



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																																																			
Endurance Training	99998520203031		T=1 P=2 ECTS=4.77	2	July 16, 2024																																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																																																				
	Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																																																				
Learning model	Case Studies																																																																							
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																							
	Program Objectives (PO)																																																																							
	PO - 1	Able to understand the concept of endurance training																																																																						
	PO - 2	Able to know Endurance Training Methods																																																																						
	PLO-PO Matrix																																																																							
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> </table>	P.O	PO-1	PO-2																																																																			
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PO-2																																																																								
PO Matrix at the end of each learning stage (Sub-PO)																																																																								
	<table border="1" style="margin-left: auto; margin-right: auto;"> <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> </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																				
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Short Course Description	Understanding the concepts and applications of various types of endurance training in the field of sports coaching and fitness. This course examines endurance training forms and programs for sports performance and individual fitness.																																																																							
References	Main :																																																																							
		1. Bempa. 2015. Total Training for Young Champions. Australia: Human Kinetics																																																																						
	Supporters:																																																																							
Supporting lecturer	Dr. Or. Gigih Siantoro, S.Pd., M.Pd. Muhammad Kharis Fajar, S.Pd., M.Pd. Dr. Donny Ardy Kusuma, S.Pd., M.Kes. Rizky Muhammad Sidik, S.Pd., M.Ed. Dio Alif Airlangga Daulay, S.Pd., M.Pd.																																																																							
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	Understanding endurance training college contracts	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its scope 3. Able to explain the objectives of the exercise 4. Able to group types of skills 5. Be able to explain the body's adaptation process to strength training 6. Able to show the impact of exercise on physical development 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			0%
2	Understand the basics of endurance training	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its scope 3. Able to explain the objectives of the exercise 4. Able to group types of skills 5. Able to explain the body's adaptation process to resistance training 6. Able to show the impact of exercise on physical development 	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
3	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> 1. Be able to state the principles of strength training 2. Able to differentiate the principles of strength training 	Criteria: Assessment rubric	lectures and discussions 4 X 50			0%
4	The importance of having knowledge about endurance training methods	<ol style="list-style-type: none"> 1. Be able to state the principles of strength training 2. Able to differentiate the principles of strength training 	Criteria: Assessment rubric	lectures and discussions 4 X 50			0%

5	Understanding the Periodization of Endurance Training	<ol style="list-style-type: none"> 1.Endurance training factors 2.Various types of endurance training 3.Various types of endurance technique training 4.Various kinds of endurance theory exercises 5.Various types of endurance mental training 	Criteria: Assessment rubric	Lectures, practices and discussions 4 X 50			0%
6	able to practice endurance training	<ol style="list-style-type: none"> 1.Endurance training factors 2.Various types of endurance training 3.Various types of endurance technique training 4.Various kinds of endurance theory exercises 5.Various types of endurance mental training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Practice and discussion 4 X 50			0%
7	Practice Endurance Training	<ol style="list-style-type: none"> 1.Endurance training factors 2.Various types of endurance training 3.Various types of endurance technique training 4.Various kinds of endurance theory exercises 5.Various types of endurance mental training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Practice and discussion 4 X 50			0%
8	UTS	UTS	Criteria: UTS Form of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment	UTS 4 X 50			0%
9	Understand the variables of endurance training	<ol style="list-style-type: none"> 1.The meaning of endurance training variables 2.Various types of endurance training variables 	Criteria: Assessment rubric Form of Assessment : Participatory Activities, Practice/Performance	Practice the 4 X 50 Endurance exercise		Material: Endurance Training - Aerobic Development using the Fartlek Library training method: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i>	0%

10	Understand the variables of endurance training	1.The meaning of endurance training variables 2.Various types of endurance training variables	Criteria: Assessment rubric Form of Assessment : Participatory Activities, Practice/Performance	Practice the 4 X 50 Endurance exercise		Material: Endurance Training - Aerobic Development using the Fartlek Library training method: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i>	0%
11	Understand the variables of strength training	1.Meaning of strength training variables 2.Various types of strength training variables	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
12	Understand about rest and recovery	1. Understanding rest and its benefits in training 2.Definition and function of recovery in training	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
13	Understand about rest and recovery	1. Understanding rest and its benefits in training 2.Definition and function of recovery in training	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
14	Understand training periodization	1. Understanding the stages of physical training 2.Able to arrange training stages for physical elements	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
15	Understand training periodization	1. Understanding the stages of physical training 2.Able to arrange training stages for physical elements	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
16	UAS	UAS	Criteria: UAS	UAS 4 X 50			0%

Evaluation Percentage Recap: Case Study

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.