



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 Fencing	8520204491		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 which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
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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: 20px;">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
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Short Course Description	Students are able to understand, perform, improve skills and apply the theory obtained in lectures into practical implementation in the field in physical training for fencing according to age category, gender, physical condition status for foil, epee and sable numbers and are able to increase competence train national and international level athletes in facing the MEA. Students better understand the field of sports coaching work, especially fencing, and will be better prepared to face the world of work according to their area of competence.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. McNeil, Hayden, et al. 2015. Fitness and Wellness. Departmen of Health and Exercise North Carolina State University 2. Chervis, Elaine. 2002. Fencing Steps to Success. Cheyenne Fencing and Modern Pentathlon Center: Human Kinetics 3. Silva, de Henry. 1997. Fencing The Skills of The Game. The Crowood Press. 4. Bompa, Tudor., Haff, Gregory. 2009. Periodization Theory and Methodology of Training. Human Kinetics. 5. John, Jes. 2003. Foil Fencing. British Fencing Assosiation: London. 																																																
	Supporters:																																																
Supporting lecturer	Dr. Rini Ismalasari, 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	Able to explain knowledge of general physical conditions and the field of the coaching profession as well as an in-depth understanding of physical condition training programs in fencing.	Explains the theoretical knowledge of training physical conditions in general in sports coaching science.	Criteria: Grades are based on presence, activeness and confidence in answering questions firmly, directly and in detail in accordance with the internship plan to train the physical condition of fencing.	Lectures, discussions and questions and answers Oral/Writing 4 X 50			0%
2	Able to explain general knowledge of physical conditions and the professional field of trainer as well as a deep understanding of physical condition training programs	Explain the standards for training physical conditions in determining training loads and setting training programs for general preparation, special preparation and competition preparation verbally and in writing in fencing sports in accordance with sports science		Lectures, discussions, audio visuals and questions and answers 4 X 50			0%
3	Able to explain general knowledge of physical conditions and the professional field of trainer as well as a deep understanding of physical condition training programs	Explain the standards for training physical conditions in determining training loads and setting training programs for general preparation, special preparation and competition preparation verbally and in writing in fencing sports in accordance with sports science		Lectures, discussions, audio visuals and questions and answers 4 X 50			0%
4	Able to explain general knowledge of physical conditions and the professional field of trainer as well as a deep understanding of physical condition training programs	Explain the standards for training physical conditions in determining training loads and setting training programs for general preparation, special preparation and competition preparation verbally and in writing in fencing sports in accordance with sports science		Lectures, discussions, audio visuals and questions and answers 4 X 50			0%

5	Able to create a general physical condition training program for 1 year of general preparation, special preparation, competition preparation	Describe the physical condition training activities for fencing with a written report for 1 year (general preparation, special preparation, competition preparation)	Criteria: Grades are based on group percentage results which are explained individually and students are able to answer the lecturer's questions firmly, directly and in detail using scientific language.	Discovery learning, discussion and question and answer 4 X 50			0%
6	Able to plan activities to train physical conditions specifically for fencing which are described in the form of written reports and presented	Describe in the form of a report the design of a training program specifically for the sport of fencing conditions (Criteria: Grades are based on the percentage results (question and answer) of individuals in 1 group in explaining questions from the examining board and group assignments in the form of written reports	Lectures, discussions and questions and answers 4 X 50			0%
7	Able to practice fencing skills at the internship site to train the physical condition of fencing sports (physical, technical, tactical, mental) Able to present the results of reports on activities to train the physical condition of daily and monthly budget sports in written form (paper) which is approved by the Head of the Department, Assistant Dean I and also Supervising Lecturer as proof of completion of the final report on training the physical condition of fencing	Describe monthly and daily activities for training the physical condition of fencing sports in a written report that is adapted to the guidebook. Able to describe the results of the report and explain in detail the monthly and daily activities for training physical conditions for fencing sports in the form of individual and group percentages in front of a board of examiners or trainers for training conditions physical fencing	Criteria: Grades are based on the results of monthly and daily reports at the internship site to train the physical condition of fencing	Discussion, Question/answer, Lecture 4 X 50			0%

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16							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.