



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																																																			
Aquatic/Swimming Sports Training Program Planning	8520204378	Compulsory Study Program Subjects	T=1	P=1	ECTS=3.18	5	January 1, 2023																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																				
	Bayu Agung Pramono, S.Pd., M.Kes		Dr. Imam Marsudi, M.SI			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)																																																									
	PO - 1	Able to design, compile and apply a swimming training program with independent, high-quality and measurable performance and present it with a responsible attitude.																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="6"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="6"></td> </tr> </table>						P.O							PO-1																																											
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	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="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">11</td> <td style="text-align: center;">12</td> <td style="text-align: center;">13</td> <td style="text-align: center;">14</td> <td style="text-align: center;">15</td> <td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																										
PO-1																																																										
Short Course Description	This course is a course that discusses procedures for preparing micro and macro training programs in swimming and diving training programs. Students are given the opportunity to understand and practice																																																									
References	Main :																																																									
	<ol style="list-style-type: none"> 1. Bumpa, Tudor O. 2015. Conditioning Young Athletes. United States. Human Kinetics. 2. Bumpa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics. 3. Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United Stated. ASA. 4. Knuttgen, Howard G. 2005. Handbook of Sports Medicine and Science Swimming. Blackwell Science Ltd 																																																									
	Supporters:																																																									
Supporting lecturer	Prof.Dr. Imam Marsudi, M.Si. Bayu Agung Pramono, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., 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	Understanding of theoretical concepts in making swimming training program plans on land and in water	<ol style="list-style-type: none"> 1.Able to understand the theoretical concepts of making training program plans 2.Able to determine the targets and objectives of the program creation plan 	<p>Criteria: According to the assessment at UNESA</p> <p>Form of Assessment : Participatory Activities, Portfolio Assessment</p>	Discussion, lecture and practice 4 X 50		<p>Material: basics of preparing a swimming sports training program</p> <p>Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p>	5%
2	Understanding of theoretical concepts in making swimming training program plans on land and in water	<ol style="list-style-type: none"> 1.Able to understand the theoretical concepts of making training program plans 2.Able to determine the targets and objectives of the program creation plan 	<p>Criteria: According to the assessment at UNESA</p> <p>Form of Assessment : Participatory Activities, Portfolio Assessment</p>	Discussion, lecture and practice 4 X 50		<p>Material: basics of preparing a swimming sports training program</p> <p>Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p>	4%
3	understanding the concept of goals and benefits of exercise periodization	<ol style="list-style-type: none"> 1.understand the meaning of training periodization 2.understand the concept of the purpose of periodizing training 3.understand the benefits of periodization of training 	<p>Criteria: TEST AND PRACTICE</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Tests</p>	Observation and discussion 4 X 50		<p>Material: concept of training periodization.</p> <p>Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p>	5%
4	Understanding the basic concepts of training periodization based on annual plans and biomotor abilities	Able to understand the basic concept of training periodization on an annual plan and biomotor abilities	<p>Criteria: presentation and practice</p> <p>Form of Assessment : Participatory Activities</p>	Presentation discussion and observation 4 X 50		<p>Material: concept of preparing a movement training program</p> <p>Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p> <hr/> <p>Material: stages of learning movement in swimming.</p> <p>Reference: <i>Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United States. ASA.</i></p>	5%

5	Understand the periodization of annual plans for swimming training programs on land and in water	Able to make annual periodization	<p>Criteria: presentation and practice</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Discussion of 4 X 50 observation presentations		<p>Material: concept of preparing a movement training program Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p> <p>Material: stages of learning movement in swimming. Reference: <i>Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United States. ASA.</i></p>	5%
6	Understand the periodization of annual plans for swimming training programs on land and in water	Able to make annual periodization	<p>Criteria: presentation and practice</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Discussion of 4 X 50 observation presentations		<p>Material: concept of preparing a movement training program Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p> <p>Material: stages of learning movement in swimming. Reference: <i>Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United States. ASA.</i></p>	5%
7	Understand the periodization of biomotor ability development	Able to periodize training based on biomotor abilities	<p>Criteria: according to the criteria set by Unisa</p> <p>Form of Assessment : Participatory Activities, Tests</p>	discussion and practice 4 X 50		<p>Material: motor learning of swimming athletes. Reference: <i>Knuttgen, Howard G. 2005. Handbook of Sports Medicine and Science Swimming. Blackwell Science Ltd</i></p>	5%
8	Understand the periodization of biomotor ability development	Able to periodize training based on biomotor abilities	<p>Criteria: according to the criteria set by Unisa</p> <p>Form of Assessment : Participatory Activities</p>	UTS 4 X 50		<p>Material: periodization Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i></p>	9%

9	Understand the periodization of biomotor ability development	Students can develop and create a biomotor improvement program for swimming athletes	Criteria: according to UNISA criteria Form of Assessment : Participatory Activities	lecture and practice 4 X 50		Material: motor training for swimming athletes. Reference: <i>Knuttgen, Howard G. 2005. Handbook of Sports Medicine and Science Swimming. Blackwell Science Ltd</i>	5%
10	Able to understand the theory of transition periods in swimming training programs	1.Explain the meaning of the transition period 2.Explains the evaluation of match results from the results of qualifying and direct swimming matches 3.Explains the results after the match in each series that is followed	Criteria: according to UNISA criteria Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests	4 X 50 discussion		Material: transition period theory in swimming training programs Reference: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	5%
11	Able to understand and organize daily training programs and training sessions.	1.Explain the preparation of a one day program. 2.Explain the preparation of a daily exercise program. 3.Explain the preparation of the training session program.	Criteria: practice Form of Assessment : Participatory Activities, Practice/Performance	4 X 50 practice discussion		Material: daily training program and training sessions References: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	5%
12	Able to understand and compile a weekly exercise program.	1.Explain the preparation of a weekly exercise program. 2.Explains the preparation of a weekly training program for one peak. 3.Explains the preparation of a two-peak weekly training program. 4.Explains the preparation of a three-peak weekly training program.	Criteria: discussion and practice Form of Assessment : Participatory Activities	Practice Discussion 4 X 50		Material: weekly training program References: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	7%

13	Able to understand and prepare a monthly training program.	1.Explain the preparation of a monthly training program. 2.Explains the preparation of a two-week monthly training program. 3.Explains the preparation of a three-week monthly training program.	Criteria: In accordance with Unesa's assessment criteria Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	4 X 50 practice discussion		Material: monthly training program References: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	5%
14	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	Criteria: In accordance with UNESA assessment criteria Form of Assessment : Project Results Assessment / Product Assessment	4 X 50 practice discussion		Material: annual training program References: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	5%
15	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.	Criteria: In accordance with UNESA assessment criteria Form of Assessment : Project Results Assessment / Product Assessment	4 X 50 practice discussion		Material: annual training program References: <i>Bompa, Tudor O. 2014. Periodization training for sports. United States. Human Kinetics.</i>	5%
16	Complete the exam by understanding and being able to prepare a training program according to material 1-15	Pass the course exam	Criteria: In accordance with UNESA assessment criteria Form of Assessment : Test	4 X 50 UAS EXAM		Material: peeodesization Bibliography: <i>Gordon, Richard. 2013. A Shorter Guide To Long Term Athlete Development (LTAD). United States. ASA.</i>	20%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	45.92%
2.	Project Results Assessment / Product Assessment	12.5%
3.	Portfolio Assessment	7.42%
4.	Practical Assessment	1.25%
5.	Practice / Performance	2.5%
6.	Test	30.42%
		100%

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.

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.