	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 a Bicycle Racing Training Program	8520204402		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

	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 training program planning for cycling sports including objectives, benefits, planning factors, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions. Learning Outcomes
References	**Main :**
	Supporters:
Supporting lecturer	Dr. Donny Ardy Kusuma, 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	Basics and introduction to the sport of bicycle racing	Students are able to identify and interpret the basics and introduction to the sport of bicycle racing		Lecture method Evaluation Written Test Assignment 4 X 50			0%

2	know the types, models and equipment for the sport of bicycle racing	Students are able to understand and know the types, models and equipment for the sport of bicycle racing		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
3	Bicycle parts and safety in the sport of bicycle racing	Students are able to identify and know bicycle parts and safety in bicycle racing		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
4	Students are able to understand the various sports of bicycle racing	number of the bicycle racing discipline used		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
5	Students are able to understand the components of the physical conditions of bicycle racing	understand the components of physical conditions for bicycle racing: strength, endurance, speed, ballance, power		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
6	understand the anatomy, physiology and dominant energy systems in bicycle racing	aerobic and anaerobic energy systems physiology and anatomy of bicycle racing		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
7	understand the concept of nutrition and nutrition	able to understand the definition of nutrition and nutrition specifically for sport numbers		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
8	Midterm tests		**Criteria:** Full marks are obtained if you do all the questions correctly according to the assessment procedures	4 X 50			0%
9	Know and understand the basic concepts of sporting in free weight training (Free weight)	able to understand the conceptual definition of the basics of sporting in free weight training (Free weight) able to understand the conceptual definition of free weight training (Free weight)		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
10	Understand the basic concepts of dominant and supporting muscle strengthening exercises	Able to understand the concept of strengthening dominant muscles. Able to understand the concept of strengthening supporting muscles		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%

11	Understand the basic concepts of cardiovascular training	Able to understand the basic concepts of cardiovascular training. Able to understand the concepts, types and methods of cardiovascular training		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
12	Understand the basic concepts of cardiovascular training	Able to understand the basic concepts of cardiovascular training. Able to understand the concepts, types and methods of cardiovascular training		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
13	Understand the concept of creating an exercise program	Understand the concept of creating annual, monthly and daily training programs		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
14	Understand the concept of creating an exercise program	Understand the concept of creating annual, monthly and daily training programs		Lecture method for 4 X 50 Assignment Written Test Evaluation			0%
15	Students can create a training program in the form of hard caving	able to create a training program in the form of a hard caver		Assignment 4 X 50			0%
16							0%

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.