	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
Badminton Training Program Planning		8520204403		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 that is charged to the course
	Program Objectives (PO)
	PLO-PO Matrix

P.O

PO Matrix at the end of each learning stage (Sub-PO)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	This course examines badminton training program planning including objectives, benefits, structuring factors, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.

References	Main :	
	1. Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins 2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill; 3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge 4. Bompa Tudor O, 2005, Total Training for your Champhion, Human Kinetics 5. Bompa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 6. Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics	
	Supporters:	

Supporting lecturer	Dra. Ika Jayadi, M.Kes. Dr. Oce Wiriawan, M.Kes. Dr. Mochamad Purnomo, 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	Understand the basic concepts of planning a badminton training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of badminton biomotor specifications	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of planning a badminton training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of badminton biomotor specifications	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in badminton	1.Able to understand the definition of annual coaching planning in the sport of badminton 2.Able to understand the phases of annual coaching planning in the sport of badminton	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in badminton	1.Able to understand the definition of annual coaching planning in the sport of badminton 2.Able to understand the phases of annual coaching planning in the sport of badminton	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in the sport of badminton	1.Able to understand the definition of peaking in badminton 2.Able to understand the definition of taper in badminton	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, Discussions 2 X 50			0%

6	Understand the planning of daily training programs in badminton	1.Able to understand the planning of training sessions in badminton 2.Able to understand training session planning modeling in badminton		Lectures, Discussions 4 X 50			0%
7	Understand the planning of daily training programs in badminton	1.Able to understand the planning of training sessions in badminton 2.Able to understand training session planning modeling in badminton		Lectures, Discussions 4 X 50			0%
8	Understand macro training program planning in badminton	Able to understand the macro training cycle in badminton		Lectures, Discussions 4 X 50			0%
9	Understand macro training program planning in badminton	Able to understand the macro training cycle in badminton		Lectures, Discussions 4 X 50			0%
10	UTS			2 X 50			0%
11	Understand the planning of meso and micro training programs in badminton	1.Able to understand the meso training cycle in badminton 2.Able to understand the micro training cycle in badminton		Lectures, Discussions 2 X 50			0%
12	Understand the planning of physical training programs in badminton	1.Able to understand endurance training planning in badminton 2.Able to understand power training planning in badminton 3.Able to understand specific physical training planning for badminton 4.Able to understand planning for agility training in badminton		Lectures, Discussions 4 X 50			0%

No							
13	Understand the planning of physical training programs in badminton	1. Able to understand endurance training planning in badminton 2. Able to understand power training planning in badminton 3. Able to understand specific physical training planning for badminton 4. Able to understand planning for agility training in badminton		Lectures, Discussions 4 X 50			0%
14	Understand the technical and tactical training program in badminton	1. Able to understand match strategy planning 2. able to understand badminton playing skills 3. able to understand badminton training drills		Lectures and discussions 4 X 50			0%
15	Understand the technical and tactical training program in badminton	1. Able to understand match strategy planning 2. able to understand badminton playing skills 3. able to understand badminton training drills		Lectures and discussions 4 X 50			0%
16	UAS			2 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.