



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																																
Volleyball Training Program Planning	8520204382		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 which is charged to the course																																				
	Program Objectives (PO)																																				
	PLO-PO Matrix																																				
		P.O																																			
Short Course Description	This course examines volleyball coaching planning and includes the objectives, benefits, preparation factors, principles of preparation, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.																																				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 20%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%; text-align: center;">1</td> <td style="width: 5%; text-align: center;">2</td> <td style="width: 5%; text-align: center;">3</td> <td style="width: 5%; text-align: center;">4</td> <td style="width: 5%; text-align: center;">5</td> <td style="width: 5%; text-align: center;">6</td> <td style="width: 5%; text-align: center;">7</td> <td style="width: 5%; text-align: center;">8</td> <td style="width: 5%; text-align: center;">9</td> <td style="width: 5%; text-align: center;">10</td> <td style="width: 5%; text-align: center;">11</td> <td style="width: 5%; text-align: center;">12</td> <td style="width: 5%; text-align: center;">13</td> <td style="width: 5%; text-align: center;">14</td> <td style="width: 5%; text-align: center;">15</td> <td style="width: 5%; text-align: center;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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References	Main : 1. Bumpa 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. American sport education program.2007. coaching youth volleyball. Canada : Human Kinetic 5. Mike Line 2003. Complete Conditioning for Volleyball : Human Kinetic Supporters:																																				
Supporting lecturer	Drs. Machfud Irsyada, M.Pd. Dr. Or. Muhammad, 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	Able to master the concept of goals and benefits of exercise program plans	<ol style="list-style-type: none"> 1.Explain the meaning of a training program plan. 2.Explain the benefits of an exercise program plan 3.Explain the objectives of the training program plan 	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
2	Able to master the factors in preparing training program plans	<ol style="list-style-type: none"> 1.Explain the factors of an exercise program plan 2.Evaluate the factors in preparing 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	<ol style="list-style-type: none"> 1.Explain the principles of training program planning 2.Evaluate the principles of preparing training 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	<ol style="list-style-type: none"> 1.Explain the steps of an exercise program plan 2.Explains sports tests and measurements 3.Explains physical, technical, tactical and mental tests and measurements. 	Criteria: <ol style="list-style-type: none"> 1.Full marks will be given if explained correctly 2.Full marks will be given if you can practice correctly according to the aerobic and anaerobic measurement techniques 	Scientific Comprehension, Humanistic Generalization and Humanistic Performance 4 X 50			0%
5	Able to master the concept of goals and benefits of exercise periodization	<ol style="list-style-type: none"> 1.Explain the meaning of training periodization. 2.Explain the benefits of periodization of training 3.Explain the purpose of periodization of training 	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
6	Able to understand and theory of the preparatory period.	<ol style="list-style-type: none"> 1.Explain the meaning of the preparatory period. 2.Describes the general preparation period. 3.Describes special preparation periods. 	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
7	Able to understand and theory of match periods.	<ol style="list-style-type: none"> 1.Explain the meaning of match period. 2.Explains the pre-match period. 3.Describes the main game periods. 	Criteria: Full marks will be given if explained correctly	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
8	UTS	UTS	Criteria: UTS	UTS 4 X 50			0%

9	Able to understand the theory of transition periods.	<ol style="list-style-type: none"> 1.Explain the meaning of the transition period. 2.Explain the evaluation of match results. 3.Explaining the recovery after the match 	Criteria: Full marks will be given if the arrangement is correct	Scientific comprehension, scientific recollection memorization and humanistic performance 4 X 50			0%
10	Able to understand and organize daily training programs and training sessions.	<ol style="list-style-type: none"> 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: 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.	<ol style="list-style-type: none"> 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: 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.	<ol style="list-style-type: none"> 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: 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.	<ol style="list-style-type: none"> 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: 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 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 4 X 50			0%
16	UAS	UAS	Criteria: UAS	UAS 4 X 50			0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

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.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.