

		Title of Module/Course Methodology of Sports Coaching																																		
Module/C ourse Title (if used)	Student Workload 14 x (2 credits times (50 + 60 +50) minutes)	Credits (ECTS) 2 credits x 1.59	Semester 2 nd Semester		Frequency 14	Duration 1 semester(s)																														
1	Course Type a) Lectures	Contact Hours 14 x 2 credits x 50 minutes	Structured assignments 14 x 2 credits x 60 minutes	Independent study 14 x 2 credits x 60 minutes	Class Size 40 students																															
2	Prerequisites for Participation (if applicable) -																																			
3	Outcomes Learning 1. Students are able to understand the basic science of fitness development 2. able to identify and interpret Aerobic Activities in Fitness Centers 3. able to identify and interpret Weight Training Program Making																																			
4	Subject Objectives / content This course examines the mastery and management of fitness exercises, weight training equipment, at fitness center in theory and practice to improve fitness and sports performance.																																			
5	Teaching Methods CTL (Contextual Learning), KBK (Competency Based Curriculum), Experimental Learning.																																			
6	Assessment Method Students are considered competent and graduate if they at least get a minimum exam score of 68 consisting of UTS, US, structured activities (assignments/T) and participation activities (P).. The final value (NA) is calculated according to the formula: $NA = \frac{(2 \times P) + (3 \times T) + (2 \times UTS) + (3 \times US)}{10}$ Convert the scale value of 0-100 to a scale of 0-4 and the letters are set as follows. <table><tr><th>Letter</th><th>Numbers</th><th>Interval</th></tr><tr><td>A</td><td>4.00</td><td>85 A <100</td></tr><tr><td>A-</td><td>3.75</td><td>80 A- < 85</td></tr><tr><td>B+</td><td>3.50</td><td>75 B+ <80</td></tr><tr><td>B</td><td>3.00</td><td>70 B < 75</td></tr><tr><td>B-</td><td>2.75</td><td>65 B- < 70</td></tr><tr><td>C+</td><td>2.50</td><td>60 C+ < 65</td></tr><tr><td>C</td><td>2.00</td><td>55 C < 60</td></tr><tr><td>D</td><td>1.00</td><td>40 D < 55</td></tr><tr><td>E</td><td>0.00</td><td>0 E < 40</td></tr></table>						Letter	Numbers	Interval	A	4.00	85 A <100	A-	3.75	80 A- < 85	B+	3.50	75 B+ <80	B	3.00	70 B < 75	B-	2.75	65 B- < 70	C+	2.50	60 C+ < 65	C	2.00	55 C < 60	D	1.00	40 D < 55	E	0.00	0 E < 40
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7	This module is used in theStudy Program S-1of Coaching Education Sport																																			

8	Responsibilities formodules/courses Mandatory
9	Other Information 1. Austin, Denise. 1996. Jump Start, 21 Days Plan to Lose Weight, Get Fit, and Increase Your Energy and Enthusiasm for Life. New York, USA 2. Beach, Thomas. R., & Groves, Barney. R. 2003. Weight Training. Jakarta 3. Bompa, Tudor O. 1989. Theory and Methodology of Training. Kendall Toronto, Ontario Canada : Hunt Publishing Company 4. Harsono, Prof., Drs., M.Sc. 1993. Exercise Physical Conditions. Jakarta 5. Harsono, Prof., Drs., M.Sc. 1993. Training Principles. Jakarta 6. Hatfield, Frederick C. Ph.D. 1993. Hardcore Body Building; A Scientific Approach. Chicago, USA : Contemporary Books 7. Setijono, H., Matuankotta, IM, Hasan, Nur. 2001. Fitness Instructor. Surabaya : Unesa University Press 8. Sugiyanto, Dr., et al. 1993. Learning Motion. Harsono, Prof. 9. Suharno, HP., Prof, Drs. 1993. Training Methodology. Jakarta 10. Weider, Joe. 2003. Muscle and Fitness Training Notebook (Collector Edition). USA 11. Wuebben, Joe. 2003. The Beginner 19s Guide to Bodybuilding (Muscle & Fitness Magazine February Edition). USA