

		Universitas Negeri Surabaya Vocational Faculty D4 Sports Coaching Study Program					Document Code																																		
SEMESTER LEARNING PLAN																																									
Courses		CODE	Course Family		Credit Weight		SEMESTER	Compilation Date																																	
Planning and Training Load		99998520204031			T=1	P=2	ECTS=4.77	4 July 16, 2024																																	
AUTHORIZATION		SP Developer			Course Cluster Coordinator		Study Program Coordinator																																		
		Tutur Jatmiko, S.Pd., M.Kes				Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.																																		
Learning model	Project Based Learning																																								
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																								
	Program Objectives (PO)																																								
	PLO-PO Matrix																																								
	<table border="1" style="margin: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> </tr> </table>								P.O																																
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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: 50px; height: 30px;">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td>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> </table>								P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																								
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Short Course Description	This course examines sports training program planning which consists of training plans, training periodization, annual training programs, and training as well as the principle of increasing loads, the principle of specialization, the principle of individualization, the principle of variation, the principle of progressive increase of load, the principle of multilateral development, the principle of recovery, the principle of reversibility, the principle of avoiding excessive training loads, the principle of exceeding training limits (the abuse of training) , the principle of active participation in training, and the principle of the training process using models.																																								
References	Main :																																								
	<ol style="list-style-type: none"> 1. Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5rd Edition. USA. Human Kinetics 2. Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic 3. Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 4. Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5rd Edition. USA. Human Kinetics 																																								
	Supporters:																																								
	<ol style="list-style-type: none"> 1. Donald Chu, 1999, Jumping Into Plyometrics , Australia: Human Kinetics. 2. Lee E. B., Vance A. F., Juan C. S., 2000, Training for Speed, Agility, and Quickness , Australia : Human Kinetics. 3. Bean, Jonathan & Walter Frontera. 2010. Strenght and Power Training. Boston. USA. Harvard Health Publication 4. Bompa, Tudor, Mauro Di Pasquale & Lorenzo J Cornacchia. 2013. Serious Strenght Training.USA. Human Kinetics 5. Bompa. Tudor & Michael Carrera. Conditioning Young Athletes. USA. Human Kinetics 6. Brown, Lee & Vance a. Feriggnno. 2005. Training For Speed, Agility and Quickness 2nd Edition. USA. Human Kinetics 7. Cissik, John & Jay Dawes. 2015. Maximum Interval Training. USA. Human Kinetic 8. Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Pelatihan Kondisi Fisik. Bandung. Rosda Karya 9. Kraemer, Williams J & Keijo Hakkinen. 2000. Strenght Training for Sports. USA. Blackwell Science Ltd 10. Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung. 11. Walker, Isabel. 2010. Training For Speed, Power and Strenght. London. UK. Peak Performance Publishing 12. Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetic 																																								
Supporting lecturer	Tutur Jatmiko, S.Pd., M.Kes. Fifit Yeti Wulandari, S.Pd., M.Pd. Muhammad Kharis Fajar, S.Pd., M.Pd. Rizky Muhammad Sidik, S.Pd., M.Ed.																																								
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	Understanding college contracts Understanding the basics of weight training planning	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its scope 3. Able to explain the purpose of the exercise 4. Able to clarify exercises and skills 5. Able to explain sports clarification 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	Lectures and discussions 4 X 50		<p>Material: Definition of Training, Goal of Training</p> <p>Library: <i>Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Exercise, Purpose of Exercise, Benefits of Exercise, Classification of Exercise</p> <p>Reference: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p> <hr/> <p>Material: Exercise, Purpose of Exercise, Benefits of Exercise, Classification of Exercise</p> <p>Reference: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p>	4%
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2	Understanding the college contract Understanding the basics of strength training	<ol style="list-style-type: none"> 1. Able to understand college contracts 2. Able to explain the meaning of training and its environmental space 3. Able to explain the objectives of the exercise 4. Able to group types of skills 5. Able to explain the body's adaptation process to training load planning 6. Able to show the impact of exercise on physical development 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	Lectures and discussions 4 X 50		<p>Material: classifying types of skills, physiological adaptations, the impact of training on the physique. Reference: <i>Bompa, Tudor O & Gregory Haff. 2000. Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <p>Material: classifying types of skills, physiological adaptations, the impact of training on the physical. Reference: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <p>Material: classifying types of skills, physiological adaptations, the impact of training on the physical. Reference: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <p>Material: classifying types of skills, physiological adaptations, the impact of training on the physical. Reader: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p>	5%
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3	The importance of having knowledge about the principles of endurance training loads	<ol style="list-style-type: none"> 1. Able to state the principles of endurance training 2. Able to differentiate the principles of strength training 	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	lectures and discussions 4 X 50		<p>Material: Endurance Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance, Interval Training Reader: <i>Cissik, John & Jay Dawes. 2015. Maximum Interval Training. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance Training, Interval Training Library: <i>Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics</i></p>	5%
4	<ol style="list-style-type: none"> 1. The importance of having knowledge about the principles of Aerobic Endurance training loads 2. Understand the various types of Aerobic endurance training 	<ol style="list-style-type: none"> 1. Able to state the principles of Aerobic Endurance training 2. Able to differentiate the principles of Aerobic Endurance training 3. Able to understand various types of Aerobic endurance training 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	lectures and discussions 4 X 50		<p>Material: Endurance Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance, Interval Training Reader: <i>Cissik, John & Jay Dawes. 2015. Maximum Interval Training. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance Training, Interval Training Library: <i>Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics</i></p>	5%

5	<p>1.The importance of having knowledge of the principles of anaerobic endurance training loads</p> <p>2.Understand the various types of aerobic endurance training</p>	<p>1.Able to state the principles of Anaerobic Endurance training</p> <p>2.Able to differentiate the principles of Anerobic Endurance training</p> <p>3.Able to understand various types of anerobic endurance training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>lectures and discussions 4 X 50</p>		<p>Material: Endurance Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance, Interval Training Reader: <i>Cissik, John & Jay Dawes. 2015. Maximum Interval Training. USA. Human Kinetics</i></p> <hr/> <p>Material: Endurance Training, Interval Training Library: <i>Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics</i></p>	5%
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6	<p>1.The importance of having knowledge of the principles of strength training loading</p> <p>2.The importance of having knowledge about various types of strength training</p>	<p>1.Be able to state the principles of loading strength training</p> <p>2.Be able to differentiate between types of strength training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>lectures and discussions 4 X 50</p>		<p>Material: Strength Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: Strength Training Library: <i>Bompa. Tudor & Michael Carrera. Conditioning Young Athletes. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: Strength Training Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>	5%
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7	<p>1.The importance of having knowledge of the principles of strength training loading</p> <p>2.The importance of having knowledge about various types of strength training</p>	<p>1.Be able to state the principles of maximal strength training loading</p> <p>2.Able to differentiate types of maximum strength training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>lectures and discussions 4 X 50</p>		<p>Material: Strength Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: Strength Training Library: <i>Bompa. Tudor & Michael Carrera. Conditioning Young Athletes. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: Strength Training Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>	5%
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8	<p>1.The importance of having knowledge about the principles of endurance training loading</p> <p>2.The importance of having knowledge about various types of Aerobic and Anaerobic Endurance training</p> <p>3.The importance of having knowledge of the principles of strength training loading</p> <p>4.The importance of having knowledge about various types of strength training and Maximum strength</p>	<p>1.Students are able to have knowledge of the principles of endurance training loading</p> <p>2.Students are able to have knowledge about various types of Aerobic and Anaerobic Endurance training</p> <p>3.Students are able to state the principles of loading strength training</p> <p>4.Students are able to differentiate between types of strength training and maximum strength</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>4 X 50 Work Pick Test</p>		<p>Material: Strength Training Reader: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: Strength Training Library: <i>Bompa. Tudor & Michael Carrera. Conditioning Young Athletes. USA. Human Kinetics</i></p> <hr/> <p>Material: Strength Training Library: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: Strength Training Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>	5%
9	<p>1.The importance of having knowledge of the principles of explosive power training loading</p> <p>2.The importance of having various types of loading and explosive power training</p>	<p>1.Students are able to state the principles of explosive power training</p> <p>2.Students are able to differentiate between various types of loading and explosive power training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	<p>lectures and discussions 4 X 50</p>		<p>Material: Explosive power Bibliography: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Plyometric Training Bibliography: <i>Donald Chu, 1999, Jumping Into</i></p>	5%

						<p><i>Plyometrics, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Power Training Reader: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: Power Training Library: <i>Bompa. Tudor & Michael Carrera. Conditioning Young Athletes. USA. Human Kinetics</i></p> <hr/> <p>Material: Explosive Power Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: Power Training Bibliography: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: Power Training Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>
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10	<p>1.Understand the principles of speed training 2.understand about speed training loading</p>	<p>1.The meaning of agility training load variables 2.Various types of agility training load variables</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: agility training Bibliography: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Agility Training Bibliography: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Agility Training Library: <i>Brown, Lee & Vance a. Ferigno. 2005. Training For Speed, Agility and Quickness 2nd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Agility Training Reference: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p> <hr/> <p>Material: Agility Training Literature: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p> <hr/> <p>Material: Agility Training Literature: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p>	5%
11	<p>1.Understand the principles of reaction training 2.understand about the loading of reaction training</p>	<p>1.The meaning of the reaction training load variable 2.Various types of reaction</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance,</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: Quickness Training Reader: <i>Joyce, David & Daniel Lewindon.</i></p>	5%

		training load variables	Tests			<p>2014. <i>High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Quickness Training</p> <p>Bibliography: Lee EB, Vance AF, Juan CS, 2000, <i>Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: Quickness Training</p> <p>Library: Bompa. Tudor & Michael Carrera. <i>Conditioning Young Athletes. USA. Human Kinetics</i></p> <hr/> <p>Material: Quickness Training</p> <p>Library: Brown, Lee & Vance a. Ferigno. 2005. <i>Training For Speed, Agility and Quickness 2nd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Reaction Training</p> <p>Reader: Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. <i>Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: Reaction Practice</p> <p>Literature: Sukadiyanto & Dangsina Muluk. 2011. <i>Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p> <hr/> <p>Material: Quickness Training</p> <p>Reference: Walker, Isabel. 2010. <i>Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>
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12	<p>1.Understand rest and recovery of strength training</p> <p>2.Understand rest and recovery in endurance training</p>	<p>1.Students are able to understand the meaning of rest and the benefits of strength training</p> <p>2.Students are able to function recovery in strength training</p> <p>3.Students are able to understand the meaning of rest and the benefits of endurance training</p> <p>4.Students are able to function recovery in endurance training</p> <p>5.Students are able to understand the meaning of rest and the benefits of speed training</p> <p>6.Students are able to function recovery in speed training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical / Performance, Tests</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: recovery Bibliography: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: recovery endurance Reader: <i>Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics</i></p> <hr/> <p>Material: recovery speed training References: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: recovery strength training Reader: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: recovery strength training References: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: recovery, speed, strength and power training References: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>	5%
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13	<p>1.Understand rest and recovery of strength training</p> <p>2.Understand rest and recovery in endurance training</p>	<p>1.Students are able to understand the meaning of rest and the benefits of strength training</p> <p>2.Students are able to function recovery in strength training</p> <p>3.Students are able to understand the meaning of rest and the benefits of endurance training</p> <p>4.Students are able to function recovery in endurance training</p> <p>5.Students are able to understand the meaning of rest and the benefits of speed training</p> <p>6.Students are able to function recovery in speed training</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical / Performance, Tests</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: recovery Bibliography: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: recovery endurance Reader: <i>Laursen, Paul & Martin Bucheit. 2019. Science and Application of High-Intensity Interval Training. USA. Human Kinetics</i></p> <hr/> <p>Material: recovery speed training References: <i>Lee EB, Vance AF, Juan CS, 2000, Training for Speed, Agility, and Quickness, Australia: Human Kinetics.</i></p> <hr/> <p>Material: recovery strength training Reader: <i>Bean, Jonathan & Walter Frontera. 2010. Strength and Power Training. Boston. USA. Harvard Health Publications</i></p> <hr/> <p>Material: recovery strength training References: <i>Kraemer, Williams J & Keijo Hakkinen. 2000. Strength Training for Sports. USA. Blackwell Science Ltd</i></p> <hr/> <p>Material: recovery, speed, strength and power training References: <i>Walker, Isabel. 2010. Training For Speed, Power and Strength. London. UK. Peak Performance Publishing</i></p>	5%
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14	Understand training periodization	<ol style="list-style-type: none"> 1. Understanding the stages of physical training 2. Able to arrange training stages for physical elements 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures and discussions 4 X 50		<p>Material: Periodization Of Training, Periodization of Biomotor Library: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Periodization of Training, Periodization of Biomotor Library: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <hr/> <p>Material: Biomotor Periodization Reader: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <hr/> <p>Material: Biomotor Periodization Literature: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p>	5%
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15	Understand training periodization	<ol style="list-style-type: none"> Understanding the stages of physical training Able to arrange training stages for physical elements 	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures and discussions 4 X 50		<p>Material: Periodization Of Training, Periodization of Biomotor Library: <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <p>Material: Periodization of Training, Periodization of Biomotor Library: <i>Joyce, David & Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetics</i></p> <p>Material: Biomotor Periodization Reader: <i>Djafar, Dikdik, Paulus L Pasurney, Luky Afari. 2019. Physical Condition Training. Bandung. Rosda Karya</i></p> <p>Material: Biomotor Periodization Literature: <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p>	5%
16	UAS	UAS	<p>Criteria: UAS</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance</p>	UAS 4 X 50			25%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	30.43%
2.	Project Results Assessment / Product Assessment	7.91%
3.	Portfolio Assessment	25.43%
4.	Practical Assessment	3.66%
5.	Practice / Performance	12.41%
6.	Test	19.18%
		99.02%

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.

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.