



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Flexibility Training	99998520203031		T=1	P=2	ECTS=4.77	0	July 17, 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)						
	PLO-PO Matrix						
		P.O					
Short Course Description	Understanding the concepts and applications of various types of flexibility training in the fields of coaching and sports fitness. This course examines forms and flexibility training programs for sports performance and individual fitness.						
	References						
References	Main :						
	1. Fig, 2013. <i>Coaching Level 1</i> . Federation Internationale de Gymnastics. Switzerland. 2. Mahendra, 2002. <i>Pembelajaran Senam Dasar</i> . Depdikbud press, Jakarta. 3. Adi, 2012. <i>Senam Lantai</i> . 4. Fig, 2016. <i>Code of Points</i> . Federation Internationale de Gymnastics, Switzerland.						
	Supporters:						
Supporting lecturer	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	1. Introduction 2. Tuition Contract3. Students are able to understand the meaning of flexibility and its benefits and uses in sports science	1. Able to explain the meaning of flexibility 2. Able to explain various flexibility methods and their applications in the field 3. Able to explain the benefits and uses of flexibility in each sport	Criteria: 1. Participate in all lecture activities seriously. Assignment	1. Lecture/explanation 2. Questions and answers3. Video tutorial/model 4. Simple practice5. Questions and answers online via Vinesa, WhatsApp and Zoom Meeting 4 X 50			0%
2	1. Introduction 2. Tuition Contract3. Students are able to understand the meaning of flexibility and its benefits and uses in sports science	1. Able to explain the meaning of flexibility 2. Able to explain various flexibility methods and their applications in the field 3. Able to explain the benefits and uses of flexibility in each sport	Criteria: 1. Participate in all lecture activities seriously. Assignment	1. Lecture/explanation 2. Questions and answers3. Video tutorial/model 4. Simple practice5. Questions and answers 4 X 50			0%
3	1. Understand the application of flexibility and suppleness on the field in each sport2. Able to apply various flexibility and flexibility methods in the field according to training needs and sports	1. Explain the flexibility and elasticity methods that are suitable for each sport. Flexibility and flexibility method experiments in the field	Criteria: 1. Completeness of tasks2. Analysis document3. Discussion	1. Lecture/explanation 2. Discussion3. Sports analysis4. Discussion and questions and answers 4 X 50			0%
4	1. Understand the application of flexibility and suppleness on the field in each sport2. Able to apply various flexibility and flexibility methods in the field according to training needs and sports	1. Explain the flexibility and elasticity methods that are suitable for each sport. Flexibility and flexibility method experiments in the field	Criteria: 1. Completeness of tasks2. Analysis document3. Discussion	1. Lecture/explanation 2. Discussion3. Sports analysis4. Discussion and questions and answers 4 X 50			0%
5	1. Understand the application of flexibility and suppleness on the field in each sport2. Able to apply various flexibility and flexibility methods in the field according to training needs and sports	1. Explain the flexibility and elasticity methods that are suitable for each sport. Flexibility and flexibility method experiments in the field	Criteria: 1. Completeness of tasks2. Analysis document3. Discussion	1. Lecture/explanation 2. Discussion3. Sports analysis4. Discussion and questions and answers 4 X 50			0%
6	1. Able to train flexibility and flexibility in a simple way2. Able to train flexibility and flexibility using various methods	1. Train flexibility and flexibility2. Methods of training flexibility and flexibility	Criteria: 1. Activeness in the field2. Practice	1. Lecture/explanation 2. Questions and answers3. Discussion 4. Analysis of 4 X 50			0%
7	1. Able to train flexibility and flexibility in a simple way2. Able to train flexibility and flexibility using various methods	1. Train flexibility and flexibility2. Methods of training flexibility and flexibility	Criteria: 1. Activeness in the field2. Practice	1. Lecture/explanation 2. Questions and answers3. Discussion 4. Analysis of 4 X 50			0%

8	1. Able to train flexibility and flexibility in a simple way2. Able to train flexibility and flexibility using various methods	1. Train flexibility and flexibility2. Methods of training flexibility and flexibility	Criteria: 1. Activeness in the field2. Practice	1. Lecture/explanation 2. Questions and answers3. Discussion 4. Analysis of 4 X 50			0%
9	UTS	UTS	Criteria: UTS	UTS 4 X 50			0%
10	1. Able to train with good results regarding flexibility 2. Able to explain the training method which is carried out in stages 3. Able to analyze flexibility training needs per sport 4. Make video tutorials to train good flexibility according to the sport	1. Train flexibility with good results2. Explain the training methods used in stages 3. Analyzing training needs per sport 4. Video tutorials	Criteria: 1. Presentation of report results2. Discussion3. Analysis per sport	1. Discussion and questions and answers2. Analyze the results of 4 X 50			0%
11	1. Able to train with good results regarding flexibility 2. Able to explain the training method which is carried out in stages 3. Able to analyze flexibility training needs per sport 4. Make video tutorials to train good flexibility according to the sport	1. Train flexibility with good results2. Explain the training methods used in stages 3. Analyzing training needs per sport 4. Video tutorials	Criteria: 1. Presentation of report results2. Discussion3. Analysis per sport	1. Discussion and questions and answers2. Analyze the results of 4 X 50			0%
12	1. Able to train with good results regarding flexibility 2. Able to explain the training method which is carried out in stages 3. Able to analyze flexibility training needs per sport 4. Make video tutorials to train good flexibility according to the sport	1. Train flexibility with good results2. Explain the training methods used in stages 3. Analyzing training needs per sport 4. Video tutorials	Criteria: 1. Presentation of report results2. Discussion3. Analysis per sport	1. Discussion and questions and answers2. Analyze the results of 4 X 50			0%
13							0%
14							0%
15							0%
16							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.