

		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, TACTICAL & MENTAL TRAINING METHODS FOR KEMPO SPORTS		8520204573			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																																															
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																															
	Program Objectives (PO)																																															
	PLO-PO Matrix																																															
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> </tr> </table>							P.O																																							
P.O																																																
	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: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; height: 20px;">1</td> <td style="width: 20px; height: 20px;">2</td> <td style="width: 20px; height: 20px;">3</td> <td style="width: 20px; height: 20px;">4</td> <td style="width: 20px; height: 20px;">5</td> <td style="width: 20px; height: 20px;">6</td> <td style="width: 20px; height: 20px;">7</td> <td style="width: 20px; height: 20px;">8</td> <td style="width: 20px; height: 20px;">9</td> <td style="width: 20px; height: 20px;">10</td> <td style="width: 20px; height: 20px;">11</td> <td style="width: 20px; height: 20px;">12</td> <td style="width: 20px; height: 20px;">13</td> <td style="width: 20px; height: 20px;">14</td> <td style="width: 20px; height: 20px;">15</td> <td style="width: 20px; height: 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	The kempo sports coaching methodology discusses all aspects of coaching in kempo sports, which consist of: scope of training, training objectives, training system, training factors/aspects, training load norms, training cycles, fatigue and overtraining, theory peaking, initial recovery after training and matches, basic physical development, basic training planning, and training periodization.																																															
References	Main :																																															
	1. http://eprints.umm.ac.id/22827/1/jiptummpg-gdl-dikkycahyo-41244-1-pendahul-n.pdf																																															
	Supporters:																																															
Supporting lecturer	Muhammad Kharis Fajar, S.Pd., M.Pd. Andri Suyoko, 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	Introduction to RPS courses			Lectures, Discussions 4 X 50			0%																																									

2	Students are able to develop and master the physical training model for Taekwondo	<ol style="list-style-type: none"> 1. Students are able to understand the dominant physical condition elements in Taekwondo 2. Students are able to understand the energy system used in Taekwondo sports 		The discussion lecture answers 4 X 50			0%
3	Students are able to develop and master the physical training model for Taekwondo	<ol style="list-style-type: none"> 1. Students are able to understand the dominant physical condition elements in Taekwondo 2. Students are able to understand the energy system used in Taekwondo sports 		The discussion lecture answers 4 X 50			0%
4	Understand the planning of annual training programs in kempo sports	<ol style="list-style-type: none"> 1. Able to understand the definition of annual coaching planning in the Kempo sport 2. Able to understand the phases of annual coaching planning in kempo sports 	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in kempo sports	<ol style="list-style-type: none"> 1. Able to understand the definition of peaking in kempo sports 2. Able to understand the definition of taper in the Kempo sport 	Criteria: 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 the sport of Taekwondo	1.Able to understand the planning of training sessions in the sport of Taekwondo 2.Able to understand training session planning modeling in the sport of Taekwondo		Lectures, Discussions 4 X 50			0%
7	Understand the planning of daily training programs in the sport of Taekwondo	1.Able to understand the planning of training sessions in the sport of Taekwondo 2.Able to understand training session planning modeling in the sport of Taekwondo		Lectures, Discussions 4 X 50			0%
8	Understand macro training program planning in the sport of Taekwondo	Able to understand the macro training cycle in the sport of Taekwondo		Lectures, Discussions 4 X 50			0%
9	Understand macro training program planning in the sport of Taekwondo	Able to understand the macro training cycle in the sport of Taekwondo		Lectures, Discussions 4 X 50			0%
10	UTS			2 X 50			0%
11	Understand the planning of meso and micro training programs in the sport of Taekwondo	1.Able to understand the meso training cycle in the sport of Taekwondo 2.Able to understand the micro training cycle in the sport of Taekwondo		Lectures, Discussions 2 X 50			0%

12	Understand the planning of physical training programs in the sport of Taekwondo	<ol style="list-style-type: none"> 1.Able to understand endurance training planning in Taekwondo 2.Able to understand speed training planning in Taekwondo 3.Able to understand specific physical training planning for Taekwondo 4.Able to understand strength training planning in Taekwondo 		Lectures, Discussions 4 X 50			0%
13	Understand the planning of physical training programs in the sport of Taekwondo	<ol style="list-style-type: none"> 1.Able to understand endurance training planning in Taekwondo 2.Able to understand speed training planning in Taekwondo 3.Able to understand specific physical training planning for Taekwondo 4.Able to understand strength training planning in Taekwondo 		Lectures, Discussions 4 X 50			0%
14	Understand the technical and tactical training program in the sport of Taekwondo	<ol style="list-style-type: none"> 1.Able to understand defense planning in Taekwondo 2.Able to understand offense planning in Taekwondo 3.Able to understand transition training planning in Taekwondo 		Lectures and discussions 4 X 50			0%

15	Understand the technical and tactical training program in the sport of Taekwondo	1.Able to understand defense planning in Taekwondo 2.Able to understand offense planning in Taekwondo 3.Able to understand transition training planning in Taekwondo		Lectures and discussions 4 X 50			0%
16	UAS			2 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.