



**Universitas Negeri Surabaya
Faculty of Sports and Health Sciences Master
of Sports Science Study Program**

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date																																
Sports Training Methods and Programs	1234702011		T=2 P=0 ECTS=4.48	2	July 17, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																	
	Dr. Achmad Widodo, M.Kes.																																	
Learning model	Project Based Learning																																				
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																				
	Program Objectives (PO)																																				
	PLO-PO Matrix																																				
		P.O																																			
Short Course Description	This course is an introduction, learning/teaching, development, implementation, and evaluation of the basic concepts of sports coaching methodology discussing all aspects of coaching in competitive sports, scope of training, objectives, training systems, factors/aspects of training, norms- training load norms, training cycles/training conditions, fatigue and overtraining, peaking theory, initial recovery after training and matches, basic physical development, training planning, and training periodization.																																				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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References	Main :																																				
	1. Harsono. 1988. Coac hing dan Aspek - Aspek psikologis dala m koaching ., CV 2. Harsono. 2004. Perencanaan Program Latiohan., Edisi Kedua. Bandung. 3. Bomp, Tudor O. 2009. Theory and Methodologi of Training ., 2000, Hunt Publishing Company, Dubuque ioea. Jakarta: Tambak Kusuma																																				
Supporting lecturer	Supporters:																																				
	Dr. Soni Sulistyarto, 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	Understanding the duties and role of the trainer, the trainer's personality	<ol style="list-style-type: none"> 1.Duties and roles as a Health trainer 2.Administrator 3.Child maturation 4.The joy of practicing 5.Prohibit gambling 6.Using authority 7.Relationship with assistants 8.Coach personality Behavior 9.Leadership 10.Sportsmanship 11.Emotional balance 12.Humor 13.Positive thinking 14.Speak good and correct language 	<p>Criteria:</p> <ol style="list-style-type: none"> 1.The assessment is carried out on the following aspects: 2.Participation during lectures and peer teaching is carried out through observation (weight 2) Subsummative tests (UTS) are carried out once with indicators 1-7 through written exams and are given weights (2) Assessment of written tests in peer teaching and practicum is considered an assignment, grades are averaged average, then given a weight of (3) UAS scores are carried out in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10 	Lectures, Discussions, Questions and Answers 2 X 50			0%
2	Understanding the duties and role of the trainer, the trainer's personality	<ol style="list-style-type: none"> 1.Duties and roles as a Health trainer 2.Administrator 3.Child maturation 4.The joy of practicing 5.Prohibit gambling 6.Using authority 7.Relationship with assistants 8.Coach personality Behavior 9.Leadership 10.Sportsmanship 11.Emotional balance 12.Humor 13.Positive thinking 14.Speak good and correct language 	<p>Criteria:</p> <ol style="list-style-type: none"> 1.The assessment is carried out on the following aspects: 2.Participation during lectures and peer teaching is carried out through observation (weight 2) Subsummative tests (UTS) are carried out once with indicators 1-7 through written exams and are given weights (2) Assessment of written tests in peer teaching and practicum is considered an assignment, grades are averaged average, then given a weight of (3) UAS scores are carried out in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10 	Lectures, Discussions, Questions and Answers 2 X 50			0%

3	Understanding of work capacity Training objectives Training load Training planning	<ol style="list-style-type: none"> 1. Able to explain and understand the objectives in training physical development 2. Technique refinement 3. Improve strategy 4. Prepare the team 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, Discussions, Questions and Answers 2 X 50			0%
4	Understanding of work capacity Training objectives Training load Training planning	<ol style="list-style-type: none"> 1. Able to explain and understand the objectives in training physical development 2. Technique refinement 3. Improve strategy 4. Prepare the team 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, Discussions, Questions and Answers 2 X 50			0%
5	Understanding the scope of training systems, anaerobic training systems, lactic acid training systems, aerobic and anaerobic training systems	<ol style="list-style-type: none"> 1. Able to understand the scope of training adaptation Gender 2. Age/length of training 3. Skill level 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%

6	Understanding the scope of training systems, anaerobic training systems, lactic acid training systems, aerobic and anaerobic training systems	<ol style="list-style-type: none"> 1. Able to understand the scope of training adaptation 2. Age/length of training 3. Skill level 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
7	Understanding the principles of training. The principle of activeness and sincerity. The principle of comprehensive development. The principle of specificity	<ol style="list-style-type: none"> 1. Able to understand, explain, apply the principles of overload training 2. Individual principle 3. Return principle 4. The principle of original recovery 5. Principle of variation 6. Quality principles 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
8	Understanding the principles of training. The principle of activeness and sincerity. The principle of comprehensive development. The principle of specificity	<ol style="list-style-type: none"> 1. Able to understand, explain, apply the principles of overload training 2. Individual principle 3. Return principle 4. The principle of original recovery 5. Principle of variation 6. Quality principles 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
9	Midterm exam			2 X 50			0%

10	<p>Understanding the types of training Aspects Physical training Technical training Mental training Strength General endurance Flexibility</p>	<ol style="list-style-type: none"> 1. Able to understand the types of circuit training exercises 2. Flexibility training 3. Weight training exercises 4. Plyometric exercises 5. Attack 6. Defense 7. Isolation exercises 8. Additional (independent) training Basic physical development 9. Weight training 10. Continuous run 11. Fartlek 12. Stretching 13. Sports injuries that can occur 	<p>Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10</p>	<p>Lectures, discussions, questions and answers 2 X 50</p>			0%
11	<p>Understanding the types of training Aspects Physical training Technical training Mental training Strength General endurance Flexibility</p>	<ol style="list-style-type: none"> 1. Able to understand the types of circuit training exercises 2. Flexibility training 3. Weight training exercises 4. Plyometric exercises 5. Attack 6. Defense 7. Isolation exercises 8. Additional (independent) training Basic physical development 9. Weight training 10. Continuous run 11. Fartlek 12. Stretching 13. Sports injuries that can occur 	<p>Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10</p>	<p>Lectures, discussions, questions and answers 2 X 50</p>			0%
12	<p>Understanding of training intensity Type of intensity Formulation of intensity Training volume</p>	<ol style="list-style-type: none"> 1. Able to understand exercise intensity 2. Able to explain the type of exercise intensity 3. Able to apply the training intensity formula 	<p>Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10</p>	<p>Lectures, discussions, questions and answers 2 X 50</p>			0%

13	Understanding of training intensity Type of intensity Formulation of intensity Training volume	<ol style="list-style-type: none"> 1. Able to understand exercise intensity 2. Able to explain the type of exercise intensity 3. Able to apply the training intensity formula 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
14	Understanding of the mechanism Training state Fatigue Over training	<ol style="list-style-type: none"> 1. Able to understand, explain and apply training culmination mechanisms 2. Supporting factors for peak training 3. Peaking indication method 4. Maintaining the peak of fatigue and over training 5. Physique 6. Mental 7. Causes of fatigue 8. Causes of overtraining 9. Cure and prevention of over training 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
15	Understanding of the original recovery mechanism after training and matches	<ol style="list-style-type: none"> 1. Able to understand, explain and apply the mechanism of exercise and rest time 2. Age and gender 3. Practice experience 4. Degree of practice 5. Weather factor 	Criteria: Assessment is carried out on the following aspects: Participation during lectures and peer teaching, carried out through observation (weight 2) Subsummative test (UTS) carried out once with indicators 1-7 through written examination and given weight (2) Assessment of written tests in peer teaching and practicum is considered as an assignment, the scores are averaged, then given a weight (3) The UAS score is done in writing with indicators 9-16 given a weight of (3) The final NA is (participation score x2) (Assignment score x 3) (UTS score x 2) UAS score (3) divided by 10	Lectures, discussions, questions and answers 2 X 50			0%
16	Final exams			2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

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.