

		Universitas Negeri Surabaya Faculty of Sports and Health Sciences S1 Sports Coaching Education Study Program					Document Code																																										
SEMESTER LEARNING PLAN																																																	
Courses		CODE	Course Family		Credit Weight		SEMESTER	Compilation Date																																									
TRAINING OF SPORTS BRANCH PENTATHLON, TRIATHLON		8520204554			T=1	P=3	ECTS=6.36	3 July 18, 2024																																									
AUTHORIZATION		SP Developer		Course Cluster Coordinator		Study Program Coordinator																																											
			Dr. Or. Muhammad, S.Pd., M.Pd.																																											
Learning model	Case Studies																																																
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
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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="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Short Course Description	This course will discuss coaching for the Pentathlon sport branch which consists of swimming, fencing, horse riding, shooting and running events. Triathlon which consists of swimming, bicycle racing and running events to be understood and practiced in mastering as a Pentathlon and Triathlon coach .																																																
References	Main :																																																
	1. Pasi dari 1CManual Didactico De Atletisco 1D. 1993, Pedoman Latihan Dasar Atletik 2. IAAF. 1995, Introduction to Coaching Theory, London SW1X OLN. England 3. IAAF. 2001, Choashes Education & Certification System (CECS) 4. IAAF, 1995, Actual for Indonesia IAAF Level I Coaches, Germany																																																
	Supporters:																																																
Supporting lecturer	Fifit Yeti Wulandari, 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	Ability to understand and comprehend athletic training in sprint events	Explain the running technique in the sprint number. Explain the hand swing technique and hand position during the hand swing. Explain the body position technique	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
2							0%
3	Ability to understand and comprehend athletic training in sprint events	Explain the running technique in the sprint number. Explain the hand swing technique and hand position during the hand swing. Explain the body position technique	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
4	Ability to comprehend and comprehend athletic training in middle and long distance running events	Explaining running techniques from hand swings, Explaining body position techniques when running, Explaining correct foot steps when running	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
5	Ability to comprehend and comprehend athletic training in middle and long distance running events	Explaining running techniques from hand swings, Explaining body position techniques when running, Explaining correct foot steps when running	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
6	Ability to comprehend and comprehend athletic training in middle and long distance running events	Explaining running techniques from hand swings, Explaining body position techniques when running, Explaining correct foot steps when running	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%

7	Ability to comprehend and comprehend athletic training in race walking events	Explain the basic technique of fast walking. Explain the technique of body position when walking fast. Explain the correct foot steps when walking fast.	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
8	Ability to comprehend and comprehend athletic training in race walking events	Explain the basic technique of fast walking. Explain the technique of body position when walking fast. Explain the correct foot steps when walking fast.	Criteria: Full marks will be given if the practice is correct and firm	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
9	UTS			3 X 50			0%
10	The ability to understand and comprehend athletic training in the long jump event	Explaining the basic technique of long jump. Explaining the technique of body position when running. Explaining the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
11	The ability to understand and comprehend athletic training in the long jump event	Explaining the basic technique of long jump. Explaining the technique of body position when running. Explaining the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%
12	The ability to understand and comprehend athletic training in the long jump event	Explaining the basic technique of long jump. Explaining the technique of body position when running. Explaining the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and assignments 3 X 50			0%

13	The ability to understand and comprehend athletic training in the triple jump	Explain the basic technique of triple jumping. Explain the technique of body position when running. Explain the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and 3 X 50 assignments			0%
14	The ability to understand and comprehend athletic training in the triple jump	Explain the basic technique of triple jumping. Explain the technique of body position when running. Explain the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and 3 X 50 assignments			0%
15	The ability to understand and comprehend athletic training in the triple jump	Explain the basic technique of triple jumping. Explain the technique of body position when running. Explain the correct foot steps when running.	Criteria: Full marks will be given if the answer is correct and clear	Lectures, demonstrations, questions and answers, discussions and 3 X 50 assignments			0%
16	UAS			3 X 50			0%

Evaluation Percentage Recap: Case Study

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.