	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 Gymnastics Training Program	8520204388		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 that 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	This course examines various types of training theories, both physical and physiological, that are needed by gymnasts from beginner, pre-junior to senior ages, as well as understanding and realizing the importance of physical training as a support for technical training. Understand the weaknesses and strengths of various variations of physical training and their benefits for gymnasts when influencing technical training, especially during circuits. This lecture is carried out with presentations and discussions, project assignments, and reflection.
References	**Main :**

1. Nurkholis, 2012. Pola Gerak Dominan. Unipress : Universitas Negeri Surabaya.
2. FIG, 2009. Gymnastics Coaching Level 1 . Switzerland : Federation Internationale de Gymnastics.
3. FIG, 2017 . Code of Ponts. Artistic and Rhytmics : Federation Internationale de Gymnastics.
4. Nelson, 2014 . Stretching Anatomy. Human Kinetics-Australia.
5. Delavier. The Strength Training Anatomy Workout.

Supporters:	
Supporting lecturer	Dr. Nurkholis, M.Pd. Dr. Fransisca Januarumi Marhaendra Wijaya, S.Pd., M.Kes. Eva Ferdita Yuhantini, 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 and master general training theory including training principles as needed.	Demonstrate an intelligent and honest attitude in relating various training theories as well as understanding the shadows when applied in the field. Demonstrate perseverance and work together.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers 4 X 50			0%
2	Understand and master general training theory including training principles as needed.	Demonstrate an intelligent and honest attitude in relating various training theories as well as understanding the shadows when applied in the field. Demonstrate perseverance and work together.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers 4 X 50			0%
3	Analyze physical training theories such as speed, agility, power, strength, endurance and others.	Demonstrate an intelligent and honest attitude in formulating physical training theories related to elements of physical conditions. Demonstrates a caring and tough attitude in formulating basic physical training needs for gymnasts.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers. 4 X 50			0%
4	Analyze physical training theories such as speed, agility, power, strength, endurance and others.	Demonstrate an intelligent and honest attitude in formulating physical training theories related to elements of physical conditions. Demonstrates a caring and tough attitude in formulating basic physical training needs for gymnasts.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers. 4 X 50			0%
5	Mastering the principles of physical exercise to improve the elements of physical condition.	Demonstrate an intelligent and tough attitude in formulating physical training needs to improve elements of physical condition. Demonstrate a caring and honest attitude in analyzing the physical training process.	**Criteria:** NULL	Lectures, Discussions, Analysis and Questions and Answers 4 X 50			0%

6	Understand and master the types of physical training for beginner and junior gymnasts.	Demonstrate an intelligent and caring attitude in understanding the physical training needs of beginner and junior gymnasts. Demonstrate an honest and caring attitude in analyzing physical training needs for junior gymnasts.	**Criteria:** NULL	Lectures, Discussions, Analysis and Questions and Answers 4 X 50			0%
7	Understand and master the bone and muscle structure of junior and senior gymnasts. Mastering the training needs of junior and senior gymnasts in terms of body anatomy.	Demonstrate an intelligent and honest attitude in relating physical exercise needs to bone and muscle structure. Demonstrate a tough and caring attitude in analyzing the posture and anatomical shape of junior and senior gymnasts. Demonstrate perseverance and cooperation	**Criteria:** NULL	Lectures, Discussions, Analysis and Questions and Answers 4 X 50			0%
8	Understand and master the bone and muscle structure of junior and senior gymnasts. Mastering the training needs of junior and senior gymnasts in terms of body anatomy.	Demonstrate an intelligent and honest attitude in relating physical exercise needs to bone and muscle structure. Demonstrate a tough and caring attitude in analyzing the posture and anatomical shape of junior and senior gymnasts. Demonstrate perseverance and cooperation	**Criteria:** NULL	Lectures, Discussions, Analysis and Questions and Answers 4 X 50			0%
9	UTS	UTS	**Criteria:** UTS	UTS 4 X 50			0%
10	Master and understand the differences in types of training between junior and senior gymnasts. Understand and master the influence of the body's anatomy on the development of muscle strength.	Demonstrate an intelligent and tough attitude in formulating different types of physical training for junior and senior gymnasts. Demonstrate an honest and tough attitude in analyzing how differences occur in the anatomical differences in the gymnast's body.	**Criteria:** NULL	Lectures, Analysis Discussions, and Questions and Answers 4 X 50			0%

11	Master and understand the need for physical training during the circuit period. Understand the stages of physical exercise related to physical needs	Demonstrate a tough and intelligent attitude in analyzing physical training needs during the series. Demonstrate an honest and caring attitude in creating physical training conditioning programs.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers 4 X 50			0%
12	Master and understand the need for physical training during the circuit. Understand the stages of physical training related to physical needs during circuit sessions.	Demonstrate a tough and intelligent attitude in analyzing physical training needs during the series. Demonstrate an honest and caring attitude in creating physical training conditioning programs.		Lectures, Discussions and Questions and Answers 4 X 50			0%
13	Understand the relationship between physical conditioning and circuit training.	Demonstrates a tough and caring attitude in formulating circuit training with conditioning physical training. Demonstrate an honest and intelligent attitude in analyzing changes in adaptation to physical conditioning training during the series.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers 4 X 50			0%
14	Understand the relationship between physical conditioning and circuit training.	Demonstrates a tough and caring attitude in formulating circuit training with conditioning physical training. Demonstrate an honest and intelligent attitude in analyzing changes in adaptation to physical conditioning training during the series.	**Criteria:** NULL	Lectures, Discussions and Questions and Answers 4 X 50			0%
15	Understand the analysis of changes in body weight with the development of muscle strength.	Demonstrate an intelligent and honest attitude in analyzing changes in body weight during circuit and muscle development sessions. Demonstrate a tough and caring attitude in analyzing changes in body weight during series sessions.	**Criteria:** NULL	Lectures, Analysis Discussions, and Questions and Answers 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

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.