurance 4. Biomotor Endurance 5. Methods and Forms of Endurance Training	1. Students understand endurance training 2. Students are able to understand endurance factors 3. Students are able to understand the various interrelations of endurance 4. students are able to understand biomotor endurance 5. Students are able to understand the methods and forms of endurance training 6. Students are able to differentiate methods and forms of endurance training	**Criteria:** assessment rubric **Forms of Assessment** : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 3 x 50'		**Material:** Endurance **Readers:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Endurance **Literature:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Endurance **Bibliography:** *Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics* **Material:** Endurance **Bibliography:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics* **Material:** endurance **Bibliography:** *Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.*	0%

6	1. Understanding Aerobic Endurance Training Methods 2. Methods and Forms of Anaerobic Endurance Training	1. Students are able to understand the methods and forms of aerobic endurance training 2. Students are able to differentiate methods and forms of aerobic endurance training	**Criteria:** assessment rubric **Forms of Assessment** : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Practical and Discussion 3 x 50'		**Material:** Endurance **Readers:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Endurance **Literature:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Endurance **Bibliography:** *Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics* **Material:** Endurance **Bibliography:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics* **Material:** endurance **Bibliography:** *Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.*	5%

7	1. Understanding Anaerobic Endurance Training Methods 2. Methods and Forms of Anaerobic Endurance Training	1. Students are able to understand the methods and forms of anaerobic endurance training 2. Students are able to differentiate between methods and forms of anaerobic endurance training	**Criteria:** assessment rubric **Forms of Assessment** : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Practical and Discussion 3 x 50'		**Material:** Endurance **Readers:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Endurance **Literature:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Endurance **Bibliography:** *Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics* **Material:** Endurance **Bibliography:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics* **Material:** endurance **Bibliography:** *Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.*	5%

8	UTS	UTS	**Criteria:** UTS	UTS 3 x 50'		**Material:** Exercise, Flexibility and Endurance **References:** *Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya* **Material:** Exercise, Flexibility and Endurance **Library:** *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.* **Material:** Flexibility **Reference:** *Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada* **Material:** Training, Endurance and Flexibility and coordination **References:** *Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.* **Material:** Training, Endurance and Flexibility **Reader:** *Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics*	5%
9							0%
10							0%
11							0%
12							0%
13							0%
14							0%

15							0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	7.5%
2.	Project Results Assessment / Product Assessment	2.49%
3.	Portfolio Assessment	7.5%
4.	Practical Assessment	2.49%
5.	Practice / Performance	2.49%
6.	Test	7.5%
		29.97%

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.