SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Fitness Theory and Development		8920103178		**T=3**	**P=0**	**ECTS=4.77**	3	July 17, 2024
AUTHORIZATION		**SP Developer**		**Course Cluster Coordinator**			**Study Program Coordinator**	
		....		....			Dr. Heri Wahyudi, S.Or., 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 equips students with skills to master, apply and apply and can create fitness training programs. The material presented in this lecture includes: basic understanding of weight training, basic concepts and principles of weight training, weight training methods, introduction to and being able to use equipment and equipment in weight training, basic fitness movement guide, cardiovascular training, training program design, nutrition and supplements in weight training, fitness training programs, fitness trainer profession and analyzing and evaluating fitness training using theoretical, practical and assignment learning methods

References	**Main :**	
	1.	(1) Baechle, Thomas R. 2014. Fitness Weight Training . United State. Human kinetic. (2) Fahey, Thomas. 2005. Weight Training Basics. New York. McGraw-Hill. (3) Baechle, Thomas R. 2011. Weight training 13 Steps to success . United state. Human kinetic. (4) Clark Nancy. 2014. Sport Nutrition . United State. Human Kinetic. (5) Naternicola, Nancy. 2015 . Fitness Steps To Success . United State. Human Kinetic.
	Supporters:	

Supporting lecturer	Dr. Soni Sulistyarto, M.Kes. Indra Himawan Susanto, S.Or., M.Kes. Lutfhi Abdil Khuddus, S.Pd., M.Pd. A Burhanuddin Kusuma Nugraha, 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 concept of weight training	1. Have an intelligent attitude, be honest in interpreting and explaining concepts, methods and basic principles of weight training 2. Apply method concepts and basic principles of weight training 3. Solve problems regarding concepts, methods and basic principles of weight training	**Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly.	Lectures, Quizzes and interactive discussions 3 X 50			0%
2	Understand weight training equipment and equipment in fitness centers	1. Have an intelligent and honest attitude in explaining various types of weight training equipment and equipment 2. have an intelligent and caring attitude in using weight training equipment and equipment 3. Have a responsible attitude in identifying weight training equipment and supplies	**Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly.	Practice, Discussion 3 X 50			0%

3	Mastering the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on the anterior upper extremity muscles	1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on the anterior upper extremity muscles 2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to the anterior upper extremity muscles with responsibility 3. Skilled in using weight training with a gym machine and free weights on the anterior upper extremity muscles	**Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly.	Practice, Problem solving 3 X 50			0%
4	Mastering the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on the anterior upper extremity muscles	1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on the anterior upper extremity muscles 2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to the anterior upper extremity muscles with responsibility 3. Skilled in using weight training with a gym machine and free weights on the anterior upper extremity muscles	**Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly.	Practice, Problem solving 3 X 50			0%

| 5 | Master the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on the posterior upper extremity muscles | 1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on the posterior upper extremity muscles
2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to the posterior upper extremity muscles responsibly
3. Skilled in using weight training with a gym machine and free weights on the posterior upper extremity muscles | **Criteria:**
Full marks are obtained if you are able to explain and practice the 4 tools correctly. | Practice, problem solving
3 X 50 | | | 0% |

| 6 | Master the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on the posterior upper extremity muscles | 1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on the posterior upper extremity muscles 2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to the posterior upper extremity muscles responsibly 3. Skilled in using weight training with a gym machine and free weights on the posterior upper extremity muscles | **Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly. | Practice, problem solving 3 X 50 | | | 0% |
| 7 | Master the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on lower extremity muscles | 1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on lower extremity muscles 2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to lower extremity muscles responsibly 3. Skilled in using weight training with gym machines and free weights on lower extremity muscles | **Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly. | Practice and problem solving 3 X 50 | | | 0% |

8	Master the skills of recognizing, using and identifying muscles trained on weight training equipment with gym machines and free weights on lower extremity muscles	1. Demonstrate a tough and honest attitude in recognizing the use of tools and muscles trained in weight training with gym machines and free weights on lower extremity muscles 2. Applying the use of equipment and muscles trained in weight training with gym machines and free weights to lower extremity muscles responsibly 3. Skilled in using weight training with gym machines and free weights on lower extremity muscles	**Criteria:** Full marks are obtained if you are able to explain and practice the 4 tools correctly.	Practice and problem solving 3 X 50			0%
9	UTS			3 X 50			0%
10	Mastering skills, recognizing and identifying cardiovascular training tools and principles	1. Demonstrate an intelligent and caring attitude in explaining cardiovascular training tools and principles 2. Demonstrate persistence in analyzing cardiovascular training tools and principles 3. Skilled in applying cardiovascular training tools and principles	**Criteria:** Correct movements and techniques	Practice and group discussion 3 X 50			0%
11	Mastering skills, recognizing and identifying cardiovascular training tools and principles	1. Demonstrate an intelligent and caring attitude in explaining cardiovascular training tools and principles 2. Demonstrate persistence in analyzing cardiovascular training tools and principles 3. Skilled in applying cardiovascular training tools and principles	**Criteria:** Correct movements and techniques	Practice and group discussion 3 X 50			0%

12	Understand and master the skills of how to find training loads	1.Demonstrate an intelligent and honest attitude in looking for training loads 2.Demonstrate persistence in analyzing training loads 3.Skilled in finding and designing training loads	**Criteria:** Correct movements and techniques	Practice 3 X 50			0%
13	Understand and master nutrition and supplements in weight training	1.Demonstrate an intelligent and honest attitude in explaining nutrition and supplements in weight training 2.Demonstrate persistence in choosing nutrition and supplements in weight training 3.Skilled at solving problems related to nutrition and supplements in weight training	**Criteria:** Assignment report	Group discussion 3 X 50			0%
14	Master the skills of creating, designing and evaluating fitness training programs	1.Demonstrate an intelligent and honest attitude in creating fitness training programs 2.Demonstrate persistence in designing and analyzing fitness training programs 3.Skilled at solving problems related to fitness training programs	**Criteria:** Assignment report	Practice, group discussion, problem solving 3 X 50			0%
15	Master the skills of creating, designing and evaluating fitness training programs	1.Demonstrate an intelligent and honest attitude in creating fitness training programs 2.Demonstrate persistence in designing and analyzing fitness training programs 3.Skilled at solving problems related to fitness training programs	**Criteria:** Assignment report	Practice, group discussion, problem solving 3 X 50			0%

| 16 | Master the skills of creating, designing and evaluating fitness training programs | 1.Demonstrate an intelligent and honest attitude in creating fitness training programs 2.Demonstrate persistence in designing and analyzing fitness training programs 3.Skilled at solving problems related to fitness training programs | **Criteria:** Assignment report | Practice, group discussion, problem solving 3 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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.