



**Universitas Negeri Surabaya  
Vocational Faculty  
D4 Sports Coaching 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>																																
Basic Training Program Planning	99998520203031		T=2	P=2	ECTS=6.36	0	July 17, 2024																																
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																	
	.....		.....			Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																	
<b>Learning model</b>	Project Based Learning																																						
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		P.O																																					
<b>Short Course Description</b>	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: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">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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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																							
<b>References</b>	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>1. Bumpa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams &amp; Wilkins</li> <li>2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</li> <li>3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge</li> <li>4. Bumpa Tudor O, 2005, Total Training for your Champhion, Human Kinetics</li> <li>5. Bumpa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics</li> <li>6. Bumpa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</li> </ol> <p><b>Supporters:</b></p>																																						
<b>Supporting lecturer</b>	Prof. Dr. Nining Widyah Kusnanik, S.Pd., M.Appl.Sc. Tutor Jatmiko, S.Pd., M.Kes.																																						
<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	Able to master the concept of goals and benefits of exercise program plans	<ol style="list-style-type: none"> <li>1.Explain the meaning of a training program plan.</li> <li>2.Explain the benefits of an exercise program plan</li> <li>3.Explain the objectives of the training program plan.</li> </ol>		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
2	Able to master the factors in preparing training program plans	<ol style="list-style-type: none"> <li>1.Explain the factors of an exercise program plan</li> <li>2.Evaluate the factors in preparing training program plans.</li> </ol>		Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50			0%
3	Able to master the principles of preparing training program plans	<ol style="list-style-type: none"> <li>1.Explain the principles of training program planning</li> <li>2.Evaluate the principles of preparing training program plans.</li> </ol>		Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50			0%
4	Able to master the steps in preparing an exercise program plan	<ol style="list-style-type: none"> <li>1.Explain the steps of an exercise program plan</li> <li>2.Explains physical, technical, tactical and mental tests and measurements.</li> <li>3.Explains sports tests and measurements</li> </ol>		Scientific Comprehension, Humanistic Generalization and Humanistic Performance 2 X 50			0%
5	Able to master the concept of goals and benefits of exercise periodization	<ol style="list-style-type: none"> <li>1.Explain the meaning of training periodization.</li> <li>2.Explain the benefits of periodization of training</li> <li>3.Explain the purpose of periodization of training.</li> </ol>		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
6	Able to understand and theory of the preparatory period.	<ol style="list-style-type: none"> <li>1.Explain the meaning of the preparatory period.</li> <li>2.Describes the general preparation period.</li> <li>3.Describes special preparation periods.</li> </ol>		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
7	Able to understand and theory of match periods.	<ol style="list-style-type: none"> <li>1.Explain the meaning of match period.</li> <li>2.Explains the pre-match period.</li> <li>3.Describes the main game periods.</li> </ol>		Scientific comprehension, scientific recollection memorization and humanistic performance 2 X 50			0%
8	UTS			2 X 50			0%

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

#### 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.