



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

Document Code

SEMESTER LEARNING PLAN

| Courses | CODE | Course Family | Credit Weight | SEMESTER | Compilation Date |
|----------------------|------------------------------------|-----------------------------------|-----------------------------------|--|------------------|
| Speed Training | 99998520203031 | Compulsory Study Program Subjects | T=1 P=2 ECTS=4.77 | 2 | July 16, 2024 |
| AUTHORIZATION | SP Developer | | Course Cluster Coordinator | Study Program Coordinator | |
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| Learning model | Case Studies |
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Program Learning Outcomes (PLO) PLO study program that is charged to the course

PLO-7 Demonstrate a responsible attitude towards work in the field of expertise independently

Program Objectives (PO)

PO - 1 Able to show a responsible attitude in preparing speed training plans that are adapted to the needs and characteristics of the sport independently

PO - 2 Able to demonstrate speed training tailored to the characteristics and needs of the sport in a measurable and structured manner

PO - 3 Able to prepare speed training planning work process reports that are tailored to the characteristics and needs of the sport accurately and validly

PO - 4 Able to develop athletes' abilities through preparing accurate and appropriate speed training according to the needs and characteristics of the sport

PO - 5 Able to design a science and technology-based speed training program that is tailored to the needs and characteristics of the sport

PO - 6 Able to identify concepts, methods and principles of speed training from each sport

PLO-PO Matrix

| | | | |
|--|------|-------|--|
| | P.O | PLO-7 | |
| | PO-1 | | |
| | PO-2 | | |
| | PO-3 | | |
| | PO-4 | | |
| | PO-5 | | |
| | PO-6 | | |

PO Matrix at the end of each learning stage (Sub-PO)

| | | | | | | | | | | | | | | | | | | |
|--|------|------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|--|
| | 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 | | | | | | | | | | | | | | | | | |
| | PO-5 | | | | | | | | | | | | | | | | | |
| | PO-6 | | | | | | | | | | | | | | | | | |

Short Course Description Speed Training is a course that teaches basic concepts, principles and norms for speed training. Develop variations and models and forms of speed training that are adapted to the needs and characteristics of each sport category. Apart from that, this course provides skills in analyzing training needs and designing speed training programs based on accurate data that is aligned with the development of science and technology in a responsible and independent manner.

References Main :

1. James C. R and Robert C. F., 1998, High-Powered Plyometrics , Australia: Human Kinetics.
2. Bumpa, 2015, Total Training for Young Champions , Australia: Human Kinetics.
3. Donald Chu, 1999, Jumping Into Plyometrics , Australia: Human Kinetics.
4. Edmund J. Burke, 1977, Toward an Understanding of Human Performance , New York: 102 Irving Place Ithaca.
5. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic
6. Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Pelatihan Kondisi Fisik. Bandung. Rosda Karya
7. Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung.
8. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing
9. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia : Human Kinetics.

Supporters:

Supporting lecturer

Dr. Wijono, M.Pd.
Tutur Jatmiko, S.Pd., M.Kes.
Fifit Yeti Wulandari, S.Pd., M.Pd.
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Tri Setyo Utami, S.Pd., M.Kes.
Rizky Muhammad Sidik, S.Pd., M.Ed.

| 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 | Able to study and explain the basic concepts of speed training | <ol style="list-style-type: none"> 1.able to explain the basic concepts of speed training 2.Able to describe the concept of Speed 3.Able to describe the concept of Agility 4.Able to describe the concept of Quickness | <p>Criteria: Summative Test</p> <p>Form of Assessment : Participatory Activities, Tests</p> | Lecture 3x50 Face to Face Meetings | 3x60' Structured Assignment ; 3x60' Independent Learning | <p>Material: Basic concepts of speed training Readers: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <p>Material: Basinc training for Speed Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> | 5% |
| 2 | Able to identify principles, norms and speed training methods in each sport | <ol style="list-style-type: none"> 1.Students are able to analyze the principles of speed training 2.Students are able to identify speed training norms | <p>Criteria: 1.Summative Test 2.Worksheet Rubric</p> <p>Form of Assessment : Participatory Activities</p> | Tutorial 3 x 50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Principles of Movement Speed Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <p>Material: Speed Training Reader: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p> | 8% |

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| 3 | Able to identify principles, norms and speed training methods in each sport | Students are able to examine and analyze the needs and characteristics of speed in each sport. | Criteria: assessment rubric Form of Assessment : Participatory Activities, Practice/Performance | Studying ; Tutorial 3 x 50' Face to Face Meeting | 3x60' Structured Assignment ; 3x60' Independent Learning | Material: Training Methods Bibliography: <i>Edmund J. Burke, 1977, Toward an Understanding of Human Performance, New York: 102 Irving Place Ithaca.</i> Material: SAQ Principals Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i> | 8% |
| 4 | able to prepare reports on the speed training planning process according to the training stages of each sport | Able to arrange the stages of periodization of speed training in each sport | Criteria: assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance | Studying ; Periodization of Speed Training adapted to the Needs and Characteristics of Measurable Sports, Games, Martial Arts, Accuracy and Concentration 3 x 50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | Material: Periodization of Speed Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i> Material: Periodization of sports Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i> | 10% |
| 5 | able to prepare reports on the speed training planning process according to the training stages of each sport | 1.Able to arrange Speed training stages for measurable sports 2.Able to organize Speed training stages for game sports 3.Able to organize Speed training stages for martial arts sports 4.Able to organize Speed training stages for accuracy and concentration sports | Criteria: assessment rubric ; training plan (session) Form of Assessment : Participatory Activities, Practice/Performance | tutorials; Practical "Speed" training for each sport 3 x 50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | Material: SAQ Practice Reader: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i> Material: Speed, Agility, and Quickness Training Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i> | 5% |

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| 6 | able to prepare reports on the speed training planning process according to the training stages of each sport | <ol style="list-style-type: none"> 1. Able to arrange Speed training stages for measurable sports 2. Able to organize Speed training stages for game sports 3. Able to organize Speed training stages for martial arts sports 4. Able to organize Speed training stages for accuracy and concentration sports | <p>Criteria: assessment rubric ; training plan (session)</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p> | tutorials; Practical "Agility" training for each sport 3 x 50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: SAQ Practice Reader: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. <i>Physical Condition Training</i>. Bandung. Rosda Karya</p> <hr/> <p>Material: Speed, Agility, and Quickness Training Bibliography: Lee EB, Vance AF, Juan CS, 2000, <i>Training for Speed, Agility, and Quickness</i>, Australia: Human Kinetics.</p> | 5% |
| 7 | able to prepare reports on the speed training planning process according to the training stages of each sport | <ol style="list-style-type: none"> 1. Able to arrange Speed training stages for measurable sports 2. Able to organize Speed training stages for game sports 3. Able to organize Speed training stages for martial arts sports 4. Able to organize Speed training stages for accuracy and concentration sports | <p>Criteria: assessment rubric ; training plan (session)</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p> | tutorials; "Quickness" practice for each sport 3 x 50' Face to Face Meetings | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: SAQ Practice Reader: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. <i>Physical Condition Training</i>. Bandung. Rosda Karya</p> <hr/> <p>Material: Speed, Agility, and Quickness Training Bibliography: Lee EB, Vance AF, Juan CS, 2000, <i>Training for Speed, Agility, and Quickness</i>, Australia: Human Kinetics.</p> | 5% |

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| 8 | UTS | UTS | <p>Criteria: UTS</p> <p>Form of Assessment : Practical Assessment, Test</p> | <p>UTS 3x50' Face to Face Meeting</p> | <p>3x60' Structured Assignment; 3x60' Independent Learning</p> | <p>Material: Training for SAQ</p> <p>Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Speed Training Method</p> <p>Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: Periodization of Sports</p> <p>Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Principles and Norms of Speed Training</p> <p>Reader: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p> | 0% |
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| 9 | able to develop athletes' abilities through variations and development of models and forms of speed training in accordance with the needs and characteristics of the sport | <ol style="list-style-type: none"> 1. Develop variations of speed training in each sport category 2. Develop variations of agility training in each sport category 3. Develop variations of quickness training in each sport category | <p>Criteria: assessment rubric</p> <p>Form of Assessment : Participatory Activities</p> | Tutorials ; Practice; Search, identify and analyze and demonstrate variations in speed training in each sport category. 3x50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for SAQ</p> <p>Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Variation and Training Models</p> <p>Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Plyometrics for Basic SAQ</p> <p>Reference: <i>Donald Chu, 1999, Jumping Into Plyometrics, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Training variations of Speed, Agility, and Quickness for High-Performance Athlete</p> <p>Library: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> | 7% |
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| 10 | able to develop athletes' abilities through variations and development of models and forms of speed training in accordance with the needs and characteristics of the sport | <ol style="list-style-type: none"> 1. Develop models and forms of speed training in each sport category 2. Develop models and forms of agility training in each sport category 3. Develop models and forms of quickness training in each sport category | <p>Criteria: assessment rubric ; training plan (session)</p> <p>Form of Assessment : Participatory Activities</p> | Tutorials ; Practice; Search, identify, analyze, and demonstrate speed training models in each sport category. 3x50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for SAQ</p> <p>Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Variation and Training Models</p> <p>Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Plyometrics for Basic SAQ</p> <p>Reference: <i>Donald Chu, 1999, Jumping Into Plyometrics, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Training variations of Speed, Agility, and Quickness for High-Performance Athlete</p> <p>Library: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> | 7% |
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| 11 | Able to carry out speed training in accordance with the training plan according to the sport | <ol style="list-style-type: none"> 1. Able to carry out speed training programs for measurable sports 2. Able to carry out Agility Training Programs for Measurable sports 3. Able to Implement Quickness Training Programs for Measurable sports | <p>Criteria: Assessment rubric</p> <p>Form of Assessment : Practice / Performance</p> | Tutorials ; Speed Training Practices for sports Measurable 3x50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for Speed, Agility, and Quickness</p> <p>Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Basic Movement Speed Training</p> <p>Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: SAQ Training for Young Champions</p> <p>Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> | 8% |
| 12 | Able to carry out speed training in accordance with the training plan according to the sport | <ol style="list-style-type: none"> 1. Able to carry out speed training programs for gaming sports 2. Able to carry out agility training programs for gaming sports 3. Able to carry out quickness training programs for gaming sports | <p>Criteria: Assessment rubric</p> <p>Form of Assessment : Practice / Performance</p> | Tutorials ; Speed Training Practices for sports 3x50' Games Face to Face | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for Speed, Agility, and Quickness</p> <p>Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Basic Movement Speed Training</p> <p>Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: SAQ Training for Young Champions</p> <p>Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> | 8% |

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|----|--|---|---|---|---|--|----|
| 13 | Able to carry out speed training in accordance with the training plan according to the sport | <ol style="list-style-type: none"> 1.Able to carry out speed training programs for martial arts sports 2.Able to carry out Agility Training Programs for Martial Arts sports 3.Able to carry out Quickness Training Programs for Martial Arts sports | <p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p> | Tutorials ; Speed Training Practices for Martial Arts sports 3x50' Face to Face Meetings | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for Speed, Agility, and Quickness Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Basic Movement Speed Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: SAQ Training for Young Champions Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> | 8% |
| 14 | Able to carry out speed training in accordance with the training plan according to the sport | <ol style="list-style-type: none"> 1.Able to carry out Speed Training Programs for Accuracy and Concentration sports 2.Able to carry out Agility Training Programs for Accuracy and Concentration sports 3.Able to carry out Quickness Training Programs for Accuracy and Concentration sports | <p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p> | Tutorials ; Practice Speed Training for sports Accuracy and Concentration 3x50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Training for Speed, Agility, and Quickness Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Basic Movement Speed Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: SAQ Training for Young Champions Bibliography: <i>Bompa, 2015, Total Training for Young Champions, Australia: Human Kinetics.</i></p> | 8% |

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| 15 | Able to design science and technology-based speed training programs through digital programs | <p>1. Able to design Speed Parameter Test items in various sports categories</p> <p>2. Able to evaluate speed parameter test results and input data for training programs in Ms. Excel</p> | <p>Criteria: assessment rubric</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p> | Tutorials ; Practice Test Parameters measuring speed abilities, talent identification, and input to digital programs (Ms. Excel) 3x50' Face-to-Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Library Parameter Test : Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. <i>Physical Condition Training</i>. Bandung. Rosda Karya</p> <hr/> <p>Material: Speed Parameter Test Literature: Sukadiyanto & Dangsina Muluk. 2011. <i>Introduction to Physical Training Theory and Methodology</i>. Bandung. Lubuk Agung.</p> | 8% |
| 16 | Able to show a responsible and independent attitude in preparing speed training plans | UAS | <p>Criteria: UAS</p> <p>Form of Assessment : Test</p> | Written Exam 3x50' Face to Face Meeting | 3x60' Structured Assignment; 3x60' Independent Learning | <p>Material: Basic Concepts of Movement Speed Training Literature: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. <i>Physical Condition Training</i>. Bandung. Rosda Karya</p> <hr/> <p>Material: Training for SAQ Bibliography: Lee EB, Vance AF, Juan CS, 2000, <i>Training for Speed, Agility, and Quickness, Australia: Human Kinetics</i>.</p> <hr/> <p>Material: Training for SAQ Reader: Joyce, David & Daniel Lewindon. 2014. <i>High-Performance Training for Sports</i>. USA. Human Kinetics</p> <hr/> <p>Material: Training for SAQ Bibliography: Edmund J. Burke, 1977, <i>Toward an Understanding of Human Performance</i>, New York: 102 Irving Place Ithaca.</p> | 0% |

Evaluation Percentage Recap: Case Study

| No | Evaluation | Percentage |
|----|---|------------|
| 1. | Participatory Activities | 51.33% |
| 2. | Project Results Assessment / Product Assessment | 3.33% |
| 3. | Practice / Performance | 42.83% |

| | | |
|----|------|--------|
| 4. | Test | 2.5% |
| | | 99.99% |

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** 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.
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.