



**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>																																																																																																				
Strength Training	8520603033		T=1 P=2 ECTS=4.77	3	July 16, 2024																																																																																																				
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>	<b>Study Program Coordinator</b>																																																																																																					
		Tutor Jatmiko, S.Pd., M.Kes	Tutor Jatmiko, S.Pd., M.Kes	Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																																																																																					
<b>Learning model</b>	Case Studies																																																																																																								
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																																																																																								
	<b>PLO-7</b>	Demonstrate a responsible attitude towards work in their field of expertise independently																																																																																																							
	<b>PLO-9</b>	Able to demonstrate quality and measurable performance																																																																																																							
	<b>Program Objectives (PO)</b>																																																																																																								
	<b>PO - 1</b>	Demonstrates a responsible attitude towards work in his field of expertise independently in strength training courses																																																																																																							
	<b>PO - 2</b>	Able to demonstrate quality and measurable performance																																																																																																							
	<b>PO - 3</b>	Able to identify ways to increase individual fitness levels, identify athletes' talents in anthropometric and physical components and develop athletes' talents according to the stage of growth and development as well as the needs of the sport																																																																																																							
	<b>PO - 4</b>	Able to design physical training programs and various types of science and technology-based training models for both individuals and athletes or sports teams according to physical characteristics in accordance with individual needs, both for health and sports needs.																																																																																																							
	<b>PLO-PO Matrix</b>																																																																																																								
	<table border="1" style="margin: auto;"> <thead> <tr> <th>P.O</th> <th>PLO-7</th> <th>PLO-9</th> </tr> </thead> <tbody> <tr> <td>PO-1</td> <td></td> <td></td> </tr> <tr> <td>PO-2</td> <td></td> <td></td> </tr> <tr> <td>PO-3</td> <td></td> <td></td> </tr> <tr> <td>PO-4</td> <td></td> <td></td> </tr> </tbody> </table>					P.O	PLO-7	PLO-9	PO-1			PO-2			PO-3			PO-4																																																																																							
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<table border="1" style="margin: 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> <tr> <td>PO-3</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-4</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																	PO-3																	PO-4																
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<b>Short Course Description</b>	Understanding the concepts and applications of various types of strength training in the field of sports coaching and fitness. This course examines forms and strength training programs for sports performance and individual fitness.																																																																																																								
<b>References</b>	<b>Main :</b>																																																																																																								
	<ol style="list-style-type: none"> <li>1. Bumpa. 2015. Total Training for Young Champions. Australia: Human Kinetics</li> <li>2. Frederic Delavior and Michael Gundi . The Strength Training Anatomy Workout. Human Kinetics</li> <li>3. Bret Contreras. Bodyweight Strength Training Anatomy. Human Kinetics</li> <li>4. Jhon Mcdillon. Weight Training for Beginners</li> </ol>																																																																																																								
	<b>Supporters:</b>																																																																																																								

<b>Supporting lecturer</b>		Dr. Wijono, M.Pd. Tutur Jatmiko, S.Pd., M.Kes. Fifit Yeti Wulandari, S.Pd., M.Pd. Muhammad Kharis Fajar, 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 college contracts Understanding the basics of strength training	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	<b>Criteria:</b> Assessment rubric	Providing contracts at the beginning of the lecture. Providing explanations of learning materials, searching for and reading about 4 X 50 learning materials			0%
2	Understanding college contracts Understanding the basics of strength training	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	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50		<b>Material:</b> Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics <b>Library:</b>	0%
3	The importance of having knowledge of the principles of strength training	1.Be able to state the principles of strength training 2.Able to differentiate the principles of strength training	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	lectures and discussions 4 X 50			0%

4	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> <li>1. Be able to state the principles of strength training</li> <li>2. Able to differentiate the principles of strength training</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	lectures and discussions 4 X 50		<b>Material:</b> Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics <b>Library:</b>  <b>Material:</b> Frederic Delavior and Michael Gundi . The Strength Training Anatomy Workout. Human Kinetics <b>Library:</b>	10%
5	Understand about strength training preparation	<ol style="list-style-type: none"> <li>1. Strength training factors</li> <li>2. Various types of strength training</li> <li>3. Various types of strength training techniques</li> <li>4. Various types of strength theory training</li> <li>5. Various types of mental strength training</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Lectures, practices and discussions 4 X 50		<b>Material:</b> Understanding weight training <b>Reference:</b> Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics	0%
6	Understand about strength training preparation	<ol style="list-style-type: none"> <li>1. Strength training factors</li> <li>2. Various types of strength training</li> <li>3. Various types of strength training techniques</li> <li>4. Various types of strength theory training</li> <li>5. Various types of mental strength training</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures, practices and discussions 4 X 50		<b>Material:</b> weight training upper body <b>Reader:</b> Frederic Delavior and Michael Gundi. The Strength Training Anatomy Workout. Human Kinetics	0%
7	Understand about strength training preparation	<ol style="list-style-type: none"> <li>1. Strength training factors</li> <li>2. Various types of strength training</li> <li>3. Various types of strength training techniques</li> <li>4. Various types of strength theory training</li> <li>5. Various types of mental strength training</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures, practices and discussions 4 X 50		<b>Material:</b> weight training upper body <b>Reader:</b> Bret Contreras. Bodyweight Strength Training Anatomy. Human Kinetics	0%
8	UTS	UTS	<b>Criteria:</b> UTS  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Understanding about 4 X 50 strength training preparation		<b>Material:</b> full body weight training <b>Reader:</b> Bret Contreras. Bodyweight Strength Training Anatomy. Human Kinetics	20%

9	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
10	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
11	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	<b>Criteria:</b> 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	<b>Criteria:</b> 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	<b>Criteria:</b> 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	<b>Criteria:</b> 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	<b>Criteria:</b> Assessment rubric	Lectures and discussions 4 X 50			0%
16	UAS	UAS	<b>Criteria:</b> UAS	UAS 4 X 50			0%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	16.67%
2.	Project Results Assessment / Product Assessment	6.67%
3.	Practice / Performance	6.67%
		30.01%

#### 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.