



**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
Baseball/Softball Sports Training Program Planning	8520204379		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)						
	PLO-PO Matrix						
		P.O					
Short Course Description	The baseball/softball training program planning course discusses baseball/softball training program planning regarding training targets, structuring factors, and periodization of training, annual, monthly, weekly, daily training programs and training sessions.						
References	Main :						
	<ol style="list-style-type: none"> 1. Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins 2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill; 3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge 4. Bompa Tudor O, 2005, Total Training for your Champion, Human Kinetics 5. Bompa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 6. Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics 7. Judi Garman and Michelle Gromacki, 2011, Softball skills & drills, Human Kinetics 8. Ralph Weekly, Jr., Karen J. Weekly, 2012, High-scoring softball, Human Kinetics 						
	Supporters:						
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., 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	Understand the basic concepts of baseball/softball training program planning	1.Able to understand the definition of baseball/softball periodization 2.Able to understand the periodization of baseball/softball biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of baseball/softball training program planning	1.Able to understand the definition of baseball/softball periodization 2.Able to understand the periodization of baseball/softball biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in the sport of baseball/softball	1.Able to understand the definition of annual coaching planning in the sport of baseball/softball 2.Able to understand the phases of annual coaching planning in the sport of baseball/softball	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in the sport of baseball/softball	1.Able to understand the definition of annual coaching planning in handball, baseball/softball 2.Able to understand the phases of annual coaching planning in the sport of baseball/softball	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in the sport of baseball/softball	1.Able to understand the definition of peaking in the sport of baseball/softball 2.Able to understand the definition of taper in the sport of baseball/softball	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 2 X 50			0%
6	Understand the planning of daily training programs in baseball/softball sports	1.Able to understand the planning of training sessions in baseball/softball sports 2.Able to understand training session planning modeling in baseball/softball sports		Lectures, Discussions 4 X 50			0%

7	Understand the planning of daily training programs in baseball/softball sports	<ol style="list-style-type: none"> 1. Able to understand planning for baseball/softball training sessions 2. Able to understand various kinds of training session planning in baseball/softball sports 		Lectures, Discussions 4 X 50			0%
8	Understand macro training program planning in handball	Able to understand the macro training cycle in handball		Lectures, Discussions 4 X 50			0%
9	Understand macro training program planning in baseball/softball sports	Able to understand the macro training cycle in the sport of baseball/softball		Lectures, Discussions 4 X 50			0%
10	understand the results of lectures from meetings 1-9	<ol style="list-style-type: none"> 1. annual training program 2. monthly exercise program 	Criteria: can outline an annual training program can outline a monthly training program	2 X 50 exam			0%
11	Understand meso and micro training program planning in baseball/softball sports.	<ol style="list-style-type: none"> 1. Able to understand the meso training cycle in the sport of baseball/softball. 2. Able to understand micro training cycles in baseball/softball sports. 		Lectures, Discussions 2 X 50			0%
12	Understand the planning of physical training programs in baseball/softball sports.	<ol style="list-style-type: none"> 1. Able to understand endurance training planning in baseball/softball. 2. Able to understand speed training planning in baseball/softball. 3. Able to understand specific physical training plans for baseball/softball. 4. Able to understand strength training planning in baseball/softball. 		Lectures, Discussions 4 X 50			0%
13	Understand the planning of physical training programs in baseball/softball sports.	<ol style="list-style-type: none"> 1. Able to understand endurance training planning in baseball/softball. 2. Able to understand speed training planning in baseball/softball. 3. Able to understand specific physical training plans for baseball/softball. 4. Able to understand strength training planning in baseball/softball. 		Lectures, Discussions 4 X 50			0%

14	Understand technical and tactical training programs in the sport of baseball/softball	1.Able to understand defense planning in baseball/softball 2.Able to understand offense planning in baseball/softball 3.Able to understand transition training planning in baseball/softball		Lectures and discussions 4 X 50			0%
15	Understand technical and tactical training programs in the sport of baseball/softball	1.Able to understand defense planning in baseball/softball 2.Able to understand offense planning in baseball/softball 3.Able to understand transition training planning in baseball/softball		Lectures and discussions 4 X 50			0%
16	UAS			2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.

