



**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, Technical, Tactics & Mental Training Methods for Athletics	8520204492		T=1	P=0	ECTS=1.59	4	July 17, 2024

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

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																	
	Program Objectives (PO)																																	
	PLO-PO Matrix																																	
	<table border="1" style="margin: auto;"> <tr> <td style="width: 50px; height: 30px;">P.O</td> </tr> </table>	P.O																																
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PO Matrix at the end of each learning stage (Sub-PO)	<table border="1" style="margin: 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
	P.O		Week																															
1		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																		

Short Course Description	This course examines the planning of aletic sports training programs including objectives, benefits, structuring factors, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions. 1. Able to master the concept of physical training, tactical and mental techniques in each Athletics number 2. Able to apply and analyze physical, technical, tactical and mental training relevant to Athletics Able to be responsible individually and in groups in applying physical training theory, relevant athletic techniques, tactics and mentality.
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References	<b>Main :</b>	<ol style="list-style-type: none"> <li>1. Bomp Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams &amp; Wilkins</li> <li>2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</li> <li>3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge</li> <li>4. Bomp Tudor O, 2005, Total Training for your Champhion, Human Kinetics</li> <li>5. Bomp Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics</li> <li>6. Bomp Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</li> </ol>
	<b>Supporters:</b>	

Supporting lecturer	Catur Supriyanto, S.Pd., M.Kes., Ph.D. Fifit Yeti Wulandari, S.Pd., M.Pd.
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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	Understand the basic concepts of athletic training program planning	1.Able to understand the definition of periodization 2.Able to understand the periodization of athletic biomotor specifications	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of athletic training program planning	1.Able to understand the definition of periodization 2.Able to understand the periodization of athletic biomotor specifications	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in athletics	1.Able to understand the definition of annual coaching planning in athletics 2.Able to understand the phases of annual coaching planning in athletics	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in athletics	1.Able to understand the definition of annual coaching planning in athletics 2.Able to understand the phases of annual coaching planning in athletics	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in athletic sports	1.Able to understand the definition of peaking in athletics 2.Able to understand the definition of taper in athletics	<b>Criteria:</b> Full marks are obtained if you do all the questions correctly	Lectures, Discussions 2 X 50			0%
6	Understand the planning of daily training programs in athletic sports	1.Able to understand the planning of training sessions in athletics 2.Able to understand training session planning modeling in athletics		Lectures, Discussions 4 X 50			0%

7	Understand the planning of daily training programs in athletic sports	1.Able to understand the planning of training sessions in athletics 2.Able to understand training session planning modeling in athletics		Lectures, Discussions 4 X 50			0%
8	Understand macro training program planning in athletics	Able to understand the macro training cycle in athletics	<b>Form of Assessment :</b> Participatory Activities	Lectures, Discussions 4 X 50			50%
9	Understand macro training program planning in athletics	Able to understand the macro training cycle in athletics		Lectures, Discussions 4 X 50			0%
10	UTS			2 X 50			0%
11	Understand meso and micro training program planning in athletics	1.Able to understand the meso training cycle in athletics 2.Able to understand micro training cycles in athletic sports		Lectures, Discussions 2 X 50			0%
12	Understand the planning of physical training programs in athletic sports	1.Able to understand endurance training planning in athletics 2.Able to understand speed training planning in athletics 3.Able to understand specific physical training planning in athletics 4.Able to understand strength training planning in athletics		Lectures, Discussions 4 X 50			0%

13	Understand the planning of physical training programs in athletic sports	<ol style="list-style-type: none"> <li>1. Able to understand endurance training planning in athletics</li> <li>2. Able to understand speed training planning in athletics</li> <li>3. Able to understand specific physical training planning in athletics</li> <li>4. Able to understand strength training planning in athletics</li> </ol>		Lectures, Discussions 4 X 50			0%
14	Understand technical and tactical training programs in athletic sports	<ol style="list-style-type: none"> <li>1. Able to understand defense planning in athletics</li> <li>2. Able to understand offense planning in athletics</li> <li>3. Able to understand transition training planning in athletics</li> </ol>		Lectures and discussions 4 X 50			0%
15	Understand technical and tactical training programs in athletic sports	<ol style="list-style-type: none"> <li>1. Able to understand defense planning in athletics</li> <li>2. Able to understand offense planning in athletics</li> <li>3. Able to understand transition training planning in athletics</li> </ol>		Lectures and discussions 4 X 50			0%
16	UAS		<b>Form of Assessment :</b> Participatory Activities	2 X 50			50%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	100%
		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.