



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																																																																			
Sepak takraw	8520102174	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	3	July 16, 2024																																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																				
	Drs. Sudarso 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	understand and be able to apply presentation principles and techniques																																																																								
	PO - 2	master the basic movements of takraw																																																																								
	PLO-PO Matrix																																																																									
	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 20%;">P.O</td> <td colspan="16"></td> </tr> <tr> <td>PO-1</td> <td colspan="16"></td> </tr> <tr> <td>PO-2</td> <td colspan="16"></td> </tr> </table>							P.O																	PO-1																	PO-2																																
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PO-2																																																																										
PO Matrix at the end of each learning stage (Sub-PO)																																																																										
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 10%;">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td></td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>PO-2</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>							P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																
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PO-1																																																																										
PO-2																																																																										
Short Course Description	This course discusses understanding the basic concepts of sepak takraw techniques, the history of sepak takraw regulations and their application in the sepak takraw teaching and learning process. Lectures are carried out with lectures, practice, project assignments and reflection.																																																																									
References	Main :																																																																									
	1. TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Dasar-dasar sepak takraw. Kanada: ASEC Hakim, A. 2007 : Sepak takraw : Surabaya : unesa University Press Usli, L. 2004. Pembeajaran permainan sepak takraw : Jakata dirjen olahraga ISTAF. 2011. Rule of the Games. Bangkok. Persatuan sepak takraw seluruh indonesia																																																																									
	Supporters:																																																																									
Supporting lecturer	Drs. Sudarso, M.Pd. Dr. Mochamad Ridwan, 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	explains the history and numbers being contested	General history of takraw material	<p>Criteria: 1.Participation Assessment Criteria 2.Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	lectures and discussions 2 X 50		<p>Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . <i>www.takrawthailand.com</i> Engel R. 2010. <i>Basics of sepak takraw</i>. Canada: ASEC Hakim, A. 2007: <i>Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</i></p>	6%
2	explains basic sepak takraw techniques	Mastering horse kick passingmastering horse kick passing	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	lecture and demonstration 4 X 50		<p>Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . <i>www.takrawthailand.com</i> Engel R. 2010. <i>Basics of sepak takraw</i>. Canada: ASEC Hakim, A. 2007: <i>Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</i></p>	10%
3	explains basic sepak takraw techniques	Mastering horse kick passingmastering horse kick passing	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	lecture and demonstration 4 X 50		<p>Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . <i>www.takrawthailand.com</i> Engel R. 2010. <i>Basics of sepak takraw</i>. Canada: ASEC Hakim, A. 2007: <i>Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</i></p>	5%
4	explains the technique of playing sepak takraw	Mastering badek football, mastering passing by understanding, mastering passing by heading	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	4 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . <i>www.takrawthailand.com</i> Engel R. 2010. <i>Basics of sepak takraw</i>. Canada: ASEC Hakim, A. 2007: <i>Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</i></p>	5%

5	explains the technique of playing sepak takraw	Mastering badek football, mastering passing by understanding, mastering passing by heading	Criteria: Participation Assessment Criteria Form of Assessment : Project Results Assessment / Product Assessment	4 X 50 demonstration		Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . www.takrawthailand.com Engel R. 2010. <i>Basics of sepak takraw</i> . Canada: ASEC Hakim, A. 2007: <i>Sepak takraw</i> : Surabaya: Unesa University Press Usli, L. 2004. <i>Teaching the game sepak takraw</i> : Jakarta, Director General of Sports, ISTAF. 2011. <i>Rules of the Games</i> . Bangkok. Indonesian sepak takraw association	5%
6	explain the rules of playing sepak takraw	Master the rules of the game	Criteria: Participation Assessment Criteria Form of Assessment : Project Results Assessment / Product Assessment	4 X 50		Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . www.takrawthailand.com Engel R. 2010. <i>Basics of sepak takraw</i> . Canada: ASEC Hakim, A. 2007: <i>Sepak takraw</i> : Surabaya: Unesa University Press Usli, L. 2004. <i>Teaching the game sepak takraw</i> : Jakarta, Director General of Sports, ISTAF. 2011. <i>Rules of the Games</i> . Bangkok. Indonesian sepak takraw association	9%
7	explain the rules of playing sepak takraw	Master the rules of the game	Criteria: 1.Participation Assessment Criteria 2.Participation Assessment Criteria Form of Assessment : Project Results Assessment / Product Assessment	4 X 50		Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . www.takrawthailand.com Engel R. 2010. <i>Basics of sepak takraw</i> . Canada: ASEC Hakim, A. 2007: <i>Sepak takraw</i> : Surabaya: Unesa University Press Usli, L. 2004. <i>Teaching the game sepak takraw</i> : Jakarta, Director General of Sports, ISTAF. 2011. <i>Rules of the Games</i> . Bangkok. Indonesian sepak takraw association	7%
8	UTS	UTS	Criteria: 1.Participation Assessment Criteria 2.Participation Assessment Criteria Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	written test 2 X 50		Material: sepak takraw movement Reference: TSF.2005. <i>How To Play Sepak Takraw</i> . www.takrawthailand.com Engel R. 2010. <i>Basics of sepak takraw</i> . Canada: ASEC Hakim, A. 2007: <i>Sepak takraw</i> : Surabaya: Unesa University Press Usli, L. 2004. <i>Teaching the game sepak takraw</i> : Jakarta, Director General of Sports, ISTAF. 2011. <i>Rules of the Games</i> . Bangkok. Indonesian sepak takraw association	5%

9	explains advanced playing techniques	master advanced playing techniques	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment, Practice / Performance, Test</p>	4 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	7%
10	explains advanced playing techniques	master advanced playing techniques	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment, Test</p>	4 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	5%
11	explains advanced techniques for playing sepak takraw	mastering blockmastering receive	<p>Criteria: 1.Participation Assessment Criteria 2.Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	6 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	5%
12	explains advanced techniques for playing sepak takraw	mastering blockmastering receive	<p>Criteria: Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	6 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	7%

13	explains advanced techniques for playing sepak takraw	mastering blockmastering receive	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Participation Assessment Criteria 2.Participation Assessment Criteria <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	6 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	10%
14	explains the double event sepak takraw game	Master and explain double events	<p>Criteria:</p> <p>Participation Assessment Criteria</p> <p>Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	4 X 50 demonstration		<p>Material: sepak takraw movement Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	5%
15	explains the double event sepak takraw game	Master and explain double events	<p>Criteria:</p> <p>Participation Assessment Criteria</p> <p>Form of Assessment : Project Results Assessment / Product Assessment</p>	4 X 50 demonstration		<p>Material: word movement material Reference: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	3%
16	UAS	UAS	<p>Criteria:</p> <ol style="list-style-type: none"> 1.Participation Assessment Criteria 2.Participation Assessment Criteria <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment</p>	Written Test 2 X 50		<p>Material: UAS Library: TSF.2005. How To Play Sepak Takraw . www.takrawthailand.com Engel R. 2010. Basics of sepak takraw. Canada: ASEC Hakim, A. 2007: Sepak takraw: Surabaya: Unesa University Press Usli, L. 2004. Teaching the game sepak takraw: Jakarta, Director General of Sports, ISTAF. 2011. Rules of the Games. Bangkok. Indonesian sepak takraw association</p>	6%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	9.5%
2.	Project Results Assessment / Product Assessment	79.33%
3.	Portfolio Assessment	2%
4.	Practical Assessment	2%
5.	Practice / Performance	2.33%
6.	Test	4.83%
		99.99%

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.