



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
PLANNING OF AEROBIC GYMNASTICS BRANCH TRAINING PROGRAM	8520204407		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	Case Studies						
Program Learning Outcomes (PLO)	PLO study program that 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							
Short Course Description	This course discusses the technical aspects of performing aerobic exercise correctly						
References	Main :						
	1. Lynne Brick. 2002. bugar dengan senam aerobik. Jakarta: Grafidian Jaya 2. Marta Dinata. 2005. Belajar senam aerobik. Jakarta: Cerdas Jaya						
	Supporters:						
Supporting lecturer	Dra. Ika Jayadi, M.Kes.						
	Shery Iris Zalillah, 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	Able to master the concept of goals and benefits of an aerobic exercise program plan	Can explain the meaning of a gymnastics aerobics training program plan. Can explain the benefits of the gymnastics aerobics exercise program plan. Can explain the objectives of the gymnastics aerobics exercise program plan.	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection rememorization and humanistic performance 4 X 50			0%
2	Able to plan an aerobic exercise program	Explain the factors for planning a gymnastics aerobics training program. Evaluate the factors for preparing aerobics training program plans.	Criteria: Full marks will be given if explained correctly	Scientific Comprehension, Humanistic Generalization and Humanistic Performance 4 X 50			0%
3	Able to master the principles of preparing training program plans	Explain the principles of aerobic exercise program planning. Evaluate the principles of preparing exercise program plans.	Criteria: Full marks will be given if explained correctly	Scientific Comprehension, Humanistic Generalization and Humanistic Performance 4 X 50			0%
4	Able to master the steps in preparing an exercise program plan	Explains the steps of the training program plan. Explains physical, technical, tactical and mental tests and measurements. Explains sports tests and measurements	Criteria: Full marks will be given if explained correctly	Scientific Comprehension, Humanistic Generalization and Humanistic Performance 4 X 50			0%
5	Able to master the concept of goals and benefits of exercise periodization	Explain the meaning of training periodization. Explain the benefits of periodization of training. Explain the purpose of periodization of training.	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection rememorization and humanistic performance 4 X 50			0%
6	Able to understand and theory of the preparatory period.	Explain the meaning of the preparatory period. Describes the general preparation period. Describes special preparation periods.	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection rememorization and humanistic performance 4 X 50			0%
7	Able to understand and theory of match periods.	Explain the meaning of match period. Explains the pre-match period. Describes the main game periods.	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection rememorization and humanistic performance 4 X 50			0%
8	UTS			4 X 50			0%

9	Able to understand the theory of transition periods.	Explain the meaning of the transition period. Explain the evaluation of match results. Explaining the recovery after the match.	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
10	Able to understand and organize daily training programs and training sessions.	Explain the preparation of a one day program. Explain the preparation of a daily exercise program. Explain the preparation of the training session program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
11	Able to understand and compile a weekly exercise program.	Explain the preparation of a weekly exercise program. Explains the preparation of a weekly training program for one peak. Explains the preparation of a two-peak weekly training program. Explains the preparation of a three-peak weekly training program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
12	Able to understand and prepare a monthly training program.	Explain the preparation of a monthly training program. Explains the preparation of a two-week monthly training program. Explains the preparation of a three-week monthly training program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
13	Able to understand and prepare a monthly training program.	Explain the preparation of a monthly training program. Explains the preparation of a two-week monthly training program. Explains the preparation of a three-week monthly training program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
14	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
15	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%

16	UAS			4 X 50			0%
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Evaluation Percentage Recap: Case Study

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.