



**Universitas Negeri Surabaya
Vocational Faculty
D4 Sports Coaching Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																
Advanced Training Program Planning	99998520202031		T=2	P=0	ECTS=3.18	5	July 16, 2024																																
AUTHORIZATION		SP Developer	Course Cluster Coordinator			Study Program Coordinator																																	
		Tutor Jatmiko, S.Pd., M.Kes			Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																	
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																																					
Short Course Description	This course examines sports coaching planning and includes objectives, benefits, preparation factors, principles of preparation, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.																																						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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References	Main :																																						
	<ol style="list-style-type: none"> 1. Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins 2. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge 3. Bompa Tudor O, 2005, Total Training for your Champhion, Human Kinetics 4. Bompa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 5. Bompa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics 																																						
Supporters:																																							
	<ol style="list-style-type: none"> 1. Bayli, Istvan, Richard Way, Colin Higgs. 2013. Long Term Athlete Development. USA. Human Kinetic 2. Bean, Jonathan & Walter Frontera. 2010. Strenght and Power Training. Boston. USA. Harvard Health Publication. 3. Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5rd Edition. USA. Human Kinetics 4. Bompa, Tudor O . 1989. Theory and Methodology of Training. Kendall Toronto,Ontaric Canada : Hunt Publishing Company. 5. Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetic. 6. Bompa, Tudor O. 1999. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 7. Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 8. Bompa, Tudor, Mauro Di Pasquale & Lorenzo J Cornacchia. 2013. Serious Strenght Training.USA. Human Kinetics 9. Brown, Lee & Vance a. Feriggnio. 2005. Training For Speed, Agility and Quickness 2nd Edition. USA. Human Kinetics 10. Cissik, John & Jay Dawes. 2015. Maximum Interval Training. USA. Human Kinetic 11. Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Pelatihan Kondisi Fisik. Bandung. Rosda Karya. 12. Harsono. 2017. Periodisasi Program Latihan. Bandung. Remaja Rosda Karya. 13. Harsono. 2018. Kepeatihan Olahraga Teori dan Metodologi. Bandung. Remaja Rosda Karya. 14. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic 15. Lubis, Johansyah. 2016. Panduan Praktis Penyusunan Program Latihan. Depok. Raja Grafindo Persada 16. McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetic 17. Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung. 18. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing 																																						
Supporting lecturer	Drs. Machfud Irsyada, M.Pd. Tutor Jatmiko, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., M.Pd. Rizky Muhammad Sidik, S.Pd., M.Ed.																																						

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	Able to master the concept of annual training program planning	<p>1.Able to explain the meaning of an annual training program plan</p> <p>2.Able to explain the benefits of an annual training program plan</p> <p>3.Able to explain the objectives of the annual training program plan</p>	<p>Form of Assessment : Participatory Activities</p>	<p>Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50</p>		<p>Material: Annual Plan Bibliography: <i>Bompa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O. 1999. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i></p> <hr/> <p>Material: Annual Program Library: <i>Harsono.</i></p>	5%

					<p>2017. <i>Periodization of Training Programs.</i> Bandung. Rosda Karya Teenager.</p> <hr/> <p>Material: Annual Program Library: Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs.</i> Depok. Raja Grafindo Persada</p> <hr/> <p>Material: Annual Plan Bibliography: McGuigan, Mike. 2017. <i>Monitoring Training and Performance in Athlete.</i> USA. Human Kinetics</p>	
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2	<p>1. Able to master the preparation of annual training program plans</p> <p>2. Able to plan an annual training program</p>	<p>1. Explain the factors of an annual training program plan</p> <p>2. Evaluate the factors in preparing the annual training program plan</p>	<p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance</p>	<p>Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50</p>		<p>Material: Annual Plan Bibliography: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i></p> <hr/> <p>Material: Annual Plan Bibliography: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Annual Training Program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p> <hr/> <p>Material: Annual Training Program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p>	5%
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3	<p>1. Able to prepare a monthly training program plan (macro)</p> <p>2. Able to prepare monthly training program plans (macro)</p>	Able to prepare annual training program plans	<p>Form of Assessment : Participatory Activities</p>	<p>Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50</p>		<p>Material: Macro Program Bibliography: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i></p> <hr/> <p>Material: Macro Program Library: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Macro Program Library: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i></p> <hr/> <p>Material: Macro Program References: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Macro Program Library: <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i></p> <hr/> <p>Material: Makro Program Library: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p>	5%
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4	Able to plan a monthly training program (macro)	Explain the steps for preparing a monthly exercise program plan (macro)	Form of Assessment : Participatory Activities	Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50		Material: Macro Program Bibliography: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i> ----- Material: Macro Program Library: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i> ----- Material: Macro Program Library: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i> ----- Material: Macro Program References: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> ----- Material: Monthly Training Program Reader: <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i> ----- Material: Monthly Training Program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i>	5%
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5	Able to master the concept of goals and benefits of exercise periodization	<ol style="list-style-type: none"> 1.Explain the steps for preparing a weekly (micro) exercise program plan 2.Explain the benefits of a weekly (micro) exercise training program 3.Able to prepare weekly exercise program plans (micro) 	Form of Assessment : Participatory Activities	Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50		Material: Micro Program Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i> ----- Material: Micro Program Library: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i> ----- Material: Micro Program Library: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i> ----- Material: Micro Program References: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> ----- Material: Weekly Program Reader: <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i> ----- Material: Weekly Program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i>	5%
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6	Able to understand and theory of the preparatory period.	<ol style="list-style-type: none"> 1.Explain the meaning of the preparatory period. 2.Describes the general preparation period. 3.Describes special preparation periods. 	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50		Material: Session Program Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i> ----- Material: Session Program Readers: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i> ----- Material: Session Program Bibliography: <i>Bompa, Tudor O. 1999. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> ----- Material: Session Program Bibliography: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> ----- Material: Daily program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i> ----- Material: Daily program Reader: <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i>	0%
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7	Able to understand and theory of match periods.	<ol style="list-style-type: none"> 1. Able to prepare daily exercise programs. 2. Explains the pre-match period. 3. Describes the main game periods. 	Form of Assessment : Participatory Activities	Scientific comprehension, scientific recollection and humanistic performance 2 X 50		Material: Session Program Literature: <i>Bompa Tudor O Carrera Michael, 2000, Periodization Training for Sport, Human Kinetics</i> ----- Material: Session Program Readers: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i> ----- Material: Session Program Bibliography: <i>Bompa, Tudor O. & Carlo A. Buzzichelli. 2019. Periodization Theory and Methodology of Training 6th edition. USA. Human Kinetics.</i> ----- Material: Session Program Bibliography: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> ----- Material: Daily Program Library: <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i> ----- Material: Daily program Reader: <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i>	5%
8	UTS			2 X 50			0%

9	Able to understand the theory of transition periods.	<ol style="list-style-type: none"> 1.Explain the meaning of the transition period. 2.Explain the evaluation of match results. 3.Explaining the recovery after the match. 		Scientific comprehension, scientific recollection rememorization and humanistic performance 2 X 50			0%
10	Able to understand and organize daily training programs and training sessions.	<ol style="list-style-type: none"> 1.Explain the preparation of a one day program. 2.Explain the preparation of a daily exercise program. 3.Explain the preparation of the training session program. 		Scientific comprehension, scientific recollection rememorization and humanistic performance 2 X 50			0%
11	Able to understand and compile a weekly exercise program.	<ol style="list-style-type: none"> 1.Explain the preparation of a weekly exercise program. 2.Explains the preparation of a weekly training program for one peak. 3.Explains the preparation of a two-peak weekly training program. 4.Explains the preparation of a three-peak weekly training program. 		Scientific comprehension, scientific recollection rememorization and humanistic performance 2 X 50			0%
12	Able to understand and prepare a monthly training program.	<ol style="list-style-type: none"> 1.Explain the preparation of a monthly training program. 2.Explains the preparation of a two-week monthly training program. 3.Explains the preparation of a three-week monthly training program. 		Scientific comprehension, scientific recollection rememorization and humanistic performance 2 X 50			0%

13	Able to understand and prepare a monthly training program.	1.Explain the preparation of a monthly training program. 2.Explains the preparation of a two-week monthly training program. 3.Explains the preparation of a three-week monthly training program.		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
14	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
15	Able to understand and prepare an annual training program.	Explain the preparation of the annual training program.		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
16	UAS			2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	26.25%
2.	Project Results Assessment / Product Assessment	1.25%
3.	Portfolio Assessment	1.25%
4.	Practice / Performance	1.25%
		30%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.

