



**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
MPK - Coaching Practice	8520204660		T=1	P=1	ECTS=3.18	5	August 1, 2023
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Raymond Ivano Avandi, S.Pd., M.Kes.		Raymond Ivano Avandi, S.Pd., M.Kes.			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)**

<b>PO - 1</b>	Students are able to master the basics of micro training
<b>PO - 2</b>	Students are able to prepare training planning programs
<b>PO - 3</b>	Students are able to form and improve training skills competencies, form personality competencies, and form social competencies.

**PLO-PO Matrix**

	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> </table>	P.O	PO-1	PO-2	PO-3
P.O					
PO-1					
PO-2					
PO-3					

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

	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> <tr> <td>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> </tr> <tr> <td>PO-2</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> <tr> <td>PO-3</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																	PO-2																	PO-3																
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PO-3																																																																																					

**Short Course Description**      This course aims to form and develop basic competencies in training prospective coaches through peer coaching activities as a provision for real coaching practice in sports schools and/or clubs in Coaching Practice (PM) activities. The implementation of this learning includes various activities, namely: (1) training in preparing a Sports Training Program, (2) training in mastering limited basic training competencies, (3) training in mastering basic training competencies in an integrated and complete manner, (4) training in mastering personality and personal competencies. social.

<b>References</b>	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>1. 1. Bompaa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</li> <li>2. 2. Bompaa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</li> <li>3. 3. Bompaa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</li> <li>4. Mahasiswa mampu memahami ruang lingkup dan prinsip dasar pelatihan mikro</li> </ol>
<b>Supporters:</b>	

	1. Referensi lain berupa Jurnal Penelitian Terkait Metode Melatih						
<b>Supporting lecturer</b>	<p>Dr. Irmantara Subagio, M.Kes.  Prof.Dr. Imam Marsudi, M.Si.  Drs. Arif Bulqini, M.Kes.  Prof. Dr. Agus Hariyanto, M.Kes.  Dr. Rini Ismalasari, S.Pd., M.Kes.  dr. Azizati Rochmania, Sp.KFR.  Raymond Ivano Avandi, S.Pd., M.Kes.  Achmad Rizanul Wahyudi, S.Pd., M.Pd.  Dr. Or. Muhammad, S.Pd., M.Pd.  Dr. Fransisca Januarumi Marhaendra Wijaya, S.Pd., M.Kes.  Mohammad Faruk, S.Pd., M.Kes.  Dr. Mochamad Purnomo, S.Pd., M.Kes.  Tutur Jatmiko, S.Pd., M.Kes.  Dr. Or. Gigih Siantoro, S.Pd., M.Pd.  David Agus Prianto, S.Pd., M.Pd.  Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.  Fifit Yeti Wulandari, S.Pd., M.Pd.  Dr. Aghus Sifaq, S.Or., M.Pd.  AFIF NAVIR REFANI  Bayu Agung Pramono, S.Pd., M.Kes.  Muhammad Asrul Sidik, M.Pd.  Afif Rusdiawan, S.Pd., M.Kes.  Bhekti Lestari, S.Pd., M.Kes.  Shery Iris Zalillah, S.Pd.,M.Kes.  Fajar Eka Samudra, S.Or., M.Kes.  Dani Primanata, S.Pd.,M.Pd.  Yanuar Alfian Triardhana, S.Or., M.Kes.  Resti Nurpratiwi, S.Ft., M.Fis.</p>						
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			<b>Criteria:</b> 5  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Offline	V-learning and zoom. Vinesa V-learning: <a href="http://vlearning.unesa.ac.id">http://vlearning.unesa.ac.id</a>	<b>Material:</b> Students are able to understand the scope and basic principles of micro training. <b>References: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i> <hr/> <b>Material:</b> Students are able to understand the scope and basic principles of micro training. <b>References: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i> <hr/> <b>Material:</b> Students are able to understand the scope and basic principles of micro training. <b>References: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i>	5%

2	Students are able to analyze learning tools and processes, micro-training in achievement sports clubs/associations		<b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Offline	V-learning and Zoom. Vinesa V-learning: <a href="http://vlearning.unesa.ac.id">http://vlearning.unesa.ac.id</a>	<b>Material:</b> Analyzing learning tools and processes, micro training in achievement sports clubs/associations <b>References: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i> <hr/> <b>Material:</b> Analyzing learning tools and processes, micro training in achievement sports clubs/associations <b>References: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i> <hr/> <b>Material:</b> Analyzing learning tools and processes, micro training in achievement sports clubs/associations <b>References: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i>	5%
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3			<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Offline	Online	<b>Material:</b> Understanding training planning programs, training strategies and innovative training models <b>References: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i> <hr/> <b>Material:</b> Understanding training planning programs, training strategies and innovative training models <b>References: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i> <hr/> <b>Material:</b> Understanding training planning programs, training strategies and innovative training models <b>References: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i>	5%
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4			<b>Form of Assessment :</b> Practice / Performance	Offline	Zoom and Meet	<b>Material:</b> Coaching skills: • Opening and closing the exercise • Explaining and motivating 1 <b>References: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i> <hr/> <b>Material:</b> Coaching skills: • Opening and closing the exercise • Explaining and motivating 1 <b>References: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i> <hr/> <b>Material:</b> Coaching skills: • Opening and closing the exercise • Explaining and motivating 1 <b>References: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i>	0%
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5	<p>Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p>		<p><b>Form of Assessment :</b>  Participatory Activities,  Practice/Performance</p>	Offline	Online	<p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 1.</b>  <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i></p> <hr/> <p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 2.</b>  <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i></p> <hr/> <p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 3.</b>  <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i></p>	10%
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6	<p>Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p>		<p><b>Form of Assessment :</b>  Participatory Activities,  Practice/Performance</p>	Offline	Online	<p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 1.</b>  <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i></p> <hr/> <p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 2.</b>  <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i></p> <hr/> <p><b>Material:</b>  Components of coaching skills: •  Opening and closing the exercise •  Explaining and reinforcing •  Closing the exercise</p> <p><b>Literature: 3.</b>  <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i></p>	5%
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7	Practice training theory (peer coaching)		<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Offline Online	Online	<p><b>Material:</b> Practical training theory (peer coaching) <b>References: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i></p> <hr/> <p><b>Material:</b> Practical training theory (peer coaching) <b>References: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i></p> <hr/> <p><b>Material:</b> Practical training theory (peer coaching) <b>References: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i></p>	5%
8	UTS		<b>Form of Assessment :</b> Practical Assessment, Test	Offline	Online	<p><b>Material:</b> UTS <b>Bibliography: 1.</b> <i>Bompa, Tudor O; Buzzichelli, Carlo; (2019). Periodization Theory and Methodology of Training, Human Kinetics</i></p> <hr/> <p><b>Material:</b> UTS <b>Bibliography: 2.</b> <i>Bompa, Tudor O; Carrera, Michael; (2015). Conditioning Young Athletes, Human Kinetics</i></p> <hr/> <p><b>Material:</b> UTS <b>Bibliography: 3.</b> <i>Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) Serious Strength Training, Human Kinetics</i></p>	30%



9	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Practice / Performance	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	5%
10	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	0%

11	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Participatory Activities	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References:</b> 1. Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References:</b> 2. Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References:</b> 3. Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	0%
12	Practice training according to the sport (peerteaching)		<b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References:</b> 1. Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References:</b> 2. Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References:</b> 3. Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	10%

13	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	5%
14	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching)  <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching)  <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	5%

15	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching) <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching) <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching) <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	5%
16	Practice training according to the sport (peerteaching)		<b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Test	Offline		<p><b>Material:</b> Practice of coaching according to sport (peerteaching) <b>References: 1.</b> Bompa, Tudor O; Buzzichelli, Carlo; (2019). <i>Periodization Theory and Methodology of Training, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to sport (peerteaching) <b>References: 2.</b> Bompa, Tudor O; Carrera, Michael; (2015). <i>Conditioning Young Athletes, Human Kinetics</i></p> <p><b>Material:</b> Practice of coaching according to the sport (peerteaching) <b>References: 3.</b> Bompa, Tudor O; Di Pasquale, Mauro G; Cornacchia, Lorenzo; (2013) <i>Serious Strength Training, Human Kinetics</i></p>	5%

**Evaluation Percentage Recap: Project Based Learning**

No	Evaluation	Percentage
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1.	Participatory Activities	22.5%
2.	Project Results Assessment / Product Assessment	20%
3.	Practical Assessment	18.33%
4.	Practice / Performance	21.67%
5.	Test	17.5%
		100%

#### 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.