



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
PHYSICAL, TECHNIQUE, TACTIC & MENTAL TRAINING METHODS FOR HEAVY LIFTING/IRON LIFTING/Bodybuilding Sports	8520204672		T=4	P=0	ECTS=6.36	4	July 19, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	Dr. Or. Muhammad, S.Pd., M.Pd.

Learning model	Project Based Learning
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Program Learning Outcomes (PLO)	PLO study program that is charged to the course
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PLO-1	Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties
PLO-2	Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit
PLO-3	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned
PLO-4	Develop yourself continuously and collaborate.
PLO-5	Able to design effective and innovative training programs based on scientific principles and the latest research in various sports.
PLO-6	Able to design, implement and evaluate innovative and effective sports learning processes.
PLO-7	Able to identify and evaluate business opportunities in the sports industry, as well as develop innovative business ideas.
PLO-8	Able to design and carry out high quality research in the field of sports, as well as publish research results in reputable scientific journals.

	Program Objectives (PO)
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PO - 1	Students are able to identify and interpret physical training, techniques, tactics, mentality and societal norms in weight lifting and bodybuilding sports to improve sporting performance.
PO - 2	Students are able to identify and interpret physical, technical, tactical and mental training in the sports of weight lifting and bodybuilding to improve sporting performance and have an entrepreneurial spirit.
PO - 3	Students are able to identify and interpret physical, technical, tactical and mental training in the sports of weight lifting and bodybuilding to improve sporting performance and have an entrepreneurial spirit.
PO - 4	Students are able to identify and interpret physical, technical, tactical and mental training in weight lifting and bodybuilding training patterns to improve sporting performance.
PO - 5	Students are able to identify and interpret physical, technical, tactical, mental and self-developing exercises, licensed to improve the ability of weight lifting and bodybuilding training patterns to improve sports performance and achievement
PO - 6	Students are able to identify and interpret physical, technical, tactical, mental training, develop and compile programs and training patterns for weight lifting and bodybuilding sports to improve sports performance and achievement.
PO - 7	Students are able to identify and interpret physical, technical, tactical, mental, innovative and improvisational training in training patterns for weight lifting and bodybuilding sports to improve sporting performance.
PO - 8	Students are able to identify and interpret physical, technical, tactical, mental training, create employment opportunities in the fields of weight lifting and bodybuilding to improve sporting performance.
PO - 9	Students are able to identify and interpret physical, technical, tactical and mental training, by analyzing, writing papers, researching and writing articles in weight lifting and bodybuilding sports to improve sporting performance.

	PLO-PO Matrix

P.O	PLO-1	PLO-2	PLO-3	PLO-4	PLO-5	PLO-6	PLO-7	PLO-8
PO-1	✓							
PO-2		✓						
PO-3			✓					
PO-4				✓				
PO-5					✓			
PO-6						✓		
PO-7							✓	
PO-8								✓
PO-9								

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																
PO-7																
PO-8																
PO-9																

Short Course Description Understanding the concepts and applications of various types of physical, technical, tactical and mental training in the sports of weightlifting, weightlifting and bodybuilding. This course examines forms of physical, technical, tactical and mental training as sports achievements

References

Main :

1. Bumpa. 2015. Total Training for Young Champions. Australia: Human Kinetics
2. Kraemer, Williams J & Keijo Hakkinen. 2000. Strenght Training for Sports. USA. Blackwell Science Ltd
3. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic
4. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing

Supporters:

Supporting lecturer Tuttur Jatmiko, 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	<p>1.Understanding the college contract Understanding the basics of strength training</p> <p>2.Understanding energy systems</p>	<p>1.Able to understand college contracts</p> <p>2.Able to explain the meaning of training and its scope</p> <p>3.Able to explain the objectives of the exercise</p> <p>4.Able to group types of skills</p> <p>5.Be able to explain the body's adaptation process to strength training</p> <p>6.Able to show the impact of exercise on physical development</p> <p>7.Able to explain energy systems</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<p>Lectures and discussions 4 X 50</p>	<p>Lectures and discussions, observing 4 x 50 videos</p>	<p>Material: Library Strength : <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i></p> <hr/> <p>Material: Strength Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p>	0%
2	<p>Understanding college contracts Understanding the basics of strength training</p>	<p>1.Able to understand college contracts</p> <p>2.Able to explain the meaning of training and its scope</p> <p>3.Able to explain the objectives of the exercise</p> <p>4.Able to group types of skills</p> <p>5.Be able to explain the body's adaptation process to strength training</p> <p>6.Able to show the impact of exercise on physical development</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities, Portfolio Assessment</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: strength and training Library: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i></p> <hr/> <p>Material: strength and exercise Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: strength and exercise Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: Energy Systems Library: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i></p>	0%

3	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> 1.Be able to state the principles of strength training 2.Able to distinguish the principles of strength training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	lecture and discussion 4 X 50		Material: Principles of Training, Components of Training Literature: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i>	5%
4	The importance of having knowledge of the principles of strength training	<ol style="list-style-type: none"> 1.Be able to state the principles of strength training 2.Able to distinguish the principles of strength training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	lecture and discussion 4 X 50		Material: Principles of Training, Components of Training Literature: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i>	0%
5	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures, practices and discussions 4 X 50		Material: Strength Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i>	0%
6	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment	Lectures, practices and discussions 4 X 50		Material: types of strength training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i>	0%
7	Understand about strength training preparation	<ol style="list-style-type: none"> 1.Strength training factors 2.Various types of strength training 3.Various types of strength training techniques 4.Various types of strength theory training 5.Various types of mental strength training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures, practices and discussions 4 X 50			5%

8	UTS	UTS	Criteria: UTS Form of Assessment : Portfolio Assessment	UTS 4 X 50		Material: Periodization of Training, Specific Phase Library: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i> <hr/> Material: Principles of Training, Components of Training Literature: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i> <hr/> Material: Practice Factors and Types of Practice References: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i>	15%
9	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	Criteria: Assessment rubric Form of Assessment : Practical Assessment	Lectures and discussions 4 X 50		Material: Strength Training Variables and Models References: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i>	0%
10	Understand the variables of strength training	1. Meaning of strength training variables 2. Various types of strength training variables	Criteria: Assessment rubric Form of Assessment : Practical Assessment	Lectures and discussions 4 X 50		Material: Types and Models of Strength Training Reference: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i>	5%

11	Understand the variables of strength training	<ol style="list-style-type: none"> 1. Meaning of strength training variables 2. Various types of strength training variables 	Criteria: Assessment rubric Form of Assessment : Practical Assessment	Lectures and discussions 4 X 50		Material: Models and types of exercises Library: Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics	5%
12	Understand rest and recovery	<ol style="list-style-type: none"> 1. Understanding rest and its benefits in training 2. Definition and function of recovery in training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
13	Understand rest and recovery	<ol style="list-style-type: none"> 1. Understanding rest and its benefits in training 2. Definition and function of recovery in training 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50		Material: various recovery patterns Reader: Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics	0%
14	Understand training periodization	<ol style="list-style-type: none"> 1. Understanding the stages of physical training 2. Able to arrange training stages for physical elements 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50		Material: Periodization of Training, Specific Phase Library: Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics	0%
15	Understand training periodization	<ol style="list-style-type: none"> 1. Understanding the stages of physical training 2. Able to arrange training stages for physical elements 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50		Material: Periodization of Training, Specific Phase Library: Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics	0%

16	UAS	UAS	Criteria: UAS Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	UAS 4 X 50		Material: Preparation Phase, General Preparation Library: <i>Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</i> <hr/> Material: Training Factors and Types of Training References: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i> <hr/> Material: Periodization of Training, Specific Phase References: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i> <hr/> Material: Practice Factors and Types of Practice Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i>	60%
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Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	25%
2.	Project Results Assessment / Product Assessment	10%
3.	Portfolio Assessment	25%
4.	Practical Assessment	20%
5.	Practice / Performance	10%
6.	Test	10%
		100%

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.