



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 Rock Climbing	8520204513		T=1	P=0	ECTS=1.59	4	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																
		P.O															
	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
Short Course Description	This course examines the history of rock climbing, competition rules, basic physical techniques for rock climbing in the beginner (youth) category and basic training for lead, bouldering and speed. This lecture is carried out with theory, practice, discussion, assignments and presentations.																
References	Main :																
	1. Bob gains. 2014. Rock climbing : the AGMA single pitch manual 2. Phillip watts. 1996. Rock climbing human kinetics																
	Supporters:																
Supporting lecturer	Dr. Mochamad Purnomo, S.Pd., M.Kes. Dr. Kunjung Ashadi, S.Pd., M.Fis., AlFO.																
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 planning a training program for the sport of rock climbing	1.Able to understand the definition of periodization 2.Able to understand the periodization of the biomotor specifications of rock climbing	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of planning a training program for the sport of rock climbing	1.Able to understand the definition of periodization 2.Able to understand the periodization of the biomotor specifications of rock climbing	Criteria: 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 the sport of rock climbing	1.Able to understand the definition of annual coaching planning in the sport of rock climbing 2.Able to understand the phases of annual coaching planning in the sport of rock climbing	Criteria: 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 the sport of rock climbing	1.Able to understand the definition of annual coaching planning in the sport of rock climbing 2.Able to understand the phases of annual coaching planning in the sport of rock climbing	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in the sport of rock climbing	1.Able to understand the definition of peaking in the sport of rock climbing 2.Able to understand the definition of taper in the sport of rock climbing	Criteria: Full marks are obtained if you do all the questions correctly	Lectures, Discussions 2 X 50			0%

6	Understand the daily training assistance program in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the training stages of rock climbing 2. Able to understand modeling for rock climbing sports practice 		Lectures, Discussions 4 X 50			0%
7	Understand the planning of daily training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the training stages of rock climbing 2. Able to understand modeling for rock climbing sports practice 		Lectures, Discussions 4 X 50			0%
8	Understand the program that includes macro training in the sport of rock climbing	Able to understand the rock climbing cycle		Lectures, Discussions 4 X 50			0%
9	Understand the macro training planning program in the sport of rock climbing	Able to understand the practice of rock climbing		Lectures, Discussions 4 X 50			0%
10	UTS			2 X 50			0%
11	Understand the meso and micro cycle training program for the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to know the training routine for the sport of rock climbing 2. Able to understand the practice of rock climbing 		Lectures, Discussions 2 X 50			0%
12	Understand the physical training program for the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the practice of rock climbing 2. Able to understand the speed of training in the sport of rock climbing 3. Able to know certain physical exercises in rock climbing 4. Able to share training exercises for the sport of rock climbing 		Lectures, Discussions 4 X 50			0%

13	Understand the physical training program in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand the practice of rock climbing 2. Able to understand the speed of rock climbing training 3. Able to understand certain physical exercises in the sport of rock climbing 4. Able to share training exercises for the sport of rock climbing 		Lectures, Discussions 4 X 50			0%
14	Understand technical and tactical training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand lead techniques and tactics in the sport of rock climbing 2. Able to understand bouldering techniques and tactics in the sport of rock climbing 3. Able to understand speed techniques and tactics in the sport of rock climbing 		Lectures and discussions 4 X 50			0%
15	Understand technical and tactical training programs in the sport of rock climbing	<ol style="list-style-type: none"> 1. Able to understand lead techniques and tactics in the sport of rock climbing 2. Able to understand bouldering techniques and tactics in the sport of rock climbing 3. Able to understand speed techniques and tactics in the sport of rock climbing 		Lectures and discussions 4 X 50			0%
16	UAS			2 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.