



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																																																			
Softball	8520102177	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	2	April 28, 2023																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																				
	Kolektus Oky Ristanto, S.Pd., M.Pd.		Prof. Dr. Abdul Rachman Syam Tuasikal, 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	Mastering general knowledge and the basics of the game of softball																																																								
	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	Mastering general knowledge and basics of softball; master the basic techniques of throwing, catching, hitting, running between bases, defending, attacking; master how to record scores and referee; get to know the organization of softball games; have a responsible and intelligent attitude towards the task of organizing softball matches.																																																									
References	Main :																																																									
	<ol style="list-style-type: none"> 1. Bethel Dell. 1987. Petunjuk Lengkap Softball dan Baseball . Semarang: Dahara Prize. 2. Brockmeyer and Potter. 1989. Softball Step To Success . Canada: Leisure Press Champatgh, Illinois. 3. Ajang Suparlan, Dkk. 2008. Modul, Pembelajaran Softball. Universitas Pendidikan Indonesia. 4. Christina, Sasminta dan Kristiyandaru, Advendi. 2017. Softball . Surabaya : Unesa University Press. 5. Drs. Parno. 1992. Olahraga pilihan softball . 6. .2005 . Official rules of softball 7. .2005 . Official rules of baseball 8. Chick, Loren . 1979. Coaching and power hitting. 9. Bench, J. 1975. Coaching winning softball. 10. Bethel, D. 1979. Coaching winning baseball. Quality Books. 																																																									
	Supporters:																																																									
	<ol style="list-style-type: none"> 1. Starkes, J.L. and Lindley, S., Can We Hasten Expertise by Video Simulations? Quest, 1994, 46, 211-222 2. Ridwan Engkos Achmad Kuncoro. (2008). Cara menggunakan dan memaknai analisis jalur (Path Analysis). Bandung: Alfabeta. Iqbal Nur Huda, James Tangkudung, Achmad Sofyan Hanif: Pengaruh Power Lengan, Fleksibilitas Pinggang, Dan Koordinasi Mata Tangan Terhadap Keterampilan Memukul Pada Permainan Softbal 3. Stevens, M. and K. W. (2009). Coaching Softball Technical and Tactical Skills. USA: American Sport Education Program. 																																																									
Supporting lecturer	Dra. Sasminta Christina Yuli Hartati, M.Pd. Dr. Advendi Kristiyandaru, S.Pd., M.Pd. Kolektus Oky Ristanto, S.Pd., M.Pd. Muchamad Arif Al Ardha, S.Pd., M.Ed., Ph.D.																																																									

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 explain assessment procedures and rules of lecture activities.	Able to explain assessment procedures and rules of lecture activities.	Criteria: Test Form of Assessment : Participatory Activities, Tests	Using the lecture method to prepare a detailed softball lecture contract with the rules agreed upon by the lecturer and students 100 Minutes	Using zoom media to prepare a softball lecture contract in detail, complete with rules agreed upon by the lecturer and students 100 Minutes	Material: Preparation of study contracts, description of softball courses. References: <i>Bethel Dell. 1987. Complete Guide to Softball and Baseball. Semarang: Dahara Prize.</i> Material: Introduction to Softball and Baseball. Library: .2005. <i>Official rules of softball</i>	5%
2	Students know the types of equipment available on the softball field, and master the simple rules of the softball game.	1.Able to explain simple game rules. 2.Be able to name various softball game equipment	Criteria: test Form of Assessment : Participatory Activities, Tests	Oral and Practical: Explain the equipment on the field and the tools used by a player when making a shot at either softball or baseball 100 Minutes	Using Zoom Media Orally and Videoly: Explaining the equipment on the field and the tools used by a player when making a shot at either softball or baseball 100 Minutes	Materials: Softball and Baseball Equipment Library: <i>Bethel Dell. 1987. Complete Guide to Softball and Baseball. Semarang: Dahara Prize.</i> Material: General rules for playing softball Library: .2005 . <i>Official rules of softball</i>	5%
3	Have skills in throwing and catching in pairs	Able to practice throwing and catching softball balls in pairs	Criteria: Test Form of Assessment : Participatory Activities, Practice/Performance	Oral and practical: Explain the difference between gloves for all players with first base mitt and catcher mitt, Under hand throw, Chest throw 100 Minutes	Using zoom media verbally and video: Explaining the differences between gloves for all players with first base mitt and catcher mitt, Under hand throw, Chest throw 100 Minutes	Material: Basic techniques for playing softball Reader: <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i>	10%
4	Have skills in throwing and catching in pairs	Able to practice throwing and catching softball balls in pairs	Criteria: Test Form of Assessment : Participatory Activities, Tests	Oral and practical: Explain side arms throw, overhead throw, grounding 100 minutes	Using zoom media verbally and video: Explain throws from the side (side arms throws, throws from above (overhead throws), bottom catches (grounding) 100 Minutes	Material: Basic techniques for playing softball Reader: <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i>	5%

5	Have skills in throwing and catching in pairs	Able to practice throwing and catching softball balls in pairs	<p>Criteria: Test</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Oral and practical: Explain side arms throw, overhead throw, grounding 100 minutes	Using zoom media verbally and video: Explain throws from the side (side arms throws, throws from above (overhead throws), bottom catches (grounding) 100 Minutes	<p>Material: Basic techniques for playing softball Reader: <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i></p>	10%
6	Have hitting skills with an understanding of ball and strike, foul ball and fair ball	<p>1.Able to punch with the correct technique</p> <p>2.Able to explain the concepts of ball, strike, foul ball and fair ball.</p>	<p>Criteria: Test</p> <p>Form of Assessment : Practice/Performance, Test</p>	Explaining and practicing hitting skills and understanding ball and strike, foul ball and fair ball 100 minutes	Using zoom media to explain and practice hitting skills and understanding balls and strikes, foul balls and fair balls 100 minutes	<p>Material: Rules for playing softball References: <i>Christina, Sasminta and Kristiyandaru, Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p> <p>-----</p> <p>Material: Rules for playing softball Library: .2005 . Official rules of softball</p>	5%
7	Have the skills to make batting strokes with sacrifice and squeeze types of strokes	Able to perform sacrifice and squeeze punches with the correct technique.	<p>Criteria: Test</p> <p>Form of Assessment : Practice/Performance, Test</p>	Explain and perform batting strokes using sacrifice and squeeze strokes for 100 minutes	Using zoom media to explain and perform batting strokes with the 100 Minutes sacrifice and squeeze type strokes	<p>Material: Types of shots in softball. Reference: <i>Events Suparlan, et al. 2008. Module, Softball Learning. Indonesian education university.</i></p>	5%
8	Have the skills to do base running, base to base	Able to do base running correctly	<p>Criteria: Test</p> <p>Form of Assessment : Participatory Activities</p>	Learning Form: Face-to-face lecture Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignments to practice and increase base running time 100 minutes	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent practical assignment and increase base running time 100 Minutes	<p>Material: Base running Bibliography: <i>Christina, Sasminta and Kristiyandaru, Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p> <p>-----</p> <p>Material: Throwing and batting techniques Library: .2005 . Official rules of baseball</p>	10%

9	Have the skills to do base running, base to base	Midterm Exam: Able to do base running correctly	Criteria: Test Form of Assessment : Participatory Activities, Practice/Performance	Learning Form: Face-to-face lecture Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignments to practice and increase base running time 100 minutes	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent practical assignment and increase base running time 100 Minutes	Material: Base running Bibliography: <i>Christina, Sasminta and Kristiyandaru, Advendi. 2017. Softball. Surabaya: Unesa University Press.</i>	5%
10	Have throwing and batting skills correctly	1. Midterm Exam: Able to throw as far as possible 2. Midterm Exam: Able to do Batting correctly	Criteria: Test Form of Assessment : Participatory Activities, Practice/Performance	Learning Form: Face-to-face lecture Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment to practice throwing and batting 100 minutes	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment, throwing and batting practice 100 minutes	Material: Throwing and batting techniques References: <i>Christina, Sasminta and Kristiyandaru, Advendi. 2017. Softball. Surabaya: Unesa University Press.</i>	5%
11	Have skills in field control	Able to play fielding game	Criteria: Test Form of Assessment : Assessment of Project Results / Product Assessment, Practices / Performance	Learning Form: Face-to-face lecture Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment to practice making a resume fielding game 100 Minutes	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment to practice making a resume fielding game 100 Minutes	Material: types of softball hitting Reference: <i>.2005 . Official rules of softball</i>	5%
12	Have skills in mastering playing defensive positions	Able to play a simple game of softball	Criteria: test Form of Assessment : Participatory Activities	test		Material: Throwing and batting techniques Reference: <i>Drs. Parno. 1992. Softball's sport of choice.</i>	5%
13	Have skills in mastering playing attacking positions (offensive)	Able to play a simple game of softball	Criteria: test Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	test		Material: Throwing and batting techniques Reader: <i>Chick, Loren . 1979. Coaching and power hitting.</i>	5%

14	Have skills in taking notes (scoring) and being an umpire	1.Able to explain scoring and umpiring techniques 2.Able to practice scoring and umpiring	Criteria: test Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	test		Material: Throwing and batting techniques Reference: <i>Ajang Suparlan, et al. 2008. Module, Softball Learning. Indonesian education university.</i>	5%
15	Have skills in pitching regulation	Able to do pitching regulation	Criteria: test Form of Assessment : Participatory Activities, Practice/Performance	test		Material: Throwing and batting techniques Reference: <i>Drs. Parno. 1992. Softball's sport of choice.</i>	5%
16	Ability to apply a variety of techniques in playing situations	Able to explain various skills and their application in the game	Criteria: Test Form of Assessment : Participatory Activities, Practice/Performance	UAS		Material: Throwing and batting techniques Library: .2005 . Official rules of baseball	10%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	50%
2.	Project Results Assessment / Product Assessment	7.5%
3.	Practice / Performance	30%
4.	Test	12.5%
		100%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.