



**STATE UNIVERSITY SURABAYA
FACULTY OF SPORTS
STUDIES Coaching Education SPORTS**

Document Code

PLAN FOR LEARNING SEMESTER

COURSE (MK)		CODE	Clumps MK	WEIGHT (SKS)		SEMESTER	Date of Preparation
Instructor FITNESS		8520202349	Course Skills bekarya	T = 2	P = 0	5	18 MAY 2021
AUTHORIZATION		Developers RPS		Coordinator of RMK		Head of PRODI said	
		Jatmiko, S.Pd., M.Kes.		-		Dr. Irmantara Subagio., M.Kes	
Learning Outcomes (CP) of	PLO-PRODI assigned to MK						
	PLO-5	Able to make sports training programs according to the sport they are engaged in					
	PLO-9	Expert in sports coaching					
	PLO-14	Professionally responsible for the ongoing process.					
	Learning Outcomes of the Course (CLO)						
CLO-1	Mastery and management of fitness exercises, weight training equipment, in a fitness center in theory and practice to improve fitness and sports performance.						
Brief Description of the Court.	Mastery and management of fitness exercises, weight training equipment, in a fitness center in theory and practice to improve fitness and sports performance.						
Study Material: Learning Materials	<ol style="list-style-type: none"> 1. Supporting the development of fitness and achievement. 2. Human anatomy in Weight 3. Training Machines and Free Weights Shoulder 4. Treadmills, Bike Races, Steps Race 5. Training Machines and Free Chest and Abdominal Weight Machines and Free Weight Machines and Free 6. Weights Training Weights Leg and Triceps Training Weights 7. Cardiovascular Equipment 8. Basic Spotting in Weight Training 9. Fitness center system. 						

Libraries		Main:					
		<ol style="list-style-type: none"> 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 					
Teaching Lecturer		<ol style="list-style-type: none"> 1. Jatmiko, S.Pd., M.Kes. 2. Dra. Ika Jayadi, M.Kes. 3. Visit Ashadi, S.Pd., M.Fis., AIFO. 4. Dr. Mochamad Purnomo, S.Pd., M.Kes. 					
Course requirements		-					
Mg Ke-	Final ability of each learning stage	Assessment of		Learning Forms, Learning Methods, Student Assignments, [Time Estimation]		Learning Materials [Libraries]	Weight of Assessment (%)
		Indicators	Criteria& Forms	Offline (offline)	Online (online)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1-2	Understanding and mastering the Basics of Fitness Development	Students are able to understand the basic science of fitness development and achievement	Lecture Question and answer	2 x 50 face to face (Case study, q&a and discussion) 2 x 60 structured tasks 2 x 60 self-study		2,3,5	

3-4	Human Functional Anatomy in Weight Training.	<ol style="list-style-type: none"> 1. Students are able to identify and interpret Human Functional Anatomy in Weight Training 2. Demonstrate a caring and tough attitude in formulating the occurrence of muscle contractions and various types of muscle contractions during exercise 	Open Questions	<p>2 x 50 face-to-face (Casus study, Q&A and discussion)</p> <p>2 x 60 structured tasks</p> <p>2 x 60 self-study</p>		2,3,5	
5	Mastering Leg Muscle Weight Training and Machine Triceps and Free Weight	<ol style="list-style-type: none"> 1. Demonstrate an intelligent and tough attitude in formulating circulation. 2. Demonstrate a caring and honest attitude in analyzing the weight training process 	Open Questions	<p>2 x 50 face-to-face (case study, q&a and discussion)</p> <p>2 x 60 structured assignments</p> <p>2 x 60 independent study</p>		2,3,5	
6	Understand and master the respiratory system Students are able to identify and interpret	<ol style="list-style-type: none"> 1. Demonstrate an intelligent and caring attitude in linking the 	Open Questions	<p>2 x 50 face-to-face (Casus study, q&a and discussion)</p>		2,3 ,5	

	Cardiovascular Equipment	<p>respiratory system.</p> <p>2. Demonstrate an honest and caring attitude in analyzing the process of expiration, inspiration, pulmonary diffusion, oxygen and carbon dioxide exchange</p>		<p>2 x 60 structured tasks</p> <p>2 x 60 independent study</p>			
7-8	Students are able to identify and interpret the Basics of Spotting in Weight Training	<p>1. Understanding Spotters</p> <p>2. Role of Spotters</p> <p>3. Mastery of Weight Training Tools and Techniques</p> <p>4. Ethics Spotter</p>	Open and oral Questions	<p>2 x 50 face-to-face (case studies, q&a and discussion)</p> <p>2 x 60 structured assignments</p> <p>2 x 60 independent study</p>		1,4	
9	Mid-Semester Evaluation / Mid-Semester Exam						20%
10-14	Mastering and understanding the system and able to identify and interpret Aerobic Activities in the Fitness Center	<p>1. Demonstrate a strong and intelligent attitude in analyzing how the system is and be able to identify and interpret Aerobic Activities in the Fitness Center</p>	Open and oral questions	<p>2 x 50 face to face (Case study , q&a and discussion)</p> <p>2 x 60 structured tasks</p> <p>2 x 60 self-study</p>		1,2,3	

15	Mastering and understanding the making of a weight training program.	1. Students are able to identify and interpret the Making of a Weight Training Program	Open and oral Questions	2 x 50 face-to-face (case study, q&a and discussion) 2 x 60 structured assignments 2 x 60 independent study		1,2,3	
16	Final Semester Evaluation /Semester Final Examination						30%