



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																										
Archery Training Program Planning	8520204404		T=1	P=1	ECTS=3.18	5	July 17, 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 which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> </tr> </table>						P.O																																									
	P.O																																																
PO Matrix at the end of each learning stage (Sub-PO)																																																	
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; height: 20px;">1</td> <td style="width: 20px; height: 20px;">2</td> <td style="width: 20px; height: 20px;">3</td> <td style="width: 20px; height: 20px;">4</td> <td style="width: 20px; height: 20px;">5</td> <td style="width: 20px; height: 20px;">6</td> <td style="width: 20px; height: 20px;">7</td> <td style="width: 20px; height: 20px;">8</td> <td style="width: 20px; height: 20px;">9</td> <td style="width: 20px; height: 20px;">10</td> <td style="width: 20px; height: 20px;">11</td> <td style="width: 20px; height: 20px;">12</td> <td style="width: 20px; height: 20px;">13</td> <td style="width: 20px; height: 20px;">14</td> <td style="width: 20px; height: 20px;">15</td> <td style="width: 20px; height: 20px;">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>																																																	
<b>References</b>	<b>Main :</b>																																																
	<b>Supporters:</b>																																																
<b>Supporting lecturer</b>	Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																																
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 lecture contract and general description of archery II coaching lectures	1. Students can explain the applicable study contract 2. Students can explain the general description of the archery II sports coaching lecture	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%																																										

2	Understand the sports tests and measurements applied in the sport of archery	<ol style="list-style-type: none"> <li>1. Students can explain the types of tests for archery athletes</li> <li>2. Students can explain the types of measurements for archery athletes</li> <li>3. Students can decide what type of sports tests and measurements are appropriate for archery athletes according to the existing situation and conditions</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
3	Understand motor learning concepts that can be applied to archery athletes	<ol style="list-style-type: none"> <li>1. Students can explain the various phases of motor learning</li> <li>2. Students can intelligently explain the various motor phases in relation to real archery situations</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
4	Understand sports massage as it can be applied to archery	<ol style="list-style-type: none"> <li>1. Students can explain the division of sports massage</li> <li>2. Students can explain tennis ball massage techniques</li> <li>3. Students can explain the types of Swedish massage techniques</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
5	Understand the need for hydration during exercise as applied to archery	<ol style="list-style-type: none"> <li>1. Students can explain about hydration</li> <li>2. Students can explain dehydration</li> <li>3. Students can explain the important benefits of hydration for athletes</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
6	Understand the concept of communication in sports as applied to archery athletes	<ol style="list-style-type: none"> <li>1. Students can explain questions to themselves regarding communication patterns among athletes</li> <li>2. Students can explain types of non-verbal language</li> <li>3. Students can explain the factors that hinder communication</li> <li>4. Students can explain the principles of effective communication</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
7	Understand the sports tests and measurements applied in the sport of archery	<ol style="list-style-type: none"> <li>1. Students can explain the types of tests for archery athletes</li> <li>2. Students can explain the types of measurements for archery athletes</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
8	UTS Theory		<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%

9	Understand the concept of sports psychology as applied to the sport of archery	<ol style="list-style-type: none"> <li>1. Students can explain the types of athlete motivation</li> <li>2. Students can explain self-confidence</li> <li>3. Students can explain about goal setting</li> <li>4. Students can explain self-affirmation</li> <li>5. Students can explain mental imagery/visualization</li> <li>6. Students can explain about meditation</li> <li>7. Students can explain how to train focus</li> <li>8. Students can explain about training to deal with disturbances</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
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12	Understand the concept of competition preparation in archery	<ol style="list-style-type: none"> <li>1. Students learn things that must be prepared for facing an archery competition</li> <li>2. Students can explain the administrative requirements that must be prepared by archery athletes</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
13	Understand the concept of entrepreneurship that can be applied in the sport of archery	<ol style="list-style-type: none"> <li>1. Students can explain business opportunities related to archery</li> <li>2. Students can prepare a SWOT analysis related to business opportunities related to the world of archery</li> <li>3. Students can read societal trends to relate to archery business opportunities</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
14	Understand the concept of entrepreneurship that can be applied in the sport of archery	<ol style="list-style-type: none"> <li>1. Students can explain business opportunities related to archery</li> <li>2. Students can prepare a SWOT analysis related to business opportunities related to the world of archery</li> <li>3. Students can read societal trends to relate to archery business opportunities</li> </ol>	<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			0%
15	Review of meeting materials I-XIV		<b>Form of Assessment :</b> Test	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Question and answer</li> <li>• Individual assignment 100 minutes</li> </ul>			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.