



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Physical Education, Health & Recreation Undergraduate Study**  
**Program**

**Document Code**

**SEMESTER LEARNING PLAN**

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Hand ball	8520102030		T=2	P=0	ECTS=3.18	8	April 30, 2023
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Dr. Nur Ahmad Arief, M.Pd. Drs. Hari Wisnu, M.Pd.		Dr. Nur Ahmad Arief, M.Pd.			Dr. Mochamad Ridwan, S.Pd., M.Pd.	

Learning model	Project Based Learning																																																																																																																			
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																																																			
	Program Objectives (PO)																																																																																																																			
	PO - 1	Able to demonstrate a scientific, critical and innovative thinking attitude in learning handball																																																																																																																		
	PO - 2	Able to use appropriate ICT to obtain alternative solutions in learning handball																																																																																																																		
	PO - 3	Able to solve problems in project-based handball learning and guided discovery independently or in groups																																																																																																																		
	PO - 4	Able to apply technology in learning handball																																																																																																																		
	PLO-PO Matrix																																																																																																																			
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																																																				
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Short Course Description	This course will discuss theoretical understanding of the basic concepts of Handball, the history of Handball and its development, game rules and basic techniques, as well as being able to practice the correct basic techniques of playing Handball.
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References	<b>Main :</b>
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1. Haris, Ridwan. 1986. Permainan Bola Tangan, Bandung . FPOK UPI. Mahendra, Agus 2002. Bola Tangan, Jakarta: Dikti. I.H.F. International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com
2. Czerwinski, J. and Taborsky F. (1997) Basic Handball Methods / Tactics / Technique. European Handball Federation. Austria
3. Clanton, R. e., and Dwight, M. P. (1997) Team handball : steps to success. Human Kinetics, Inc. United States of America.
4. Franquelli, J. V. Introduction to Handball for Physical Education. (Presentation)
5. IHF | The International Handball Federation – Timeline of Milestones
6. Milestone Madeira: The long road to the foundation of the EHF | EHF (eurohandball.com)
7. History (asianhandball.org)
8. IHF. 2016. Rules of the Game

**Supporters:**

1. Bola Tangan Akan Dipertandingkan di PON Jabar - Sport Tempo.co

**Supporting lecturer**

Drs. Hari Wisnu, M.Pd.  
Dr. Nur Ahmad Arief, S.Pd., M.Pd.

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	Able to understand the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	<b>Criteria:</b> 1.liveliness 2.formulate the history of handball  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment, Tests	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		<b>Material:</b> history of world handball <b>Reference:</b> <i>IHF   The International Handball Federation – Timeline of Milestones</i>	10%
2	Able to understand the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	<b>Criteria:</b> 1.liveliness 2.formulate the history of handball  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		<b>Material:</b> history of world handball <b>Reference:</b> <i>IHF   The International Handball Federation – Timeline of Milestones</i>  <b>Material:</b> history of European handball <b>Reference:</b> <i>Milestone Madeira: The long road to the foundation of the EHF   EHF (eurohandball.com)</i>	9%
3	Able to understand the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	<b>Criteria:</b> 1.liveliness 2.formulate the history of handball  <b>Form of Assessment :</b> Participatory Activities, Practical Assessment	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		<b>Material:</b> history of Asian handball <b>Reference:</b> <i>Milestone Madeira: The long road to the foundation of the EHF   EHF (eurohandball.com)</i>  <b>Material:</b> history of Indonesian handball <b>Reference:</b> <i>Handball will be competed in West Java PON - Sport Tempo.co</i>	9%
4	Understand and identify the rules of the Handball game	- Understand the rules of the Handball game - Identify the rules of the Handball game	<b>Criteria:</b> 1.liveliness 2.formulate regulations  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Tests	Lectures, discussions, questions and answers 2 X 50		<b>Material:</b> indoor regulations <b>Reference:</b> <i>IHF. 2016. Rules of the Game</i>	10%

5	Understand and identify the rules of the Handball game	- Understand the rules of the Handball game - Identify the rules of the Handball game	<b>Criteria:</b> liveliness  <b>Form of Assessment :</b> Participatory Activities	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> indoor regulations <b>Reference:</b> <i>IHF. 2016. Rules of the Game</i>	10%
6	Understand and identify the rules of the Handball game	- Understand the rules of the Handball game - Identify the rules of the Handball game	<b>Criteria:</b> 1.liveliness 2.formulate regulations  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers 2 X 50		<b>Material:</b> Indoor regulations <b>Reference:</b> <i>IHF. 2016. Rules of the Game</i>	5%
7	Understand and identify the rules of the Handball game	- Understand the rules of the Handball game - Identify the rules of the Handball game	<b>Criteria:</b> 1.liveliness 2.formulate regulations  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> indoor regulations <b>Reference:</b> <i>IHF. 2016. Rules of the Game</i>	5%
8	Students can work on questions from meeting material 1 - 15	Midterm exam	<b>Criteria:</b> 1.liveliness 2.Formulate knowledge	2 X 50		<b>Material:</b> UTS <b>Reader:</b> <i>Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
9	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<b>Criteria:</b> completeness of basic engineering reports  <b>Form of Assessment :</b> Practice / Performance	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		<b>Material:</b> basic techniques <b>References:</b> <i>Czerwinski, J. and Taborsky F. (1997) Basic Handball Methods / Tactics / Technique. European Handball Federation. Austria</i>	2%
10	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<b>Criteria:</b> completeness of basic engineering reports  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		<b>Material:</b> basic techniques <b>References:</b> <i>Clanton, R. e., and Dwight, MP (1997) Team handball: steps to success. Human Kinetics, Inc. United States of America.</i>	5%
11	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<b>Criteria:</b> completeness of basic engineering reports  <b>Form of Assessment :</b> Project Results Assessment / Product Assessment, Practice / Performance, Test	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		<b>Material:</b> basic techniques <b>References:</b> <i>Franquelli, JV Introduction to Handball for Physical Education. (Presentation)</i>	5%

12	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<p><b>Criteria:</b> completeness of basic engineering reports</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		<p><b>Material:</b> basic techniques  <b>References:</b> Czerwinski, J. and Taborsky F. (1997) <i>Basic Handball Methods / Tactics / Technique.</i> European Handball Federation. Austria</p>	5%
13	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<p><b>Criteria:</b> completeness of basic engineering reports</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Lectures, discussions, questions and answers, demonstrations, tactical approach 2 X 50		<p><b>Material:</b> basic techniques  <b>References:</b> Czerwinski, J. and Taborsky F. (1997) <i>Basic Handball Methods / Tactics / Technique.</i> European Handball Federation. Austria</p>	5%
14	Practicing basic Handball techniques through small games.	- Practicing basic Handball techniques - Practicing small games of Handball.	<p><b>Criteria:</b> completeness of basic engineering reports</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Discussion and Practice 2 X 50		<p><b>Material:</b> basic techniques  <b>References:</b> Czerwinski, J. and Taborsky F. (1997) <i>Basic Handball Methods / Tactics / Technique.</i> European Handball Federation. Austria</p>	5%
15	Analyze basic techniques based on handball games	Basic technical analysis report of one of the team's players	<p><b>Criteria:</b> Completeness of report</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Responsive and independent 2 X 50		<p><b>Material:</b> basic techniques  <b>Reader:</b> Haris, Ridwan. 1986. <i>Handball Game, Bandung.</i> FPOK UPI. Mahendra, Agus 2002. <i>Handball, Jakarta:</i> Dikti. IHF International Handball Federation. (2000). <i>Commission of Coaching and Method hand ball.</i> Dutchland. www. IHF.com www.AHF.com</p>	10%
16	Students can work on questions from meeting material 1 - 15	Final exams	<p><b>Criteria:</b>  1.liveliness  2.Formulate knowledge</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Offline 2x50		<p><b>Material:</b> UAS Knowledge  <b>Literature:</b> Czerwinski, J. and Taborsky F. (1997) <i>Basic Handball Methods / Tactics / Technique.</i> European Handball Federation. Austria</p> <p><b>Material:</b> UAS Knowledge  <b>References:</b> Clanton, R. e., and Dwight, MP (1997) <i>Team handball: steps to success.</i> Human Kinetics, Inc. United States of America.</p>	5%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	30.84%
2.	Project Results Assessment / Product Assessment	43.01%
3.	Portfolio Assessment	3%

4.	Practical Assessment	7%
5.	Practice / Performance	8.68%
6.	Test	7.5%
		100%

#### Notes

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **Forms of assessment:** test and non-test.
8. **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.
9. **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.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **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%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.