


|   |   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---|---|---|----------------------------|--|--------------------------|--|----------------------------------|-------------------------|---|----|----|----|----|----|----|----|-----|------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
|  |   | <b>Universitas Negeri Surabaya</b><br><b>Faculty of Sports and Health Sciences</b><br><b>S1 Sports Coaching Education Study Program</b> |                            |  |                          |  | <b>Document Code</b>             |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>SEMESTER LEARNING PLAN</b>   |   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Courses</b>  |   | <b>CODE</b>   | <b>Course Family</b>       | <b>Credit Weight</b>   |                          |  | <b>SEMESTER</b>                  | <b>Compilation Date</b> |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| Planning a Windsurfing Training Program   |   | 8520204674  |                            | T=1  | P=2                      | ECTS=4.77                                | 5                                | July 19, 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>   | Project Based Learning  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Program Learning Outcomes (PLO)</b>  | PLO study program that is charged to the course   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | Program Objectives (PO)   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | PLO-PO Matrix   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   |   | <div style="border: 1px solid black; padding: 5px; display: inline-block;">P.O</div>  |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | PO Matrix at the end of each learning stage (Sub-PO)  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="padding: 5px;">1</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> <td style="padding: 5px;">5</td> <td style="padding: 5px;">6</td> <td style="padding: 5px;">7</td> <td style="padding: 5px;">8</td> <td style="padding: 5px;">9</td> <td style="padding: 5px;">10</td> <td style="padding: 5px;">11</td> <td style="padding: 5px;">12</td> <td style="padding: 5px;">13</td> <td style="padding: 5px;">14</td> <td style="padding: 5px;">15</td> <td style="padding: 5px;">16</td> </tr> </table> |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    | P.O | Week |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| P.O   | Week  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | 1   | 2   | 3                          | 4  | 5                        | 6  | 7                                | 8                       | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Short Course Description</b>   | This course explains and understands the theoretical concepts of planning swimming training programs carried out on land and in water as well as how to create and apply these programs in training, including how to analyze structured training programs. This course also teaches how to be responsible for applying the theory used in the training process.  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>References</b>   | <b>Main :</b>   |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | <ol style="list-style-type: none"> <li>1. Bompa, Tudor O. 2015. Conditioning Young Athletes. United States. Human Kinetics.</li> <li>2. Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</li> <li>3. Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United Stated. ASA.</li> <li>4. Knuttgen, Howard G. 2005. Handbook of Sports Medicine and Science Swimming. Blackwell Science Ltd</li> </ol>  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|   | <b>Supporters:</b>  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Supporting lecturer</b>  | Fajar Eka Samudra, S.Or., M.Kes.  |   |                            |  |                          |  |                                  |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <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)                              |                         |   |    |    |    |    |    |    |    |     |      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |

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| 1  |  |  |  |  |  |  | 0% |
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| 14 |  |  |  |  |  |  | 0% |
| 15 |  |  |  |  |  |  | 0% |
| 16 |  |  |  |  |  |  | 0% |

**Evaluation Percentage Recap: Project Based Learning**

| 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.**

