



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>	<b>SEMESTER</b>	<b>Compilation Date</b>																																	
rowing sports coaching	8520203334	Compulsory Study Program	T=2 P=2 ECTS=6.36	3	July 17, 2024																																	
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Subjects</b>	<b>Course Cluster Coordinator</b>	<b>Study Program Coordinator</b>																																	
	.....		.....		Dr. Or. Muhammad, S.Pd., M.Pd.																																	
<b>Learning model</b>	<b>Case Studies</b>																																					
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																					
	<b>Program Objectives (PO)</b>																																					
	<b>PLO-PO Matrix</b>																																					
		<table border="1" style="margin: auto;"> <tr><td style="width: 30px; height: 20px;">P.O</td></tr> </table>				P.O																																
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	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																					
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td><td style="width: 20px;">2</td><td style="width: 20px;">3</td><td style="width: 20px;">4</td><td style="width: 20px;">5</td><td style="width: 20px;">6</td><td style="width: 20px;">7</td><td style="width: 20px;">8</td><td style="width: 20px;">9</td><td style="width: 20px;">10</td><td style="width: 20px;">11</td><td style="width: 20px;">12</td><td style="width: 20px;">13</td><td style="width: 20px;">14</td><td style="width: 20px;">15</td><td style="width: 20px;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																					
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<b>Short Course Description</b>	Examining and applying coaching science and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).																																					
<b>References</b>	<b>Main :</b>																																					
	<ol style="list-style-type: none"> <li>1. Altenburg. D. (1999). From beginner to world champion junior . In; FISA Junior commission. Dieterle. FISA junior rowing guide</li> <li>2. Karback.I. (1991). Dasar-dasar canoeing . Penataran pelatih nasional. PB PODSI</li> <li>3. Kissel.A &amp; Raabe.W. (1999). Teaching rowing to children . FISA junior rowing guide</li> <li>4. Bompa T.O. (1983). Theory and methodology of training . Dubuque: Kendall/Hunt Publisher Company</li> <li>5. -----, (1999). Periodization training for sports . Champaign : Human Kinetics</li> <li>6. <a href="http://earutest.u25.darlkite.ie">http://earutest.u25.darlkite.ie</a>. Talent identification program in Ireland</li> <li>7. <a href="http://www.uksport.gov.uk">http://www.uksport.gov.uk</a>. Girls4Gold talent identification programme</li> <li>8. <a href="http://www.topendsports.com">http://www.topendsports.com</a>. Rowing talent identification</li> </ol>																																					
	<b>Supporters:</b>																																					
<b>Supporting lecturer</b>	Dr. Nurkholis, M.Pd.																																					
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																															
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																															

1	1. Have knowledge about rowing talent scouting. 2. Know the methods of talent scouting and talent development	1.1. Have knowledge about talent scouting indicators for rowing sports 2.2. Able to carry out the rowing talent identification process 3.3. Understand the application of LTAD in rowing sports	<b>Criteria:</b> Able to explain 80% of questions  <b>Form of Assessment :</b> Participatory Activities, Tests	Lectures, problem solving 2 X 50	Lectures and problem solving 2 X 50		2%
2	Have basic knowledge of rowing coaching	1.1. Understand the principles of planning and organization 2.2. Stages of learning movement in rowing sports	<b>Criteria:</b> Completed tasks 85%  <b>Form of Assessment :</b> Participatory Activities, Portfolio Assessment	Inquiry and problem solving 4 X 50			2%
3	1. Have knowledge of rowing sports coaching methodology 2.2. Periodization of rowing sports training	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	<b>Criteria:</b> Completed tasks 85%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry and problem solving 4 X 50			5%
4	Have knowledge of rowing sports coaching methodology	1. Understand the periodization of rowing training. 2. Be able to prepare a rowing training program	<b>Criteria:</b> Completed tasks 85%  <b>Form of Assessment :</b> Participatory Activities	Inquiry and problem solving 4 X 50			5%
5	Have knowledge of the energy system of rowing sports	1.1. Understand the dominant energy in rowing 2.2. Have the skills to develop training programs according to the dominant energy system.	<b>Criteria:</b> Able to explain 80% of questions  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Test	Inquiry, problem solving 4 X 50			5%

6	Have knowledge of the anatomy-physiology of rowing sports	1. Have knowledge about the structures, muscles, bones, joints, nerves and tissues that are dominant in rowing sports 2. Understand the function of body organs 3. Understand the circulatory system 4. Understand the respiratory system	<b>Criteria:</b> able to explain 75% of lecture material  <b>Form of Assessment :</b> Participatory Activities, Tests	Inquiry, problem solving 4 X 50			4%
7	Have knowledge of biomechanics and kinesiology of rowing sports	1. Have the ability to analyze the mechanics of basic rowing techniques. 2. Have knowledge of the structure of movements in rowing.	<b>Criteria:</b> able to explain 80% of questions  <b>Form of Assessment :</b> Participatory Activities, Tests	Inquiry, problem solving 4 X 50			4%
8	Have knowledge of rowing sport psychology	1. Have basic knowledge of rowing sports psychology 2. Able to carry out mental training for rowing sports 3. Understand psychological disorders in rowing sports	<b>Criteria:</b> able to answer 80% of the questions  <b>Forms of Assessment :</b> Participatory Activities, Portfolio Assessment, Tests	Inquiry and problem solving 4 X 50			2%
9	1. Have knowledge about talent scouting in rowing sports 2. Understand the basics of anatomy, physiology, biomechanics and psychology of rowing sports 3. Understand rowing sport methodology	1. Have knowledge about talent scouting in rowing sports 2. Understand the basics of anatomy, physiology, biomechanics and psychology of rowing sports 3. Understand rowing sport methodology	<b>Criteria:</b> able to answer 80% of the questions correctly  <b>Form of Assessment :</b> Practice / Performance	4 X 50 test			10%
10	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	<b>Criteria:</b> Completed tasks 80%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Portfolio Assessment	Inquiry, problem solving 4 X 50			10%
11	Understand and be able to implement a general preparatory period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program	<b>Criteria:</b> Completed tasks 80%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry, problem solving 4 X 50			10%

12	Understand and be able to implement specific preparatory period training programs	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program	<b>Criteria:</b> Completed tasks 80%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry, problem solving 4 X 50			10%
13	Understand and be able to implement specific preparatory period training programs	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program	<b>Criteria:</b> Completed tasks 80%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry, problem solving 4 X 50			10%
14	Understand and be able to implement the pre-competition period training program	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program 5. Able to implement a power training program	<b>Criteria:</b> Able to complete tasks 100%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry, problem solving 4 X 50			10%
15	Understand and be able to implement competition period training programs	1. Able to implement a general endurance training program 2. Able to implement a specific endurance training program 3. Able to implement a strength training program 4. Able to implement a speed training program 5. Able to implement a power training program	<b>Criteria:</b> Able to complete tasks 100%  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Inquiry, problem solving 4 X 50			10%
16	Has training knowledge and technology to improve performance in the rowing sports of kayaking, Canadian canoeing, rowing, and Traditional Boat Racing (TBR).	Able to prepare training programs for kayaking, Canadian canoeing, rowing and TBR	<b>Criteria:</b> Able to solve 80% questions	4 X 50 Semester Final Exam			5%

**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
1.	Participatory Activities	11.67%

2.	Project Results Assessment / Product Assessment	62.5%
3.	Portfolio Assessment	6.67%
4.	Practice / Performance	10%
5.	Test	8.17%
		99.01%

#### 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.