



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

**Document
Code**

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																		
Physical Trainer Practicum	99998520204031		T=0	P=2	ECTS=3.18	4	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)																																																								
	PO - 1	Students are able to identify and interpret the implementation of practical physical training according to training program plans for various sports at sports industry partners, sports associations and school extracurriculars																																																							
	PLO-PO Matrix																																																								
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</td></tr> </table>						P.O	PO-1																																																
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PO Matrix at the end of each learning stage (Sub-PO)																																																									
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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><td></td> </tr> </table>						P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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Short Course Description	Understanding the concepts and applications of various types of Physical Conditions in the field of sports coaching. This course examines overall physical condition (total fitness), the implementation of physical training in various sports as well as the preparation of physical training programs. This course is presented theoretically and practically																																																								
References	Main :																																																								
	<ol style="list-style-type: none"> 1. Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics. 2. Edmund J. Burke, 1977, Toward an Understanding of Human Performance , New York: 102 Irving Place Ithaca. 3. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic 4. McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetic 5. Thompson, Walter et all. 2009. ACSM's Guideline for Exercise Testing and Prescription 8th Edition. USA. Lippincott, William & William 6. Tanner K Rebecca and Christopher J. Gore. 2012. Physiological Tests for Elite Athletes 2nd Edition. Australia. Australian Institute of Sport 7. Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 8. Harsono. 2017. Periodisasi Program Latihan. Bandung. Remaja Rosda Karya 9. Lubis, Johansyah. 2016. Panduan Praktis Penyusunan Program Latihan. Depok. Raja Grafindo Persada 																																																								
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Supporting lecturer		Dr. Wijono, M.Pd. Dr. Mochamad Purnomo, S.Pd., M.Kes. Tutur Jatmiko, S.Pd., M.Kes. Tri Setyo Utami, 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	1.1. Physical Training Practicum Location Survey 2.2. Practical Sports Survey for Physical Training 3.3. The need for practical physical training	1.1. Students are able to identify location conditions 2.2. Students are able to identify sports and physical needs 3.3. Students are able to design a program with facilities at the physical training practicum location	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Location Survey, Sports and Facilities 4x 50'		Material: Training Assessment Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i>	5%
2	1.1. Physical Training Practicum Location Survey 2.2. Practical Sports Survey for Physical Training 3.3. The need for practical physical training	1.1. Students are able to identify location conditions 2.2. Students are able to identify sports and physical needs 3.3. Students are able to design a program with facilities at the physical training practicum location	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Location Survey, Sports and Facilities 4x 50'		Material: Training Assessment Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i>	5%

3		1. Students are able to carry out physical measurement tests for sports	<p>Criteria:</p> <ol style="list-style-type: none"> 1. Students are able to carry out sports measurement tests 2. Students are able to differentiate the physical test requirements for each sport <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	Practical 4 x 50'		<p>Material: Test and Measurement Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i></p> <hr/> <p>Material: Test and Measurement Library: <i>Thompson, Walter et all. 2009. ACSM's Guideline for Exercise Testing and Prescription 8th Edition. USA. Lippicott, William & William</i></p> <hr/> <p>Material: Test and Measurement Bibliography: <i>Tanner K Rebecca and Christopher J. Gore. 2012. Physiological Tests for Elite Athletes 2nd Edition. Australia. Australian Institute of Sport</i></p>	5%
4	1.1. Analyze test results 2.2. Create a training program from test and measurement results	1.1. Students are able to analyze physical test results 2.2. Students are able to create training programs from the results of physical tests	<p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	practical 4 x 50'		<p>Material: Training Assessment Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i></p> <hr/> <p>Material: Training Assessment Bibliography: <i>Tanner K Rebecca and Christopher J. Gore. 2012. Physiological Tests for Elite Athletes 2nd Edition. Australia. Australian Institute of Sport</i></p> <hr/> <p>Material: Training</p>	0%

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12	<p>1.1. Carry out a physical exercise program</p> <p>2.2. Physical Training Practicum</p>	<p>1. Students are able to carry out physical exercise programs</p> <p>2. Students are able to differentiate the stages of physical exercise</p>	<p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	Practical 4x50"		<p>Material: Training Assessment</p> <p>Bibliography: McGuigan, Mike. 2017. <i>Monitoring Training and Performance in Athlete</i>. USA. Human Kinetics</p> <hr/> <p>Material: Carrying out physical exercise</p> <p>Reader: Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs</i>. Depok. Raja Grafindo Persada</p> <hr/> <p>Material: Carrying out</p>	0%

physical exercises
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Reference:
Bompa, Tudor, Mauro Di Pasquale & Lorenzo J Cornacchia.
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Kraemer, Williams J & Keijo Hakkinen.
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14	<p>1.1. Carry out a physical exercise program</p> <p>2.2. Physical Training Practicum</p>	<p>1. Students are able to carry out physical exercise programs</p> <p>2. Students are able to differentiate the stages of physical exercise</p>	<p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance</p>	Practical 4x50"	<p><i>Kinetics</i></p> <p>Material: Training Assessment</p> <p>Bibliography: McGuigan, Mike. 2017. <i>Monitoring Training and Performance in Athlete. USA. Human Kinetics</i></p> <p>Material: Carrying out physical exercise</p> <p>Reader: Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p> <p>Material:</p>	0%	

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15	1. Physical measurement test 2. evaluation of physical test results 3. making reports	1. Students are able to carry out sports measurement tests 2. Students are able to evaluate the results of physical tests and exercises	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment	Practical 4x50'		Material: Training Assessment Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i> <hr/> Material: Test and Measurement Library: <i>Thompson, Walter et al. 2009. ACSM's Guideline for Exercise Testing and Prescription 8th Edition. USA. Lippicott, William & William</i> <hr/> Material: Test and Measurement Library: <i>Thompson, Walter et al. 2009. ACSM's Guideline for Exercise Testing and Prescription 8th Edition. USA. Lippicott, William & William</i>	5%
16	making reports	Students are able to present the results of practical physical training	Criteria: assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment	Practical 4x50'		Material: Training Assessment Bibliography: <i>McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetics</i>	5%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	6.84%
2.	Project Results Assessment / Product Assessment	6.84%
3.	Portfolio Assessment	6.84%
4.	Practical Assessment	3.5%
5.	Practice / Performance	1%
		25.02%

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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.