



**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 BRANCH SPORTS FOR PAYROLL/PARA KITE/GANTOLE	8520204548	Compulsory Study Program Subjects	T=1 P=3 ECTS=6.36	3	July 17, 2024																																																		
AUTHORIZATION	SP Developer		Course Cluster Coordinator	Study Program Coordinator																																																			
	Dr. Or. Muhammad, S.Pd., M.Pd.		Dr. Or. Muhammad, S.Pd., M.Pd.	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)																																																						
	PO - 1	able to master the concepts and theories of parachuting/para gliding/hang gliding in the world of sports coaching																																																					
	PLO-PO Matrix																																																						
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> </table>				P.O	PO-1																																																
P.O																																																							
PO-1																																																							
	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: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																
P.O	Week																																																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																							
PO-1																																																							
Short Course Description	Practicing technical training methods for parachuting/paragliding/gliding																																																						
References	Main :																																																						
	1. Munasifah. 2001. Mengenal Terjung Payung. Balai Pustaka. 2. Federal Aviation Administration. 2008. Weight Shift Control Aircraft Flying Handbook. U.S Department of Transportation																																																						
	Supporters:																																																						
Supporting lecturer	Dr. Or. Muhammad, 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	Able to know the history of skydiving, paragliding and hang gliding	- Knowing the history of parachuting - Knowing the history of paragliding - Knowing the history of hang gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, questions and answers and discussions 4 X 50		Material: Basic techniques Reader: Munasifah. 2001. Getting to Know Parachuting. Library Hall.	5%																																																
2	Able to know the history of skydiving, paragliding and hang gliding	- Knowing the history of parachuting - Knowing the history of paragliding - Knowing the history of hang gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, questions and answers and discussions 4 X 50		Material: Basic techniques Reader: Munasifah. 2001. Getting to Know Parachuting. Library Hall.	5%																																																
3	Able to practice parachuting/paragliding/gliding training models	Master various models of parachuting/paragliding/gliding training	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		Material: basic techniques Reader: Munasifah. 2001. Getting to Know Parachuting. Library Hall.	5%																																																

4	Able to practice parachuting/paragliding/gliding technique training	Master the techniques of parachuting/paragliding/gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: plunge technique Reference: <i>Federal Aviation Administration. 2008. Weight Shift Control Aircraft Flying Handbook. US Department of Transportation</i>	5%
5	Able to practice basic take off exercises for parachuting/paragliding/gliding	Mastering the basic take off techniques for parachuting/paragliding/gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: basic take off training for parachuting/paragliding/gliding. Reference: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	5%
6	Able to practice basic take off exercises for parachuting/paragliding/gliding	Mastering the basic take off techniques for parachuting/paragliding/gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: basic take off training for parachuting/paragliding/gliding. Reference: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	5%
7	Able to practice parachuting/paragliding/gliding	Master the techniques of paragliding/paragliding/gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: practice when flying by parachuting/paragliding/gliding. Reader: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	3%
8	UTS	UTS	Criteria: uts Form of Assessment : Participatory Activities	Field practice 2 X 50	Material: uts Reader: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	10%
9	Able to practice flying at a certain height by parachuting/paragliding/gliding	Mastering when flying at a certain height parachuting/paragliding/gliding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: practice when flying parachuting/paragliding/gliding Library: <i>Federal Aviation Administration. 2008. Weight Shift Control Aircraft Flying Handbook. US Department of Transportation</i>	5%
10	Able to practice the landing preparation training model	Mastering the landing preparation training model	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: Landing preparation training model Reference: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	5%
11	Able to practice the landing preparation training model	Mastering the landing preparation training model	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: Landing preparation training model Reference: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	5%
12	Able to practice landing accuracy	Mastering landing accuracy	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Field practice, lectures, questions and answers and discussions 2 X 50	Material: practice landing accuracy Reader: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	3%
13	Able to fold the parachute	Understand the procedure for folding a parachute	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50	Material: parachute folding Reference : <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	3%
14	Able to simulate parachuting/paragliding/gliding competitions	Understand the simulation of parachuting/paragliding/gliding competitions	Criteria: Practice Form of Assessment : Practice / Performance	Field practice, lectures, questions and answers and discussions 2 X 50	Material: Simulation of parachuting/paragliding/gliding competition. Reference: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	5%
15	Able to solve issues and problems in implementation during simulations of parachuting/paragliding/gliding competitions	Understand the issues and problems in implementation during simulations of parachuting/paragliding/gliding competitions	Criteria: discussion Form of Assessment : Participatory Activities, Tests	Field practice, lectures, questions and answers and discussions 2 X 50	Material: solving issues and problems in implementation during the simulation of parachuting/paragliding/gliding competitions Reader: <i>Munasifah. 2001. Getting to Know Parachuting. Library Hall.</i>	3%

16	UAS	UAS	Criteria: uas Form of Assessment : Participatory Activities	UAS 2 X 50		Material: UAS Library: Munasifah. 2001. Getting to Know Parachuting. Library Hall.	28%
----	-----	-----	--------------------------------------------------------------------------	---------------	--	---------------------------------------------------------------------------------------------	-----

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	92%
2.	Practice / Performance	6.5%
3.	Test	1.5%
		100%

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.