



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 training program for the sport of archery	8520204398		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
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Program Learning Outcomes (PLO)	PLO study program which 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	A course that examines the relationship between the main sciences in the world of sports coaching and the sport of archery. Apart from that, it also discusses the implementation of the main science of sports coaching in the sport of archery. Lectures are carried out using various methods including presentations, discussions, written assignments, project assignments, demonstrations, field practice and reflection.
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References	Main :	
		<ol style="list-style-type: none"> 1. Mc, Kinney. 1996. The Simple Art of Winning – How to shoot your best .Tokyo: Leo Planning, Inc. 2. Lee, K & Bondt, R.D. 2005. Total Archery . Gym Po City: Samick Sport Co.Ltd.
	Supporters:	

Supporting lecturer	Mohammad Faruk, S.Pd., M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.
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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 lecture contract and general description of archery II coaching lectures	Students can explain the applicable lecture contract. Students can explain the general description of the archery training training course II. Students are responsible for the applicable lecture contract agreement.	Criteria: It is considered correct if the answer is 80% correct Form of Assessment : Participatory Activities	· Lecture · Discussion · Question and answer Individual assignment 4 X 50			5%

2	Understand the sports tests and measurements applied in the sport of archery	<ul style="list-style-type: none"> Students can explain the types of tests for archery athletes Students can explain the types of measurements for archery athletes Students can decide on the right type of sports tests and measurements for archery athletes according to the existing situation and conditions Students can explain the types of heart rate measurements and archery scores on archery athlete 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> Lectures Discussions Questions and answers Individual assignments: create blanks and evaluation systems that contain: <ul style="list-style-type: none"> tests and measurements for archery athletes heart rate measurements measurement of archery scores 			0%
3	Understand motor learning concepts that can be applied to archery athletes	<ul style="list-style-type: none"> Students can explain the various phases in motor learning Students can intelligently explain the various motor phases in relation to real archery situations Students can give examples of various archery activities according to each stage of motor learning 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> Lecture Discussion Question and answer Assignment: Make a concept map or diagram containing types of archery activities at each stage of motor learning 			0%
4	Understand sports massage as it can be applied to archery	<ul style="list-style-type: none"> Students can explain the division of sports massage Students can explain tennis ball massage techniques Students can explain types of Swedish massage techniques Students can decide on the right type of sports massage for archery athletes according to the existing situation and conditions 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> Lecture Discussion Question and answer Individual assignment: Practice massage with a 4 X 50 tennis ball 			5%
5	Understand the need for hydration during exercise as applied to archery	<ul style="list-style-type: none"> Students can explain about hydration Students can explain about dehydration Students can explain the important benefits of hydration for athletes Students can explain indicators of athlete hydration through urine color Students can develop a system or pattern so that athletes have good hydration during sports 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> Lectures Discussions Questions and answers Individual assignments: create blanks and evaluation systems that contain: <ul style="list-style-type: none"> tests and measurements for archery athletes heart rate measurements archery score measurements 			5%
6	Understand the concept of communication in sports as applied to archery athletes	<ul style="list-style-type: none"> Students can explain questions to themselves regarding communication patterns among athletes Students can explain types of non-verbal language Students can explain factors that hinder positive communication Students can explain the principles of effective communication Students can give examples of effective forms of communication in various situations field 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> Lectures Discussions Questions and answers Individual assignments: create a speech/greeting script for communication in front of many athletes and compose positive opening sentences in one-on-one communication with athletes 			5%

7	Understand the concept of sports psychology as applied to the sport of archery	<ul style="list-style-type: none"> · Students can explain the types of athlete motivation · Students can explain about self-confidence · Students can explain about goal setting · Students can explain about self-affirmation · Students can explain about mental imagery/visualization · Students can explain about meditation · Students can explain how to train focus · Students can explain about training to deal with distractions Students can decide on the right type of mental training for archery athletes according to the existing situation and conditions 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Lecture · Discussion · Question and answer · Individual assignments: create a blank list of questions and blanks to find out and develop patterns for: 1. Athlete motivation 2. Athlete self-confidence 3. Affirmation sentences 4. Focus 5. Distraction training 4 X 50 			5%
8	UTS	UTS	<p>Criteria: UTS</p> <p>Form of Assessment : Participatory Activities</p>	UTS 4 X 50			20%
9	Understand the concept of sports psychology as applied to the sport of archery	<ul style="list-style-type: none"> · Students can explain the types of athlete motivation · Students can explain about self-confidence · Students can explain about goal setting · Students can explain about self-affirmation · Students can explain about mental imagery/visualization · Students can explain about meditation · Students can explain how to train focus · Students can explain about training to deal with distractions Students can decide on the right type of mental training for archery athletes according to the existing situation and conditions 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Lecture · Discussion · Question and answer · Individual assignments: create a blank list of questions and blanks to find out and develop patterns for: 1. Athlete motivation 2. Athlete self-confidence 3. Affirmation sentences 4. Focus 5. Distraction training 4 X 50 			5%
10	Understand the concept of sports psychology as applied to the sport of archery	<ul style="list-style-type: none"> · Students can explain the types of athlete motivation · Students can explain about self-confidence · Students can explain about goal setting · Students can explain about self-affirmation · Students can explain about mental imagery/visualization · Students can explain about meditation · Students can explain how to train focus · Students can explain about training to deal with distractions Students can decide on the right type of mental training for archery athletes according to the existing situation and conditions 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities</p>	<ul style="list-style-type: none"> · Lecture · Discussion · Question and answer · Individual assignments: create a blank list of questions and blanks to find out and develop patterns for: 1. Athlete motivation 2. Athlete self-confidence 3. Affirmation sentences 4. Focus 5. Distraction training 4 X 50 			0%

11	Understand the concept of sports psychology as applied to the sport of archery	<ul style="list-style-type: none"> Students can explain the types of athlete motivation Students can explain about self-confidence Students can explain about goal setting Students can explain about self-affirmation Students can explain about mental imagery/visualization Students can explain about meditation Students can explain how to train focus Students can explain about training to deal with distractions Students can decide on the right type of mental training for archery athletes according to the existing situation and conditions 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Practice / Performance</p>	<ul style="list-style-type: none"> Lecture Discussion Question and answer Individual assignments: create a blank list of questions and blanks to find out and develop patterns for: 1. Athlete motivation 2. Athlete self-confidence 3. Affirmation sentences 4. Focus 5. Distraction training 			0%
12	Understand the concept of competition preparation in archery	<ul style="list-style-type: none"> Students can understand the things that must be prepared to face an archery competition Students can explain the administrative requirements that must be prepared by archery athletes. Students can develop a pattern/system to complete preparations for an archery competition well 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Practice / Performance</p>	<ul style="list-style-type: none"> Lectures Discussions Questions and answers Individual assignments: create blanks and evaluation systems that contain: <ul style="list-style-type: none"> tests and measurements for archery athletes heart rate measurements archery score measurements 			0%
13	Understand the concept of entrepreneurship that can be applied in the sport of archery	<ul style="list-style-type: none"> Students can explain business opportunities related to archery Students can prepare a SWOT analysis related to business opportunities related to the world of archery Students can read societal trends to relate to archery business opportunities Students can decide on a business related to archery that suits the situation and the conditions it has 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Practice / Performance</p>	<ul style="list-style-type: none"> Lecture Discussion Question and answer Individual assignment: create a good business plan by considering SWOT analysis and societal trends 			0%
14	Understand the concept of entrepreneurship that can be applied in the sport of archery	<ul style="list-style-type: none"> Students can explain business opportunities related to archery Students can prepare a SWOT analysis related to business opportunities related to the world of archery Students can read societal trends to relate to archery business opportunities Students can decide on a business related to archery that suits the situation and the conditions it has 	<p>Criteria: It is considered correct if the answer is 80% correct</p> <p>Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	<ul style="list-style-type: none"> Lecture Discussion Question and answer Individual assignment: create a good business plan by considering SWOT analysis and societal trends 			10%
15	Review of meeting materials I-XIV	Review of meeting materials I-XIV	<p>Criteria: Review of meeting materials I-XIV</p> <p>Form of Assessment : Participatory Activities</p>	Review of meeting materials I-XIV			0%

16	UAS	UAS	Criteria: UAS Form of Assessment : Project Results Assessment / Product Assessment	UAS 4 X 50			0%
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Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	55%
2.	Project Results Assessment / Product Assessment	5%
		60%

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.