

Universitas Negeri Surabaya Vocational Faculty D4 Sports Coaching Study Program

Document Code

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Courses			co	DDE				Cours	e Fan	ily	Cred	dit We	ight		SEME	STER		Comp Date	ilation
Developn Model	nent	of a Physical Trai	ining 99	998520	204031				ulsory am Sul		T=1	P=2	ECT	S=4.77		4		July 1	6, 2024
AUTHORI	IZAT	ION	SF	Devel	oper					Cour	se Clu	uster	Coord	inator	Study	/ Progr	am	Coor	dinator
			Tu	utur Jatmiko, S.Pd., M.Kes									shadi, AIFO.	S.Pd.,					
Learning model		Case Studies																	
Program Learning		PLO study prog	ram that	hat is charged to the course															
Outcome		PLO-5	Have dev	devotion to God Almighty and be able to show a religious attitude															
(PLO)		Program Object	tives (PC	0)															
		PLO-PO Matrix																	
				P.O		PLO-5	;												
		PO Matrix at the	e end of	of each learning stage (Sub-PO)															
																			·
			P.O																
				1	2 3	4	5	6	7	8	9	10	11	12	13	14	1	5 1	16
Short Course Descripti	ion	Understanding the examines overall of physical training	physical c	conditio	n (total fitr	ness), t	the im	plemer	ntation	of phy	sical t	rainin	in the g in va	field of rious sp	f sports	coach well a	ing s th	. This ie prep	course paration
Reference	ces	Main :																	
		 James C. R and Robert C. F., 1998, High-Powered Plyometrics , Australia: Human Kinetics. Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics. Donald Chu, 1999, Jumping Into Plyometrics , Australia: Human Kinetics. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia: Human Kinetics. Edmund J. Burke, 1977, Toward an Understanding of Human Performance , New York: 102 Irving Place Ithaca. Michael J. Alter, 1999. 300 Teknik Peregangan Olahraga , Jakarta: PT. RajaGrafindo Persada Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Pelatihan Kondisi Fisik. Bandung. Rosda Karya Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung. Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Ki Kraemer, Williams J & Keijo Hakkinen. 2000. Strenght Training for Sports. USA. Blackwell Science Ltd Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia: Human Kinetics. 									Kinetio	c							
		Supporters:																	
Supporti lecturer	ing	Dr. Wijono, M.Pd. Dr. Mochamad Pu Tutur Jatmiko, S.F Dr. Kunjung Asha Fifit Yeti Wulanda Dr. Donny Ardy K Rizky Muhammad	ırnomo, S Pd., M.Kes di, S.Pd., ri, S.Pd., I usuma, S.	s. M.Fis., M.Pd. .Pd., M.	AIFO. Kes.														
Week-		al abilities of h learning			Evaluatio	on				Lea Stud	lelp L arning ent As estima	meth ssign	ods, nents			arning terials			ssment jht (%)

	stage (Sub-PO)	Indicator	Criteria & Form	Offline (offline)	Online (online)	[References]	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	The Importance of Developing a Physical Training Model	1.Students are able to understand the development of physical training models 2.Students are able to make different models of physical exercise 3.Students understand physical training methods 4.Students understand the different methods of physical training methods	Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 4x 50'		Material: Physical Training Methods Literature: Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung. Material: Physical Training Methods References: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya Material: Strength Conditioning Method References: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics	0%

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2	1.The Importance of Developing Flexibility and Coordination Training Models 2.The Importance of Flexibility and Coordination Training Methods 3.The Importance of Various Types of Flexibility and Coordination Training	1.Students understand the development of flexibility and coordination training models 2.Students understand coordination training methods 3.Students understand various types of flexibility and coordination exercises	Criteria: assessment rubric Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests	Theory and Discussion 4 x 50'	Material: Flexibility and Coordination Bibliography: Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics. Material: Flexibility and Coordination Bibliography: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics Material: Flexibility, Methods and models of Stretching exercises Library: Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada Material: Flexibility, Stretching training methods and models Library: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya Material: Flexibility, Methods and models of Stretching exercises Library: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya	5%
					exercises Library: Sukadiyanto & Dangsina	

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4	1.The Importance of Developing a Coordination Training Model 2.The Importance of Coordination Training Methods 3.The Importance of Various Kinds of Coordination Training	1.Students understand the development of the Coordination training model 2.students understand coordination training methods 3.Students understand various types of coordination exercises	Criteria: assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment, Product Assessment, Practical Assessment, Practical / Performance, Test	Practice and Discussion 4 x 50'	Material: Flexibility and Coordination Bibliography: Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics. Material: Flexibility and Coordination Bibliography: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics Material: Flexibility, Methods and models of Stretching exercises Library: Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada Material: Flexibility Readers: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya Material: Flexibility Literature: Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.	

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5	1.The Importance of Developing an Endurance Training Model 2.The Importance of Endurance Training Methods 3.The Importance of Various Types of Endurance Training	1.Students understand the development of endurance training models 2.students understand endurance training methods 3.Students Understand Types of Endurance Exercises	Criteria: assessment rubric Forms of Assessment: Participatory Activities, Portfolio Assessment, Practical Assessment, Tests	Theory and Discussion 4 x 50°	Material: Endurance Training Reader: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics Material: Endurance Training Bibliography: Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics. Material: Endurance Training Reader: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition	5%
					Bandung. Rosda Karya Material: Endurance Training Literature: Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Bibliography: Laursen, Paul & Martin Bucheit. 2019.	
					Science and Application of High-Intensity Interval Training. USA. Human Kinetics	

6	1.The Importance	1.Students	Criteria: assessment rubric	Practice and	Material: Endurance	5%
	of Developing	understand	assessilletit tunite	Discussion	Training	
	an Aerobic	the	Forms of Assessment :	4 x 50'	Reader:	
	Endurance	development	Participatory Activities,	4 X 30	Joyce, David	
	Training Model	of aerobic	Portfolio Assessment,			
	2.The Importance	endurance	Practical Assessment,		& Daniel	
	of Aerobic	training	Practical / Performance,		Lewindon.	
	Endurance	models	Tests		2014. High-	
	Training	2.students	16313		Performance Training for	
	Methods	understand				
	3.The Importance	the aerobic			Sports. USA. Human	
	of Various	endurance			Kinetics	
	Types of	training			Kinetics	
	Aerobic	method			14-4	
	Endurance	3.Students			Material:	
	Training	Understand			Endurance Training	
	Trailing				Training	
		Types of			Bibliography: Bompa, 2015,	
		Aerobic			Total Training	
		Endurance			for Young	
		Exercises			Champions,	
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					Material:	
					Endurance	
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					Reader:	
					Djafar, Dikdik, Paulus L	
					Paulus L Pasurney,	
					Luky Afari.	
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					Material:	
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					Training	
					Literature:	
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					Methodology.	
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					Laursen, Paul	
					& Martin	
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					High-Intensity	
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					Training.	
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					Kinetics	
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7	1.The Importance of Developing Anaerobic Endurance Training Models 2.The Importance of Anaerobic Endurance Training Methods 3.The Importance of Various Types of Anaerobic Endurance Training	1.Students understand the development of anaerobic endurance training models 2.students understand anaerobic endurance training methods 3.Students Understand Types of Anaerobic Endurance Exercises	Criteria: assessment rubric Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests	Practice and Discussion 4 x 50'	Material: Endurance Training Reader: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics Material: Endurance Training Bibliography: Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics. Material: Endurance Training Reader: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya Material: Endurance Training Literature: Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung. Material: Endurance Training Theory and Methodology. Bandung. Lubuk Agung.	5%

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					riexibility and coordination Reference: Michael J. Alter, 1999. 300 Sports Stretching Techniques, Jakarta: PT. RajaGrafindo Persada
					Material: Endurance, Flexibility and Coordination Bibliography: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics
					Material: Endurance, Flexibility and Coordination Literature: Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung.
					Lubuk Agung. Material: Endurance, Flexibility and Coordination Literature: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya

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9	1.The Importance	1.Students	Forms of Assessment :	theory and discussion	Material: Strength	5%
	of Developing a Strength	understand the	Participatory Activities,	4 x 50'	Training	
			Portfolio Assessment,		Library:	
	Training Model 2.The Importance	development of strength	Tests		Bompa, 201	5,
	of Strength	training			Total Trainin	g
	Training	models			for Young	
	Methods	2.students			Champions,	
	3.The importance	understand			Australia:	
	of various types	strength			Human Kinetics.	
	of strength	training			Kinetics.	
	training models	methods			Material:	
	J	3.Students			Strength	
		understand			Training	
		the various			Reader:	
		types of			Joyce, David	1
		strength			& Daniel	
		training			Lewindon.	
					2014. High-	
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					Isabel. 2010	
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					London. UK.	
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					Performance Publishing	<i>;</i>
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10	1.The Importance	1.Students	Forms of Assessment :	Practice and	Material: Strength	5%
	of Developing a	understand	Participatory Activities,	discussion	Training	
	Maximum	the	Project Results	4 x 50'	Library:	
	Strength	development	Assessment / Product	4 / 30	Bompa, 2015,	
	Training Model	of maximal	Assessment, Portfolio		Total Training	
	2.The importance	strength	Assessment, Practical		for Young	
	of maximal	training	Assessment, Practical /		Champions,	
	strength training	models	Performance, Test		Australia:	
	methods	2.students	•		Human	
	3.The importance	understand			Kinetics.	
	of various	maximal				
	models of	strength			Material:	
	maximum	training			Strength	
	strength training	methods			Training	
		3.students			Reader:	
		understand			Joyce, David	
		the various			& Daniel	
		types of			Lewindon.	
		maximal			2014. High- Performance	
		strength			Training for	
		training			Sports. USA.	
					Human	
					Kinetics	
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					Literature:	
					Djafar, Dikdik,	
					Paulus L	
					Pasurney,	
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					Literature:	
					Sukadiyanto &	
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					Introduction to	
					Physical	
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					Theory and	
					Methodology.	
					Bandung.	
					Lubuk Agung.	
					Material:	
					Strength	
					Training	
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11	1.The Importance	1.Students	Forms of Assessment :	Practice and	Material: Strength	5%
	of Developing	understand				
	an Explosive	the	Participatory Activities, Project Results	discussion 4 x 50 [°]	Training Library :	
		dovolonment	・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・	→ ∧ JU	Library:	
	Power Training	development			Romna 2015	
	Model	of the	Assessment / Product		Bompa, 2015, Total Training	
					Bompa, 2015, Total Training for Young	

	Power Training Methods 3.The importance of various models of explosive power training	training model 2.students understand explosive power training methods 3.Students understand the various types of explosive power training	Penormance, Test		HISTORY STATE OF THE STATE OF T	ustralia: uman inetics. laterial: trength raining eader: oyoce, David Daniel ewindon. 014. High- erformance raining for ports. USA. uman inetics laterial: trength raining iterature: jafar, Dikdik, aulus L assurney, uky Afari. 019. Physical ondition raining. andung. osda Karya laterial: trength raining iterature: iteration iterature: iteratican iterature: ite	
12	1.The Importance of Developing Speed, Agility and Reaction Training Models	1.Students understand the development of speed,	Criteria: assessment rubric Forms of Assessment : Participatory Activities,	theory and discussion 4 x 50'	S _I ar Q	laterial: peed, Agility nd uickness ibliography:	5%

2.The Importance of Speed, Agility and Reaction Training Methods 3.The importance of various models of speed, agility and reaction training

agility and
reaction
training
models
2.Students
understand
speed,
agility and
reaction
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methods
Students
understand
various
types of
speed,
agility and
reaction
training

Bompa, 2015,
Total Training
for Young
Champions,
Australia:
Human
Kinetics.

Material:
Speed, Agility
and
Quickness
Bibliography:
Lee EB,
Vance AF,
Juan CS,
2000, Training
for Speed,
Agility, and
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Human
Kinetics.

Material: Speed, Agility and Quickness Reader: Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics

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15	1.The Importance of Developing Reaction Training Models 2.The Importance of Reaction Training Methods 3.The importance of various Reaction Training models	of the Reaction training model 2.students	Criteria: assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Practice and discussion 4 x 50'	Material: Speed, Agility and Quickness Bibliography: Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics. Material: Speed, Agility and Quickness Bibliography: Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics. Material: Speed, Agility and Quickness, Australia: Human Kinetics. Material: Speed, Agility and Quickness Reader: Joyce, David & Daniel Lewindon. 2014. High- Performance Training for Sports. USA. Human Kinetics	5%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	21.56%
2.	Project Results Assessment / Product Assessment	14.97%
3.	Portfolio Assessment	13.23%
4.	Practical Assessment	9.89%
5.	Practice / Performance	8.64%
6.	Test	21.56%
	_	89.85%

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.
- 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.
- 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.