



**Universitas Negeri Surabaya
Vocational Faculty
D4 Sports Coaching Study Program**

**Document
Code**

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																											
Exercise Planning	8520603034		T=1	P=2	ECTS=4.77	3	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	Case Studies																																																																	
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																	
	Program Objectives (PO)																																																																	
	PO - 1	Students are able to identify and interpret training program planning and create training programs manually and digitally to improve sports performance																																																																
	PLO-PO Matrix																																																																	
		<table border="1" style="margin: auto;"> <tr><td style="padding: 5px;">P.O</td></tr> <tr><td style="padding: 5px;">PO-1</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: auto;"> <tr> <td rowspan="2" style="padding: 5px;">P.O</td> <td colspan="16" style="padding: 5px;">Week</td> </tr> <tr> <td style="padding: 5px;">1</td><td style="padding: 5px;">2</td><td style="padding: 5px;">3</td><td style="padding: 5px;">4</td><td style="padding: 5px;">5</td><td style="padding: 5px;">6</td><td style="padding: 5px;">7</td><td style="padding: 5px;">8</td><td style="padding: 5px;">9</td><td style="padding: 5px;">10</td><td style="padding: 5px;">11</td><td style="padding: 5px;">12</td><td style="padding: 5px;">13</td><td style="padding: 5px;">14</td><td style="padding: 5px;">15</td><td style="padding: 5px;">16</td> </tr> <tr> <td style="padding: 5px;">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	Coaching planning discusses all aspects of coaching in sports, which consist of: scope of training, training objectives, training system, training factors/aspects, training load norms, training cycles, fatigue and over training, peaking theory.), basic recovery after training and matches, basic physical development, basic training planning, and training periodization.																																																																	
References	Main :																																																																	
	<ol style="list-style-type: none"> 1. 1. Bompa Tudor O . 2009. Periodezatio: Theory and Methodoloy of Training, Human Kinetic . USA 2. 2. Bompa, Tudor O & Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5rd Edition. USA. Human Kinetics 3. 3. Bompa, Tudor O . 1989. Theory and Methodology of Training. Kendall Toronto,Ontaric Canada : Hunt Publishing Company 4. 4. Bompa, Tudor O. 1999. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 5. 5. Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics 6. 6. Rainer Marten, 2012. Succesful Coaching, Human Kinetic, USA . 																																																																	
	Supporters:																																																																	
	<ol style="list-style-type: none"> 1. 1. Bayli, Istvan, Richard Way, Colin Higgs. 2013. Long Term Athlete Development. USA. Human Kinetic 2. 2. Bompa, Tudor, Mauro Di Pasquale & Lorenzo J Cornacchia. 2013. Serious Strenght Training.USA. Human Kinetics 3. 3. Bompa. Tudor & Michael Carerra. Conditioning Young Athletes. USA. Human Kinetics 4. 4. Harsono. 2017. Periodisasi Program Latihan. Bandung. Remaja Rosda Karya. 5. 5. Harsono. 2018. Kepeatihan Olahraga Teori dan Metodologi. Bandung. Remaja Rosda Karya. 6. 6. Lubis, Johansyah. 2016. Panduan Praktis Penyusunan Program Latihan. Depok. Raja Grafindo Persada 7. 7. McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetic 8. 8. Sukadiyanto & Dangsina Muluk. 2011. Pengantar Teori dan Metodologi Melatih Fisik. Bandung. Lubuk Agung. 9. 9. McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human Kinetic 																																																																	
Supporting lecturer	Drs. Machfud Irsyada, M.Pd. Dr. Wijono, M.Pd. Tutur Jatmiko, S.Pd., M.Kes. Fifit Yeti Wulandari, S.Pd., M.Pd. Dr. Donny Ardy Kusuma, S.Pd., M.Kes. 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	1.Understanding of the basics of training 2.Principles of Exercise	1.1. Able to understand the college contract 2.2. Able to explain the meaning of training and its scope 3.3. Able to explain the objectives of the training 4.4. Be able to explain the body's adaptation process to exercise 5.5. Able to show the impact of exercise on physical development	Criteria: Assessment rubric	Lectures and discussions 4 X 50		<p>Material: Definition of Exercise, Principles of Exercise Literature: 1. <i>Bompa Tudor O . 2009. Periodzatio: Theory and Methodology of Training, Human Kinetic. USA</i></p> <p>Material: Definition of Exercise, Principles of Exercise Literature: 3. <i>Bompa, Tudor O. 1989. Theory and Methodology of Training. Kendall Toronto, Ontaric Canada : Hunt Publishing Company</i></p> <p>Material: Definition of Exercise, Principles of Exercise Literature: 5. <i>Harsono. 2018. Sports Coaching Theory and Methodology. Bandung. Rosda Karya Teenager.</i></p> <p>Material: Definition of Exercise, Principles of Exercise Literature: 6. <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p>	5%

2	<p>1.The importance of having knowledge of the principles of training 2.Training Components</p>	<p>1.1. Able to state the principles in practice 2.2. Able to differentiate the principles of training 3.3. Able to Name Training Components 4.4. Differentiate Training Components</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<p>Lectures, discussions and questions and answers 4 X 50</p>		<p>Material: Principles of Training, Components of Training Literature: 1. <i>Bompa Tudor O . 2009. Periodzatio: Theory and Methodology of Training, Human Kinetic. USA</i></p> <p>Material: Principles of Training, Components of Training Literature: 4. <i>Harsono. 2017. Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i></p> <p>Material: Training Principles, Training Components Literature: 5. <i>Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <p>Material: Principles of Training, Components of Training Literature: 6. <i>Lubis, Johansyah. 2016. Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p> <p>Material: Principles of Training, Components of Training Literature: 8. <i>Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.</i></p>	5%
3	<p>Understanding about exercise preparation</p>	<p>1.1. Practice factors 2.2. Various types of physical exercise 3.3. Various types of technical training 4.4. Various types of</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	<p>Lectures, practices and discussions 4 X 50</p>		<p>Material: Training Factors and Types of Exercises Literature: 1. <i>Bompa Tudor O . 2009. Periodzatio: Theory and Methodology of Training, Human</i></p>	4%

theoretical training.
Various types of mental training

Kinetic. USA

Material:
Training Factors and Types of Training
Literature: 3. *Bompa, Tudor O. 1989. Theory and Methodology of Training. Kendall Toronto, Ontario Canada : Hunt Publishing Company*

Material:
Training Factors and Types of Training
References: 6. *Rainer Marten, 2012. Successful Coaching, Human Kinetic, USA.*

Material:
Practice Factors and Types of Practice
Literature: 1. *Bayli, Istvan, Richard Way, Colin Higgs. 2013. Long Term Athlete Development. USA. Human Kinetics*

Material:
Training Factors and Types of Training
Literature: 5. *Harsono. 2018. Sports Coaching Theory and Methodology. Bandung. Rosda Karya Teenager.*

Material:
Practice Factors and Types of Practice
Literature: 8. *Sukadiyanto & Dangsina Muluk. 2011. Introduction to Physical Training Theory and Methodology. Bandung. Lubuk Agung.*

Material:
Practice Factors and Types of Practice
Bibliography: 9. *McGuigan, Mike. 2017. Monitoring Training and Performance in Athlete. USA. Human*

4	Understanding about training variables	1. Exercise Periodization	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lectures and discussions 4 X 50	Kinetics	5% Material: Periodization of Exercises Literature: 2. Bompa, Tudor O & Gregory Haff. 2000. <i>Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i> <hr/> Material: Training Periodization Bibliography: 4. Bompa, Tudor O. 1999. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> <hr/> Material: Training Periodization Bibliography: 5. Bompa, Tudor O. 2015. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i> <hr/> Material: Periodization of Exercise Literature: 1. Bayli, Istvan, Richard Way, Colin Higgs. 2013. <i>Long Term Athlete Development. USA. Human Kinetics</i> <hr/> Material: Periodization of Training Literature: 4. Harsono. 2017. <i>Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i> <hr/> Material: Periodization of Training Literature: 6. Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i> <hr/> Material: Periodization of Exercises Bibliography: 9. McGuigan, Mike. 2017. <i>Monitoring</i>
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						Training and Performance in Athlete. USA. Human Kinetics	
5	Understand about rest and recovery	<p>1.1. Be able to explain the meaning of the Preparatory Period</p> <p>2.2. Able to differentiate General Preparation from other phases</p> <p>3.3. Able to explain exercises in General Preparation</p> <p>4.4. Able to organize exercises in general preparation</p>	<p>Criteria: Assessment rubric</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment</p>	Lectures and discussions 4 X 50		<p>Material: Preparation Phase, General Preparation</p> <p>References: 2. Bompa, Tudor O & Gregory Haff . 2000. <i>Periodization Theory and Methodology of Training. 5th Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Preparation Phase, General Preparation</p> <p>Bibliography: 4. Bompa, Tudor O. 1999. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: Preparation Phase, General Preparation</p> <p>References: 5. Bompa, Tudor O. 2015. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <hr/> <p>Material: preparatory phase, general preparation</p> <p>Reader: 4. Harsono. 2017. <i>Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i></p> <hr/> <p>Material: preparatory phase, general preparation</p> <p>Reference: 6. Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs. Depok. Raja Grafindo Persada</i></p>	5%

6	1. Preparatory Period	<p>1.1. Able to understand the special preparation phase</p> <p>2.2. Able to differentiate the Special Preparation phase from other phases</p> <p>3.3. Able to explain special preparatory training material</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Lectures and discussions 4 X 50		<p>Material: Periodization of Training, Specific Phase</p> <p>References: 2. Bompa, Tudor O & Gregory Haff . 2000. <i>Periodization Theory and Methodology of Training</i>. 5th Edition. USA. Human Kinetics</p> <hr/> <p>Material: Periodization of Training, Specific Phase</p> <p>References: 4. Bompa, Tudor O. 1999. <i>Periodization Training For Sports 3rd Edition</i>. USA. Human Kinetics</p> <hr/> <p>Material: Periodization of Training, Specific Phase</p> <p>References: 5. Bompa, Tudor O. 2015. <i>Periodization Training For Sports 3rd Edition</i>. USA. Human Kinetics</p> <hr/> <p>Material: Preparation Period, Special Preparation</p> <p>Library: 4. Harsono. 2017. <i>Periodization of Training Programs</i>. Bandung. Rosda Karya Teenager.</p> <hr/> <p>Material: Preparation Period, Special Preparation</p> <p>References: 6. Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs</i>. Depok. Raja Grafindo Persada</p>	5%
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7	<p>1.1. Exercise Periodization 2.2. Pre-Match Period</p>	<p>1.1. Be able to explain the meaning of the pre-match period 2.2. Able to differentiate training in the pre-competition period from other phases 3.3. Able to explain training during the pre-competition preparation phase</p>	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Portfolio Assessment, Practice / Performance</p>	<p>Lectures and discussions 4 X 50</p>		<p>Material: Pre Competition Phase References: 1. Bompa Tudor O . 2009. <i>Periodzatio: Theory and Methodology of Training, Human Kinetic. USA</i></p> <p>Material: Pre Competition Phase References: 4. Bompa, Tudor O. 1999. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <p>Material: Pre Competition Phase References: 5. Bompa, Tudor O. 2015. <i>Periodization Training For Sports 3rd Edition. USA. Human Kinetics</i></p> <p>Material: Pre-Match Period Reference: 4. Harsono. 2017. <i>Periodization of Training Programs. Bandung. Rosda Karya Teenager.</i></p>	5%
8	<p>1. Midterm exam 2.1. Definition of Exercise</p>	<p>1. Understanding Exercise 2. Practice principles 3. Training Components 4. Periodization 5. Preparatory Period, General and Special Preparation 6. Competition Period, Pre-Competition</p>	<p>Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Tests</p>	<p>Written Exam 4 X 50</p>	<p>Exam via Google Form</p>	<p>Material: Definition of Exercise, Principles of Exercise, Components of Exercise Literature: 1. Bompa Tudor O. 2009. <i>Periodzatio: Theory and Methodology of Training, Human Kinetic. USA</i></p> <p>Material: Definition of Exercise, Principles of Exercise, Components of Exercise Literature: 3. Bompa, Tudor O. 1989. <i>Theory and Methodology of Training. Kendall Toronto, Ontaric Canada : Hunt Publishing Company</i></p> <p>Material: Definition of</p>	8%

					<p>Exercise, Principles of Exercise, Components of Exercise Literature: 5. Harsono. 2018. <i>Sports Coaching Theory and Methodology</i>. Bandung. Rosda Karya Teenager.</p> <p>Material: Periodization of Training, Preparation Phase, Competition Phase References: 4. Bompa, Tudor O. 1999. <i>Periodization Training For Sports 3rd Edition</i>. USA. Human Kinetics</p> <p>Material: Periodization of Training, Preparation Phase, Competition Phase References: 5. Bompa, Tudor O. 2015. <i>Periodization Training For Sports 3rd Edition</i>. USA. Human Kinetics</p> <p>Material: Training Periodization, Preparation Period, Competition Period Literature: 4. Harsono. 2017. <i>Periodization of Training Programs</i>. Bandung. Rosda Karya Teenager.</p> <p>Material: Training Periodization, Preparation Period, Competition Period Literature: 6. Lubis, Johansyah. 2016. <i>Practical Guide to Preparing Training Programs</i>. Depok. Raja Grafindo Persada</p>	
9	Understand the importance of training cycles	1. Understanding micro cycles 2. Understanding macro cycles	<p>Criteria: Assessment rubric</p> <p>Form of Assessment : Participatory Activities</p>	Lectures and discussions 4 X 50		5%

10	Students understand about workout planning	Practice body shielding and turning correctly	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
11	Students understand about workout planning	1. about training planning 2. Understanding planning requirements 3. Understanding types of training plans 4. Understanding training sessions 5. Models of training session plans	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 3 X 50			5%
12	Students understand strength and power development training planning	1. Understanding strength training methods 2. Understanding power training methods	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 3 X 50			5%
13	Students understand strength and development training planning	1. Understanding strength training planning 2. Understanding power training planning	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lectures and discussions 4 X 50			8%
14	Students are able to understand speed and agility training	1. Understanding speed training 2. Understanding agility training 3. Developing a training program	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
15	Students are able to understand speed and agility training	1. Understanding speed training 2. Understanding agility training 3. Developing a training program	Criteria: Assessment rubric	Lectures and discussions 4 X 50			0%
16			Form of Assessment : Practical Assessment, Practice/Performance, Test	offline			24%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	38.17%
2.	Project Results Assessment / Product Assessment	4.34%
3.	Portfolio Assessment	6.84%
4.	Practical Assessment	8%
5.	Practice / Performance	26%
6.	Test	10.67%
		94.02%

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.
- 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.

