



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																																												
Rowing Training Program Planning	8520204383		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																																															
	PO Matrix at the end of each learning stage (Sub-PO)																																																
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%;"></td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;"></td> <td style="width: 5%;">1</td><td style="width: 5%;">2</td><td style="width: 5%;">3</td><td style="width: 5%;">4</td><td style="width: 5%;">5</td><td style="width: 5%;">6</td><td style="width: 5%;">7</td><td style="width: 5%;">8</td><td style="width: 5%;">9</td><td style="width: 5%;">10</td><td style="width: 5%;">11</td><td style="width: 5%;">12</td><td style="width: 5%;">13</td><td style="width: 5%;">14</td><td style="width: 5%;">15</td><td style="width: 5%;">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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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																	
Short Course Description	Develop programs and carry out rowing training for kayaking, Canadian canoes, rowing and Traditional Boat Racing (TBR) including physical, technical, mental and infrastructure.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Nurkholis. 2018. Olahraga dayung , Buku Ajar Mahasiswa . Surabaya: University press 2. Altenburg. D. 1999. From beginner to world champion junior . In FISA Junior commission . Dieterle: FISA junior rowing guide 3. Karback.I. 1991. Dasar-dasar canoeing , Penataran pelatih nasional. Jakarta: PB PODSI 4. Kissel.A & Raabe.W. 1999. Teaching rowing to children . USA: FISA junior rowing guide 																																																
	Supporters:																																																
Supporting lecturer	Dr. Nurkholis, M.Pd.																																																
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	Have knowledge about rowing talent scouting.	1. Have knowledge about talent scouting indicators for rowing sports. 2. Be able to carry out the talent identification process in rowing sports	Criteria: Able to answer questions correctly 80% of the time	Inquiry Problem solving 4 X 50			0%
2	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	Criteria: Able to complete tasks correctly by 75%	Inquiry problem solving 10 X 50			0%
3	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	Criteria: Able to complete tasks correctly by 75%	Inquiry problem solving 10 X 50			0%
4	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	Criteria: Able to complete tasks correctly by 75%	Inquiry problem solving 10 X 50			0%
5	Have knowledge, skills and attitudes about the energy system of rowing sports	1. Understand the dominant energy system in rowing 2. Have the skills to develop training programs according to the dominant energy system	Criteria: Able to complete tasks correctly by 80%	1. Inquiry 2. Problem solving 4 X 50			0%
6	Have basic knowledge of the anatomy and physiology of rowing	1. Have knowledge about the structures, muscles, bones, joints, nerves and tissues that are dominant in rowing 2. Understand the function of body organs in rowing 3. Understand the blood circulation system in rowing 4. Understand the respiratory system in rowing	Criteria: Able to answer questions correctly 75%	Inquiry problem solving 4 X 50			0%

7	Have knowledge of biomechanics and kinesiology of rowing sports	1. Have the ability to analyze the mechanics of the basic techniques of dragon boat rowing. 2. Have the ability to analyze the mechanics of the basic techniques of kayak rowing. 3. Have the ability to analyze the mechanics of the basic techniques of rowing in a canoe. 4. Have knowledge of the structure of motion in rowing.	Criteria: Able to complete tasks correctly	Inquiry Problem solving 8 X 50			0%
8	Have knowledge of biomechanics and kinesiology of rowing sports	1. Have the ability to analyze the mechanics of the basic techniques of dragon boat rowing. 2. Have the ability to analyze the mechanics of the basic techniques of kayak rowing. 3. Have the ability to analyze the mechanics of the basic techniques of rowing in a canoe. 4. Have knowledge of the structure of motion in rowing.	Criteria: Able to complete tasks correctly	Inquiry Problem solving 8 X 50			0%
9	Having training knowledge and technology to improve performance in rowing sports such as kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR)	Having training knowledge and technology to improve performance in rowing sports such as kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR)	Criteria: Able to solve questions correctly by 75%	MID SEMESTER EXAMINATION 4 X 50			0%
10	Have basic knowledge of rowing sport psychology	1. Have basic knowledge of rowing sports psychology 2. Able to carry out mental training for rowing sports 3. Understand psychological disorders in rowing sports	Criteria: Able to complete tasks correctly by 80%	Inquiry problem solving 4 X 50			0%

11	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	Criteria: Able to complete tasks correctly by 75%	Direct practice 8 X 50			0%
12	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	Criteria: Able to complete tasks correctly by 75%	Direct practice 8 X 50			0%
13	Understand and be able to implement specific preparatory period training programs	1. Able to implement a special endurance training program 2. Able to implement a strength training program 3. Able to implement a speed training program	Criteria: Able to carry out tasks correctly by 75%	Direct practice 8 X 50			0%
14	Understand and be able to implement specific preparatory period training programs	1. Able to implement a special endurance training program 2. Able to implement a strength training program 3. Able to implement a speed training program	Criteria: Able to carry out tasks correctly by 75%	Direct practice 8 X 50			0%
15	Able to develop power training programs in rowing sports	1. Able to implement a power training program for the upper limbs. 2. Able to implement a power training program for the lower limbs	Criteria: Able to carry out tasks correctly by 80%	Hands-on practice 4 X 50			0%
16	Has training knowledge and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).	Has training knowledge and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).	Criteria: Able to solve questions correctly by 80%	FINAL EXAMINATION OF SEMESTER 4 X 50			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.