



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																																																											
WATER SKIING BRANCH TRAINING	8520204555	Compulsory Study Program Subjects	T=1	P=3	ECTS=6.36	3	January 1, 2024																																																											
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																												
	Fajar Eka Samudra, S.Or., M.Kes.		Fajar Eka Samudra, S.Or., M.Kes.			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)																																																																	
	PO - 1	able to master the concepts and theories of water skiing in the world of sports coaching																																																																
	PLO-PO Matrix																																																																	
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="6"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="6"></td> </tr> </table>						P.O							PO-1																																																			
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	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="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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																
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PO-1																																																																		
Short Course Description	Understanding and mastery of the concepts, theory and practice of basic water ski techniques																																																																	
References	Main :																																																																	
		1. Water ski. 2006. learn ski to basic. 2. Wikipedia, 2019.Ski Air																																																																
	Supporters:																																																																	
Supporting lecturer	Prof.Dr. Imam Marsudi, M.Si. Fajar Eka Samudra, S.Or., 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	Master the Seven skier signals	Master the Seven skier signals	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	4 X 50 Discussion		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
2	Students are able to put their feet in and adjust the bindings	Students are able to explain the technique of placing the foot inside and adjusting the binding	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	4 X 50 discussion		Material: Binding techniques Literature: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
3	students are able to master holding the handle correctly	students can practice handle trader techniques	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Practice 4 X 50		Material: grip techniques Reference: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
4	students are able to place the correct body position to start skiing	Assignments and practicums	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	direct practice 4 X 50		Material: body position techniques Reference: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
5	students are able to place the correct body position to start skiing	Assignments and practicums	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	direct practice 4 X 50		Material: body position techniques Reference: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
6	Students can maintain the position of their feet on the skis for 3 seconds	Students are able to practice foot positions on skis for 3 seconds	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practical Assessment	direct practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
7	Students can maintain the position of their feet on the skis for 20 seconds	Students are able to practice foot positions on skis for 20 seconds	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practical Assessment	direct practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
8	UTS	UTS	Criteria: UTS Form of Assessment : Participatory Activities	UTS 4 X 50		Material: UTS Reference: <i>Wikipedia, 2019. Water Skiing</i>	15%
9	Students understand the concept of developing techniques and tactics in the game	students are able to develop water skiing techniques	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Tests	Practice 4 X 50		Material: Water Ski game Library: <i>Water ski. 2006. learn skiing to basics.</i>	5%

10	Students were able to get out of the water waves created by the ship's current	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
11	Students are able to get out of the circle of waves created by the ship and return to the center of the wave area in a short time	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
12	Students are able to use 7 techniques to go out and play their skis on the waves produced by the ship	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
13	Students are able to use 7 techniques to go out and play their skis on the waves produced by the ship	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
14	Students are able to use 7 techniques to go out and play their skis on the waves produced by the ship	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
15	Students are able to use 7 techniques to go out and play their skis on the waves produced by the ship	Students are able to practice getting out of water waves	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Practice 4 X 50		Material: basic techniques Library: <i>Water skiing. 2006. learn skiing to basics.</i>	5%
16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities	UAS		Material: UAS Literature: <i>Water ski. 2006. learn skiing to basics.</i>	15%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	87.5%
2.	Practical Assessment	5%
3.	Practice / Performance	5%
4.	Test	2.5%
		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.