

## SILABUS DEVELOPMENT OF THE SPORTS PROGRAM (OR715)

(Pengembangan Program Pembinaan Olahraga)

Second Semester - 2(two) credits)

Lecturer: Prof. Harsono, Drs., M.Sc.

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### DESCRIPTION OF COURSE

After attending the OR707 course, which is a prerequisite for this OR715 course given in this semester, the student must be able "to blend" all the knowledge given in the previous semester (OR707) to be able to design and plan a annual program for competitive athletes. Among others, how to organize a training program in macro (monthly) as well as in micro (weekly) phases; when will be the appropriate phase to plan high volume and low volume of training; as well as when is the right time to design high or low intensity of training based on the development of the skill and biomotoric elements of the athlete.

With the right annual planning and the appropriate content of each training phase, it is assumed that the athlete will be able to take part in a 12-month training program and fulfill the features of the annual plan satisfactorily.

The content of the course is concentrated on two main aspects:

a. The first part of the course will concentrate on the planning of each training phase. There are five phases in one annual training plan: a) basic preparatory phase, b) specific preparatory phase, c) pre-competition phase, d) main competition phase, and e) transition phase. The content of each phase should be based on scientific principles of training and condition training already comprehensively explained in the OR707 course.

b. The second part of this semester will deal with the psychological aspects of training or mental training. The importance of mental preparation at all levels of sport is gaining acceptance in our country. Given the recent development in sport, it is clear that coaches must be as familiar with sport psychology as they are with techniques and team strategies. That's why, the primary purpose of this subject is to educate prospective coaches in the psychology of sport. It attempts also to provide examples of empirically based answers to questions arising directly from the field of sport.

### COURSE CONTENT Session

1. General concept of designing - Basic Principles of Planning an Annual Program.a Training Program.
2. Training Cycles - Mono Cycle, Bi-Cycle, Tri-Cycle.
3. Periodization of Training - Phases and Sub-Phases of Training, Preparation-Competitive-, Transition Phase.
4. „ - General Prep. Phase: Emphasis on Volume and Intensity and Biomotoric Factors.
5. „ - Specific Prep. Phase: Emphasis on Volume, Intensity of Tr., and Technical Elements.
6. „ - Pre- and Main Competitive Phase: Emphasis on Volume, Intensity, Tactical Tr. & Competition.
7. „ - Unloading and Transition Phase.
8. MID SEMESTER EXAMINATION
9. Introduction to Psychological Training. The Nature of Psychological Training. Psy-Aspects of Training. Psychosomatic Unity, Philosophy of Coaching.
10. Motivation Intrinsic, Extrinsic, Techn. of Motivation.
11. Arousal/Activation Inverted-U, Anxiety.
12. Aggression Aggression & Performance, Desensitization Techniques.
13. Relaxation Training Cratty, Jacobson & Schultz, Progressive Relax., Autogenic, Deep Breathing, Meditation, Mental Preparation Before Contest.
14. Defense Mechanisms Security Operations, Projection, Denial, Displacement.

15. „ (cont.) Compensation, Cases, etc. Student's
16. Paper Presentation Student's
17. Paper Presentation
18. FINAL EXAMINATION

#### BIBLIOGRAPHY

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- Theory and Methodology of Training*. Iowa, Dubuque: Kendal/Hunt Publishing Company.
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- Freeman, William H. (1991). *Peak, when it Counts*. Mountain View, California: Tafnews Press.
- Harris, Dorothy V. dan Harris, Bette L. (1984). *The Athlete's Guide to Sport Psychology*. New York: Leisure Press.
- Harsono. (1988). *Coaching dan Aspek-Aspek Psikologis dalam Coaching*. Jakarta: C.V. Tambak Kusuma.
- (2004). *Perencanaan Program Latihan*. Ed. II. Diktat. FPOK-UPI Bandung. March, 2008