

		Title of Module/Course Planning for Parachuting/Paragliding/Gantole Sports Branch																				
/Course Title of Module/C ourse (if used)		Student Workload 14 x (4 credits times (50 + 60 +50) minutes)	Credits (ECTS) 4 credits x 1 ,59	Semester 5 rd Semester		Frequency 14	Duration 1 semester(s)															
1	Type of Course a) Lectures		Contact Hours 14 x 4 credits x 50 minutes	Structured assignments 14 x 4 credits x 60 minutes	Independent study 14 x 4 credits x 60 minutes	Class Size 40 students																
2	Prerequisites for Participation (if applicable)																					
3	Learning Outcomes 1. Able to master theoretical concepts Planning of sports training programs 2. Able to understand theoretical concepts Planning of sports training programs and their application to the sport of boxing 3. Able to apply and analyze the Planning of boxing sports training programs that are relevant according to existing theories 4. Able to develop programs annual training to daily programs and training sessions. 5. Able to be responsible individually and in groups in applying the theory of relevant Boxing sports training program planning.																					
4	Target Subject / content This course examines the planning of a Boxing sports training program including objectives, benefits, factors for the preparation, and periodization of training, annual training programs, monthly training programs, programs, weekly training, daily training programs, and training sessions.																					
5	Teaching Methods Lecture,																					
6	Assessment Methods 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></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
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	<table><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>	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 Compulsory															
9	Other Information 1. Bompa Tudor O, Half G Gregory 2015. : Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins. 2. Powers SK, Howley ET, 2009. : Exercise Physiology, McGraw Hill;. 3. Robinson Paul E, 2015. Foundation of Sport Coaching, 2nd Edition, Routledge. 4. Bompa Tudor O, 2005. , Total Training for your Champion, Human Kinetics. 5. Bompa Tudor O Carrera Michael, 2000. , Periodization Training for Sport, Human Kinetics. 6. Bompa Tudor O, Michael Carrera, 2015. , Conditioning Young Athletes, Human Kinetics. 7. Munasifah. 2001. Getting to know the Skydiving.Library 8. Federal Aviation Administration. 2008. Weight Shift Control Aircraft Flying Handbook. 9. Martens. Rainer. 2002. Successful coaching . USA. Human Kinetic 10. Bompa, Theory and Methodology of Training, 2005 USA, Human Kinetic															