



**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																																																																																																				
Basketball Training Program Planning	8520204380		T=1	P=1	ECTS=3.18	5	July 17, 2024																																																																																																				
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																																					
	Prof. Dr. Agus Hariyanto, M.Kes.				Dr. Or. Muhammad, S.Pd., M.Pd.																																																																																																					
Learning model	Project Based Learning																																																																																																										
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																																										
	Program Objectives (PO)																																																																																																										
	PO - 1	CPMK-2 Able to take professional responsibility for individual and group performance in participating in and studying the sport of basketball																																																																																																									
	PO - 2	CPL-KU3 Able to make appropriate decisions in the context of solving problems in their field of expertise, based on the results of information and data analysis																																																																																																									
	PO - 3	CPL-KK2 Able to design sports performance improvement programs																																																																																																									
	PO - 4	CPL-P3 Mastering the concepts, theories, ethics of professional development in coaching and sports education																																																																																																									
	PLO-PO Matrix																																																																																																										
		<table border="1" style="margin-left: 40px;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> <tr><td>PO-4</td></tr> </table>						P.O	PO-1	PO-2	PO-3	PO-4																																																																																															
	P.O																																																																																																										
	PO-1																																																																																																										
PO-2																																																																																																											
PO-3																																																																																																											
PO-4																																																																																																											
PO Matrix at the end of each learning stage (Sub-PO)																																																																																																											
	<table border="1" style="margin-left: 40px;"> <thead> <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> </thead> <tbody> <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> <tr><td>PO-4</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> </tbody> </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																	PO-4																
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																																																																																																											
PO-4																																																																																																											
Short Course Description	This course discusses the basic technicalities of preparing technical, tactical and physical programs within an annual, monthly and daily cycle in a basketball training program.																																																																																																										
References	Main :																																																																																																										
	<ol style="list-style-type: none"> 1. Bomp 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. Bomp Tudor O, 2005, Total Training for your Champhion, Human Kinetics 5. Bomp Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 6. Bomp Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics 																																																																																																										
	Supporters:																																																																																																										

Supporting lecturer		Prof. Dr. Agus Hariyanto, M.Kes. Raymond Ivano Avandi, S.Pd., M.Kes. Dr. Or. Gigih Siantoro, S.Pd., M.Pd. Dr. Donny Ardy Kusuma, S.Pd., M.Kes. Bhekti Lestari, 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	Understand the basic concepts of planning a basketball training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of basketball biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities, Tests	Lectures, Discussions 4 X 50		Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	5%
2	Understand the basic concepts of planning a basketball training program	1.Able to understand the definition of periodization 2.Able to understand the periodization of basketball biomotor specifications	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities, Tests	Lectures, Discussions 4 X 50		Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	5%
3	Understand the planning of annual training programs in the sport of basketball	1.Able to understand the definition of annual coaching planning in the sport of basketball 2.Able to understand the phases of annual coaching planning in the sport of basketball	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Periodization of Training Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i> Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	5%

4	Understand the planning of annual training programs in the sport of basketball	<p>1. Able to understand the definition of annual coaching planning in the sport of basketball</p> <p>2. Able to understand the phases of annual coaching planning in the sport of basketball</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Lectures, Discussions 4 X 50		<p>Material: Periodization of Training Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p> <hr/> <p>Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p>	5%
5	Understand final planning in the sport of basketball	<p>1. Able to understand the definition of peaking in the sport of basketball</p> <p>2. Able to understand the definition of taper in the sport of basketball</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 2 X 50		<p>Material: Exercise Physiology Bibliography: <i>Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</i></p> <hr/> <p>Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p>	5%
6	Understand the planning of daily training programs in the sport of basketball	<p>1. Able to understand the planning of training sessions in the sport of basketball</p> <p>2. Able to understand training session planning modeling in the sport of basketball</p>	<p>Criteria: active participation</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, Discussions 4 X 50		<p>Material: training planning References: <i>Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</i></p>	5%
7	Understand the planning of daily training programs in the sport of basketball	<p>1. Able to understand the planning of training sessions in the sport of basketball</p> <p>2. Able to understand training session planning modeling in the sport of basketball</p>	<p>Criteria: active participation</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Lectures, Discussions 4 X 50		<p>Material: training planning References: <i>Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</i></p>	5%

8	Understand macro training program planning in the sport of basketball	Able to understand the macro training cycle in the sport of basketball	Criteria: active participation Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Training Planning Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	10%
9	Understand macro training program planning in the sport of basketball	Able to understand the macro training cycle in the sport of basketball	Criteria: active participation Form of Assessment : Participatory Activities, Tests	Lectures, Discussions 4 X 50		Material: Training Planning Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	5%
10	UTS	understanding basketball training program planning	Criteria: Maximum score if you answer the question correctly Form of Assessment : Test	UTS 2 X 50		Material: training program planning Bibliography: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i>	5%
11	Understand meso and micro training program planning in the sport of basketball	1.Able to understand the meso training cycle in the sport of basketball 2.Able to understand the micro training cycle in the sport of basketball	Criteria: active participation Form of Assessment : Participatory Activities	Lectures, Discussions 2 X 50		Material: Periodization of Training Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i>	5%
12	Understand the planning of physical training programs in the sport of basketball	1.Able to understand endurance training planning in basketball 2.Able to understand speed training planning in basketball 3.Able to understand specific physical training plans for basketball 4.Able to understand strength training planning in basketball	Criteria: active participation Form of Assessment : Participatory Activities	Lectures, Discussions 4 X 50		Material: Periodization of Training Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i>	5%

13	Understand the planning of physical training programs in the sport of basketball	<ol style="list-style-type: none"> 1. Able to understand endurance training planning in basketball 2. Able to understand speed training planning in basketball 3. Able to understand specific physical training plans for basketball 4. Able to understand strength training planning in basketball 	<p>Criteria: active participation</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Lectures, Discussions 4 X 50		<p>Material: Periodization of Training Library: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p>	5%
14	Understand technical and tactical training programs in the sport of basketball	<ol style="list-style-type: none"> 1. Able to understand defense planning in basketball 2. Able to understand offensive planning in basketball 3. Able to understand transition training planning in basketball 	<p>Criteria: active participation</p> <p>Form of Assessment : Practice / Performance</p>	Lectures and discussions 4 X 50		<p>Material: Training Periodization Literature: <i>Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</i></p>	5%
15	Understand technical and tactical training programs in the sport of basketball	<ol style="list-style-type: none"> 1. Able to understand defense planning in basketball 2. Able to understand offensive planning in basketball 3. Able to understand transition training planning in basketball 	<p>Criteria: active participation</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Lectures and discussions 4 X 50		<p>Material: Training Periodization Literature: <i>Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</i></p>	5%
16	UAS	understanding of training program planning	<p>Criteria: maximum value if the training program planning is good</p> <p>Form of Assessment : Project Results Assessment / Product Assessment, Test</p>	2 X 50 performance test		<p>Material: training program planning References: <i>Bompa Tudor O, 2005, Total Training for your Champion, Human Kinetics</i></p>	20%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	52.5%
2.	Project Results Assessment / Product Assessment	10%
3.	Practice / Performance	10%
4.	Test	27.5%
		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.